

Where to find help you need!



Grande Prairie

Street Survival Guide

Remember you are not alone!

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Street Survival Guide 2021/22

The City of Grande Prairie

is not responsible or liable for any misinformation
that may appear in the Street Survival Guide.

This is a resource guide only.

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You can make free local calls from these locations

PHONE



Friendship Centre | 10507-98 Avenue | 780-513-2242

Mon - Fri: 7 a.m. - 6:30 p.m.

Free phone available for clients to call support workers/agencies, to job search or to look for housing.

Absolutely no personal or long-distance calls.

Service Canada | 11601-101 Avenue, Suite 101 | 1-800-622-6232

Mon - Fri: 8:30 a.m. – 4 p.m.

Free phone and fax use for anyone job searching.

Sunrise House – Youth Emergency Shelter

9309-109 Avenue | 780-539-3287 | 587-783-2463 (cell)

Every Day: 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Free phone use for anyone aged 12 to 17 years. ***Youth do not have to be staying at shelter.***

FREE INTERNET USE

Friendship Centre | 10507-98 Avenue
780-513-2242

Mon - Fri: 7 a.m. - 6:30 p.m.

Free internet use available for clients to connect with support workers/agencies, to job search, or look for housing.

Centre 2000 | 11330-106 Street
780-513-0240

May long weekend to Sept. long weekend:

7 days a week: 8:30 a.m. - 6:30 p.m.

After Sept. long weekend and before May long weekend: Mon - Fri: 8:30 a.m. - 4:30 p.m.

Free wifi access

Sunrise House

Youth Emergency Shelter

9309-109 Avenue | 780-539-3287

587-783-2463 (cell)

Every Day: 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Free internet use for anyone aged 12 - 17.

Youth do not have to be staying at shelter.

Grande Prairie Public Library

101, 9839-103 Avenue | 780-532-3580

Mon - Thurs: 10 a.m. - 9 p.m.

Fri: 10 a.m. - 6 p.m. | **Sat:** 10 am - 5 p.m.

Sun: 1 p.m. - 5 p.m.

MEALS



Community Kitchen | Friendship Centre & The Salvation Army

10507-98 Avenue | 780-513-2242

Mon - Fri: 7 a.m. - 6:30 p.m. | **Breakfast:** 8:30 a.m. - 9:30 a.m.

Lunch: 12 p.m. - 1 p.m. | **Supper:** 5 p.m. - 6 p.m.

Sat-Sun: Brunch 12 p.m. - 2 p.m.

The Salvation Army Food Bank | 9615 - 102 Street | 780-532-3720

Mon-Thurs: 9 a.m. - 11:45 a.m. | 1:30 p.m. - 4:15 p.m. | **Fri:** 9 a.m. - 11:45 p.m. | 1 p.m. - 4:15 p.m.

Meals on Wheels | #101, 1027-121 Avenue | 780-539-3901

Mon-Fri: 9 a.m. - 4:30 p.m. | Delivery of hot, nutritious meals to anyone unable to prepare adequate meals for themselves due to mental illness, addictions, or physical disabilities. Call for more info.

MEALS LOCATION CHART



	MON	TUE	WED	THURS	FRI	SAT	SUN
Community Kitchen	B	B	B	B	B		
<i>Located at the Friendship Centre</i>	L	L	L	L	L	L	L
	S	S	S	S	S		

B -Breakfast **L** -Lunch **S** -Supper

TRANSIT



Transit Pass Sale Locations

City Hall | 10205-98 Street

City Service Centre | 9505-112 Street

Eastlink Centre | 10 Knowledge Way

Community Social Development | 10030-102 Avenue

Ernie Radbourne Pavillion | 102 Street & 102 Avenue

GPRC Bookstore | 10726-106 Avenue

New Horizon Co-op Marketplace | 9831-100 Avenue

All Shopper's Drug Marts

The Transit Access Program offers a 50% subsidy on the Grande Prairie Transit SUPERPASS to qualifying applicants. For more information visit: cityofgp.com/TAP or call 780-538-0380

FARE CATEGORY	CASH	10 RIDES	MONTH
Adult	\$3.00	\$22.00	\$69.00
Youth	\$2.50	\$17.00	\$54.00
Child	Free	n/a	n/a
Senior	\$2.50	\$17.00	\$39.00
AISH*	n/a	n/a	\$10.00
School	\$2.50	n/a	\$30.00

CLOTHING

Friendship Centre | 10507-98 Avenue | 780-539-7514

Mon - Fri: 7 a.m. - 6:30 p.m. | Free clothing for men and women, based on availability.

Good Will Store | 10940-100 Avenue | 780-402-6398

Mon-Wed: 9 a.m. - 8 p.m., **Thurs & Fri:** 9 a.m. - 9 p.m., **Sat:** 9 a.m. - 6 p.m.,

Sun: 10 a.m. - 6 p.m. | Donated clothing for purchase.

Value Village | 11505-99 Street | 780-402-6700

Mon-Thurs: 9 a.m. - 9 p.m., **Fri:** 8:30 a.m. - 3:30 p.m.

Donated clothing for purchase.

Grande Prairie Volunteer Bureau | 10116 - 102 Avenue, Building C | 780-538-2727

Mon-Thurs: 8:30 a.m. - 4:30 p.m., **Friday:** 8:30 a.m. - 3:00 p.m.

Provides access to free seasonal clothing and personal hygiene items.

Diaper bags are also available.

SHOWERS



Eastlink Centre | #10 Knowledge Way | 780-830-5000

Mon - Sat: 6 a.m. - 9 p.m., **Sun:** 8 a.m. - 9 p.m.

Showers available, cost \$1.75

Saint Lawrence Centre | Street Outreach Centre | 10012-97A Street | 780-533-2885

8 a.m. - 10 p.m.

Free showers.

BATHROOMS



Eastlink Centre | #10 Knowledge Way | 780-830-5000

Mon - Sat: 6 a.m. - 9 p.m., **Sun:** 8 a.m. - 9 p.m.

Muskosepi Park Pavilion | 102 Street & 102 Avenue | 780-538-0451

Mon - Fri: 8:30 a.m. - 9 p.m., **Sat & Sun:** 12 p.m. - 6 p.m.

Prairie Mall Shopping Centre | 11801 - 100 Street | 780-532-1810

Mon - Wed, Sat: 9:30 a.m. - 6 p.m., **Thurs - Fri:** 9:30 a.m. - 9 p.m., **Sun:** 12 p.m. - 5 p.m.

Saint Lawrence Centre | Street Outreach Centre | 10012 - 97A Street | 780-533-2885

8 a.m. - 10 p.m.

Swanavon - Thrill Hill | 102 Street & 88th Avenue

Outhouse available year round

Walmart | 11050 - 103 Street | 780-513-3740

8 a.m. - 10 p.m. everyday

Need a place to stay?

SHELTER



Odyssey House | 24-hour Crisis Line: 780-532-2672 | 780-538-1332

Provides safe, short term emergency shelter for women (with or without children) who have left an abusive relationship. Other women in crisis may be accommodated if space is available. Complete confidentiality.

Rotary House | 10101 - 97A Street | 780-539-6777

Opens at 10:00 p.m. for accommodations

Offers 24/7/365 accommodation to a wide range of clients. Primary services include single-night emergency beds and mats, short-term housing, and permanent supportive bachelor suites.

Sunrise House – Youth Emergency Shelter | 9309-109 Avenue | 780-539-3287

The shelter is a temporary place to stay while youth aged 12 to 17 conduct a supported search for permanent housing. We provide meals, clothing, and personal care items based on need; support and parental mediation also available.

HOUSING SUPPORTS

Centerpoint Facilitation | Housing Access Program | 10113-103 Avenue 780-518-4833

Please call for services such as assessments for housing, connections to housing supports and referrals to community resources and service providers.

Mon: 12 p.m.- 3:30 p.m. | **Tue & Thurs:** 12 p.m.-8 p.m. | **Wed:** 12 p.m.- 4:30 p.m. | **Fri:** 9 a.m. -12 p.m.
Sat: 10 a.m.- 2 p.m. | *The availability may change at any time due to needs of community.*

Friendship Center | Kiwewin Program | 10507 – 98 Avenue | 587-297-9500

If you are at risk of losing your housing and need support, contact the Kiwewin program.

Phone Intake: Mon-Fri: 9 a.m. - 5 p.m.

Walk-in Intake: Mon-Thurs: 9:30 a.m. - 4:15 p.m

Grande Spirit Foundation | 9505-102 Avenue | 780-814-2349 | grandespirit.org

Mon-Fri: 8 a.m. - 12 p.m. | 1 p.m. - 5 p.m.

Provides rental subsidies to low-income individuals, families and seniors.

Canadian Mental Health Association | Willow Place | 9713-100 Avenue | 780-814-2349

Mon-Fri: 9 a.m. - 4 p.m.

Affordable housing solutions are available at various locations.

The Oasis Group | 10118-101 Avenue | 780-539-6179

Tues - Fri: 9 a.m. - 12 p.m. | 1 p.m. - 5 p.m.

The Oasis Centre is a safe and affordable housing option offering 20 multi-sized units to the City of Grande

DROP-IN CENTRES



Cool-Aid Society

Hill Side Location: 9667 Hillcrest Dr. | 780-532-9004

South Side Location: 9645 Prairie Road | 780-357-9354

Mon - Fri: 10 a.m. - 6 p.m.

Drop in centre offering friendship, guidance, and support to youth grades 1-12.

Call for additional information.

Friendship Centre | 10507 - 98 Avenue | 780-513-2242

Mon - Fri: 7 a.m. - 7 p.m.

Outreach and support services, referrals to other agencies made. Come in from the cold for coffee, to read the newspaper, or just stop by. We have an elder in residence and an arts and crafts program.

The Friendship Centre is an abstinence based drop-in centre.

DROP-IN CENTRES



HeARTh Social Profit | #103, 10029 - 97th Avenue | 780-933-2830

Free drop-in Tues/Thurs: 1:30 p.m. - 4:30 p.m. | **Expressive Arts Wed:** 1 p.m. - 4 p.m.

\$5.00/drop in or \$15.00/month. Activities are open to everyone, including youth and children.

HeARTh Social Profit is a sober environment.

Canadian Mental Health Association | Hub Resource Centre

9713 - 100 Avenue Willow Place | 780-814-2349

Call for hours and more information. Collective kitchen, card games, art projects, field trips.

Saint Lawrence Centre | Street Outreach Centre | 10012 - 97A Street | 780-533-2885

8 a.m. - 10 p.m.

Open 7 days a week. Bathroom, Shower and laundry facilities.

EMPLOYMENT/FINANCIAL ASSISTANCE



Alberta Job Bank | #101, 11601 - 101 Avenue | 1-800-622-6232

Alberta Supports Centre | 100 Towne Centre Mall, 9845-99 Avenue |

Grande Prairie: 780-538-6241 | Head Office: 1-877-644-9992 | albertasupports.ca

GP Office: Mon-Fri 8:15 a.m. - 12 p.m. | & 1p.m. - 4:30 p.m. | Head office: Mon-Fri: 7:30 a.m.-7:45 p.m.

General inquiries on income support, adult health benefits, child health benefits and child support services.

Referrals may also be made to a variety of career and employment services, including the Career Information Hotline, JOBS, Student Funding Contact Centre or Employment Insurance.

Employment Insurance | 1-800-206-7218

General inquiries regarding EI.

Employment Standards Contact Centre Edmonton | 1-877-427-3731 or 1-780-427-3731

Questions and concerns about employee/employer rights.

EMPLOYMENT/FINANCIAL ASSISTANCE



YMCA of Northern Alberta | Bridging the Gap | #200, 10006 -101 Avenue | 780-357-7448

Mon-Fri: 9 a.m. – 12 p.m. | 1 p.m. - 4 p.m.

Ages 15-30, not currently employed and not in school. Eligible to work in Canada, Canadian citizen, permanent resident or refugee. Not eligible for EI. Participants are paid a living allowance during the program. The program offers one to one employment counselling and coaching, help with developing a personal career plan, life and employability skills workshops, links to community resources.

Western Cree Tribal Council | #104, 9802-97 Avenue | 780-532-3009

Mon-Fri: 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Provides quality services such as Child Welfare and Assets to it's First Nation membership.

Grande Prairie Public Library | Job Seeker Support | #101, 9839 - 103 Avenue | 780-357-7455

Mon -Fri: 9 a.m. - 5 p.m.

Book a one-on-one session for help with creating / revising resumes and cover letters, searching for jobs online and submitting online applications.

EMPLOYMENT/FINANCIAL ASSISTANCE



Income Support Contact Centre | 1-866-644-5135

Current income support clients who need specific information on their case can call the Income Support Contact Centre. This centre is open 24-hours a day and also serves after hours emergency calls from the public.

Assured Income for the Severely Handicapped (AISH)

100 Towne Centre Mall, 9845-99 Avenue | 780-833-4399

Mon -Fri: 8:15 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

The AISH program provides financial and health-related assistance to eligible adults with a clinically diagnosed disability. The disability must be permanent and substantially limit the person's ability to earn a living. AISH clients may also be eligible to receive supplemental assistance (a child benefit and personal benefits) through the AISH program.

Walk-in Clinics

HEALTH SERVICES



GPRC Clinic | 10620-104 Avenue | 780-814-5800

Mon - Fri: 9 a.m. - 5 p.m. | *Same day appointments only.*

Primary Care Network | #104, 11745-105 Street | 780-539-9204

Clinic Hours: Mon - Fri: 8:30 a.m. - 4:30 p.m.

After Hours Clinic | Mon-Fri: Doors open at 5 p.m., **Sat, Sun, Stats:** Doors open at 10 a.m.

The Grande Prairie PCN After-Hours Clinic is available for patients with minor injuries and illnesses that are non-life threatening. Appointments are not required. PCN has a list of physicians accepting clients.

GP Medical Walk-in Clinic | 12225-99 Street (Superstore) | 780-533-4444

Mon - Fri: 9 a.m. - 5 p.m., **Sat:** 11 a.m. - 3 p.m.

Walmart Clinic | 11050-103 Avenue | 780-532-2332

Mon - Fri: 9 a.m. - 5 p.m.

Health care team ready to serve you. No appointment required.

Programs by appointment
or drop-in & Pharmacies

HEALTH SERVICES



Health Unit | 10320-99 Street | 780-513-7500

Mon-Sat: 8:30 a.m. - 4:15 p.m. | **Thursdays:** 8:30 a.m. - 7:15 p.m. | **Sundays & Stat Holidays CLOSED**

By appointment. Aboriginal health program, prenatal classes, postnatal home visits, nutrition, immunization, preschool dental clinics, and breastfeeding clinics.

Grande Prairie Primary Care Network | #104, 11745 - 105 Street | 780-539-9204

Mon-Fri: 8:30 a.m. - 4:30 p.m. | **Sat & Sun:** 10 a.m. - 4:30 p.m.

Women's Wellness Clinic | 10112-102 Avenue | 780-513-7504

Call to book and appointment.

Medicine Shoppe Pharmacy | #100, 10071 - 120 Avenue | 780-539-9710

Mon - Fri: 9:30 a.m. - 5:30 p.m., **Sat:** 10 a.m. - 2 p.m.

Co-op Pharmacy Downtown | 9813-100 Avenue | 780-532-2652

Mon-Fri: 8 a.m. - 7 p.m. | **Sat:** 9 a.m. - 5 p.m. | **Sundays & Stat Holidays CLOSED**

HEALTH SERVICES



Alberta Aids to Daily Living (ADDL) | 1021-97 Avenue | 780-532-4447

Mon-Fri: 8:30 a.m.- 4:15 p.m.

Clients with long term illnesses may be eligible for assistance with basic medical supplies.

Alberta Health Care | 780-427-1432 | Mon - Fri: 8:15 a.m. - 4:30 p.m.

Information on health coverage in Alberta.

Alberta Health Link | 8-1-1 | 1-866-408-5465

24/7. Health advice or information from a registered nurse. Translators available in 120 different languages.

ACT Medical | 10702-100 Street | 587-259-2681 | Mon-Fri: 9 a.m. - 5 p.m.

Drop-in STI testing.

My Health Alberta | myhealth.alberta.ca

Search for health, disease and medicine information as well as find local health care services.

QEII Hospital | 10409-98 Street | 780-538-7100 | 24 hrs/7 days a week

HEALTH SERVICES



Alberta Health Services | ID Program | Aberdeen Centre #300, 9728-101 Avenue

780-833-3538 | Wed & Thurs: 8:30 a.m. – 12 p.m. | 1 p.m. – 2 p.m.

Provides assistance to homeless, at-risk and recently housed clients to obtain Alberta Identification and Alberta Personal Health Cards (IDs).

Grande Prairie Primary Care Network | #104, 11745 - 105 Street | 780-539-9204

Mon-Fri: 8:30 a.m. - 4:30 p.m. | Sat & Sun: 10 a.m. - 4:30 p.m.

The PCN provides innovative and collaborative initiatives that improve communication, increase coordination of services, and enhance medical clinic practices to better meet the needs of the community. They offer an after-hours clinic, persistent pain programs and primary care support programs.

Canadian Mental Health Association | 9713 - 100 Avenue | 780-814-2349

Mon-Fri: 9 a.m. - 4 p.m.

Provides crisis intervention, support services and mental health services for children, youth and adults.

Alberta Health Services Region | www.albertahealthservices.ca

Information on available health services and health issues.

TREATMENT & RECOVERY

ACT Medical | 10702-100 Street | 587-259-2681

Mon - Fri: 9 a.m. - 5 p.m.

Call to book an appointment. Provides Methadone and Suboxone to aid in the treatment of addictions to a variety of opiates such as fentanyl, heroine, oxycodone and morphine.

Alberta Health Services | Adult Addiction Services | 11333-106 Street | 780-538-6330

Mon - Fri: 8 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Counselling begins with the client and counselor working together to help individuals, family members, or others to develop strategies that will assist them in addressing alcohol, other drug, gambling problems.

Alberta Health Services | Opioid Dependency Program | 11333-106 Street | 780-833-4991

Mon - Fri: 8 a.m. - 4 p.m.

Offers Methadone and Suboxone treatment for opioid dependency. Counselling is available to support clients

Peace Area Narcotics Anonymous | 1-877-463-3537

Mon - Fri: 8 a.m. - 4 p.m. | Access to support resources.

TREATMENT & RECOVERY

Alcoholics Anonymous | 780-532-1772 | grandeprairieaa.com

**Grande Prairie Primary Care Network | Opioid Response | #104, 11745-105 Street
780-532-9204 | Mon -Fri: 8:30 a.m. - 4:30 p.m.**

Learn about opioids and their use and misuse in persistent pain.

Northern Addictions Centre | 11333-106 Street | 780-538-5210

To access Adult Addiction Counselling, go to Aberdeen Centre, 3rd floor. Services range from Detox, Opioid Dependency Programs, Adult Residential Programs, Treatment Programs and Adult Short Term Mental Health.

Rising Above | 1107-106 Street | 780-533-3025

Mon - Fri: 9 a.m. - 5 p.m.

Committed to breaking the cycles of defeat by offering residential addictions treatment programs and spiritual guidance.

For a full list of resources, visit: everyoneisimpacted.com

MENTAL HEALTH



Alberta Health Services | Addiction and Mental Health | Nordic Court #400, 10014 - 99 Street

780-538-5162 | Mon - Fri: 8 a.m. - 4:30 p.m.

Call to book an appointment. Adult counselling services, recovery and relapse prevention, and friends and family group. Child & Youth mental services, youth detox, counselling.

Alberta Health Services | Integrated Crisis and Access Team (ICAT)

3rd Floor Aberdeen Center, 9728 - 101 Avenue | 587-259-5513

Mon - Fri: 8 a.m. - 4:30 p.m.

Call to book an appointment. Adult counselling services, recovery and relapse prevention, and friends and family group. Child & Youth mental services, youth detox, counselling.

Canadian Mental Health Association | 9713-100 Avenue | 780-814-2349

Mon - Fri: 9 a.m. - 4 p.m.

CMHA facilities access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness.

COUNSELLING



**Circle of Life to GP & District Grief Support | Circle of Life | 10031-103 Avenue
780-539-5432**

Mon - Fri: 8:30 a.m. - 12 p.m | 1 p.m. - 4:30 p.m.

Offers a number of programs that provide information and support to children, adults, and families experiencing loss. This includes school groups, Camp He-A-He in the summer and follow-up programs.

PACE Community Support, Sexual Assault, and Trauma Center

10031-103 Avenue | 780-539-6692

Mon - Fri: 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Provides crisis intervention, support services and mental health services for children, youth and adults

Resource Centre for Suicide Prevention | Nordic Court #200, 10014-99 Street | 780-539-6680

Mon-Fri: 8:30 a.m. - 4:30 p.m.

Provides programs and workshops for all ages focusing on mental health issues, support, and community education.

COUNSELLING



Alberta Health Services | Single Session Walk-in Counselling Services

9728 -101 Avenue | Call ICAT: 587-259-5513| Mon - Fri: 9 a.m. - 4 p.m.

Counselling begins with the client and counsellor working together to help individuals, family members, or others to develop strategies that will assist them in addressing alcohol, other drugs, or gambling programs.

Burden Bearers of Canada | #301, 9835 - 101 Avenue | 780-539-5225

Mon & Thurs: 8:30 a.m. - 4:30 p.m., Tues & Wed: 8:30 a.m. - 8:30 p.m. | Fri: 9 a.m. - 12 p.m.

Provides individual, couple, and family counselling. By appointment only. *\$100.00 per session.*

Catholic Family Services | 10105-102 Street | 780-532-9381

Mon - Fri: 9 a.m. - 5 p.m.

Call if you or someone you know is interested in meeting with a counsellor or participating in a group or class. Services range from individual, couple and family counselling to parenting, couples connect workshop and educational groups.

INDIGENOUS PROGRAMMING



**Northreach Society | Indigenous Opioid Response Program | 9613- 98 Street
780-538-3388**

Mon - Thurs: 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m. | **Fri:** 9 a.m. - 12 p.m.

Responding specifically to the unique needs of indigenous people using a holistic, community centered, harm reduction approach. Our aim is to increase culturally safe spaces and supports for individuals using substances, increasing health and well-being. Additionally, creating opportunities for individuals to have increased access to cultural activities, increasing connection to community and culture as an alternate means to substance use.

Native Counselling Services | #118, 9728-101 Avenue | 780-532-9359

Delivers services primarily to aboriginal individuals, families and youth who require assistance in court.

NEEDLE DISPOSAL



Northreach Society | Needle Pick-up | 780-538-3388

Northreach Society offers education and services for needle pick-up. Education teaches community members how to safely dispose of used needles, and where to find the needle disposal bins, which are located throughout the city. For needles found within the community, call the office (780-538-3388), and Northreach Society staff will come pick them up and dispose of them safely.

Northreach Society | Needle Distribution | 780-538-3388

Northreach Society partners with local and Northern pharmacies for our Needle Distribution Program, the following pharmacies can be accessed for safer injection kits: Shamrock, Save-On Foods, Walmart, Safeway N and S., Costco, Superstore, London Drugs, ACT Medical, Sexsmith Pharmacy.

Needle Disposal Bin Locations

- Alley behind Better than Fred's
- Alley behind Ramona's Pizza
- Alley beside Salvation Army
- Attached to Rotary House trash enclosure
- Beside the garage in Community Village
- Detox entrance at Northern Addictions Centre
- Empty lot across from the Industry
- Grove of trees west trail into park from St. Pauls United Church

SUPPORT



Northreach Society | 9613-98 Street | 780-538-3388 | Outreach: 780-832-8548

Mon-Thurs: 9 a.m. - 4:30 p.m., **Fri.** 9 a.m. - 12 p.m.

Information on HIV/AIDS including positive support, free safer sex supplies, free safer injection supplies, healthcare navigation, free naloxone training & kits, women's and health outreach and street outreach.

Alberta Health Services | Discovery Group | 11333-106 Street | 780-538-6330

Mon-Fri: 8 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

A 3-part information series aimed at promoting changes through information, awareness and choice.

Odyssey House | 780-538-1332 | 24-hour Crisis Line: 780-532-2672

Open 24-hours, 7 days a week

Emergency Shelter for women and children fleeing abuse; community 1:1 support program and support groups. Free childcare available.

Moms Stop the Harm | momsstoptheharm.com

Providing family support, a safe environment, and connection with others.



PACE Community Support, Sexual Assault, and Trauma Centre

10031-103 Avenue | 780-539-6692

Mon-Fri: 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m. | Provides a variety of services in the Grande Prairie community and areas, including crisis intervention, family support, educational workshops and counseling services including sexual abuse, sexual assault, child abuse and trauma.

Adult Intervention Program | 587-297-0700

The Adult Intervention Program offers support to adults who are struggling to access services. AIP works by identifying client needs, providing wrap around services and helping to access and navigate services.



Resource Centre for Suicide Prevention | Nordic Court #200, 10014-99 Street | 780-539-6680

Mon - Fri: 8:30 a.m. - 4:30 p.m.

Provides programs and workshops for all ages focusing on mental health issues, support, and community education.

Seniors Outreach | #101, 10127 - 121 Avenue | 780-539-6255

Mon - Fri: 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Responds to seniors' needs through direct help or by referral. Provides information and forms on pensions, benefits, grants, housing, and income taxes for seniors.

Family Education Society | 9607-102 Street | 780-830-0920

Mon - Fri: 8:30 a.m. - 4:30 p.m.

Grande Prairie Family Education Society offers free support to families looking for guidance and education. Through home visitation, literacy programs, parent education programs, groups and other FASD supports, GPFES offers families a variety of programs.

YOUTH SUPPORT



Alberta Health Services | Child & Youth Addiction and Mental Health Services **Nordic Court #400, 10014-99 Street | 780-538-5162**

Mon - Fri: 8:30 a.m. - 4:30 pm.

Addiction Services offers information services, prevention programs, outpatient counselling, tobacco reduction & cessation, Youth Detox & Stabilization and the Protection of Children Abusing Drugs program. Mental Health offers individual psychotherapy, child management counselling, behavior therapy, critical incident stress debriefing, post-disaster crisis counselling, and community outreach services for children.

Caribou Child & Youth Centre **10031-103 Avenue | 780-814-7223**

Mon-Fri: 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

The Caribou Child & Youth Centre serves children and youth (under 18) who have experienced sexual, physical, or psychological abuse, exploitation, and/or neglect. They have a committed, comprehensive, multidisciplinary team that works together to provide the best possible services for children and their families. Our team consists of: RCMP, Child Family Services, PACE, Victim Services and Crown Prosecutor.

YOUTH SUPPORT



The Breakfast Club Youth Program | #200, 10014-99 Street | 780-539-7142

Mon - Fri: 8:30 a.m. - 12 p.m | 1 p.m. - 4:30 p.m.

Psychoeducational programs for ages 7-18 years old that promote healthy coping skills and connection.

Child & Youth Intervention Program | 780-830-7094

The Child & Youth Intervention Program offers support to families with children or youth who are struggling or have behaviours of concern.

Youth Help Site | gpyouth.ca

A Grande Prairie specific youth help website that has many different types of resources listed for youth to get help for bullying, drugs, pregnancy, living without support, mental health, counselling, and more.

Northreach Society | LGBTQ+ Youth Group | 9613-98 Street | 780-538-3388

Drop in Tuesday nights for ages 12-17, one-on-one youth support for all youth, parent mentorship and support for schools with LGBTQ+ students.

YOUTH SUPPORT



John Howard Society | #200, 10135 -101 Avenue | 780-532-0373

Mon-Fri: 8:30 a.m.-4:30 p.m. Closed 12 p.m. -1 p.m.

A community based non-profit organization concerned with the causes and consequences of crime. A few programs they offer are an alternative junior high school program, an anger management program for youth, couple's enrichment, criminal justice education, parenting after separating seminar, group therapy for men and women involved in intimate abuse, support and assistance.

Mountain Plains CSSN | Youth Residential Detox & Stabilization Program
10109 - 97 Avenue, Suite 205 | 780-532-7170

Mon-Fri: 8:30 a.m. - 4 p.m.

In partnership with Alberta Health Services, the YRDS facility has grown to offer a wide array of services. Offering both a ten day voluntary and ten day court mandated Protection of Children Abusing Drugs (PChAD) stabilization program for youth ages 12-18 years of age.

YOUTH SUPPORT



Sunrise House- Youth Emergency Shelter | 9309-109 Avenue

780-539-3287 | Cell: 587-783-2463

24 hours a day, 7 days a week.

If you are between ages 12 and 17 looking for a safe place to go, we can help. Sunrise House administers several programs to help youth overcome challenges and success. The main goal is to decrease the risk of youth homeless by assisting the family in the building of health coping skills, positive communications and resistance to crisis.

Pregnant and Parenting Teens

Lions' Learning Centre, 9625 Prairie Road | 780-538-3854

Mon- Fri: 8:30 a.m.-4:30 p.m.

Provides information & support to pregnant and parenting teens to promote a healthy pregnancy, maximize opportunities for education and/or training, access to community resources, and independence.



Dial a Law | 1-800-332-1091

Mon-Thurs: 9 a.m.-4:30 p.m. | **Fri:** 9 a.m. - 4 p.m.

Lawyer referral and pre-recorded information on different legal issues.

John Howard Society | #200, 10135-101 Avenue | 780-532-0373 | johnhowardgp.ca

Mon- Fri: 8:30 a.m.- 4:30 p.m. | *Closed from 12 p.m. -1 p.m.*

Legal Aid Alberta | 1-866-845-3425

Mon-Fri: 8:15 a.m.-4:15 p.m. Phone lines are closed daily from noon to 1:00 p.m.

Provides lawyers at an affordable cost to people who need assistance for criminal or civil matters and who are unable to retain a lawyer from their own resources.

Report a Drug House | Confidential Tip Line: 1-800-222-8477



Legal Guidance | 10113-103 Avenue | 780-882-0036

Mon-Fri: 9 a.m.-4 p.m.

GPLG offers free legal guidance to low income individuals who have a legal problem and do not qualify for Legal Aid. GPLG uses a set of income guidelines to determine whether you will be able to qualify for assistance from GPLG. Legal clinics are offered twice per month; volunteer lawyers donate their professional time to meet with you to discuss your legal concerns; services may include information, advice or referrals to appropriate agencies.

Native Counselling Services of Alberta | 10104-101 Avenue | 780-532-9359

Mon-Fri: 8:30 a.m.-4:30 p.m.

Delivers services primarily to aboriginal individuals, families and youth who require assistance in court.



AIDS & Sexually Transmitted Disease Information | 1-800-772-2437

Answered by a nurse Monday-Friday business hours, otherwise is recorded information.

Child Abuse Hotline | 1-800-387-5437

Kids Help Phone | 1-800-668-6868

Poison and Drug Information Service (PADIS) | 1-800-332-1414

Provides information on poisons, chemicals, medications, and herbals.



Family Violence Information Line | 310-1818

Provides information and support about family violence programs and services.

AHS Addictions Helpline | 1-866-332-2322

Provides alcohol, tobacco, other drugs, gambling support, information and referrals to services.

Mental Health Helpline | Suicide Distress Line | 1-877-321-2747

Alberta Mental Health Help Line | 1-877-303-2642

24 hours a day, 7 days a week

Provides confidential, anonymous service, crisis intervention about mental health & programs, and referrals to other agencies.

AHS Protection of Children Abusing Drugs Program | 1-866-332-2322

Protection of Children Abusing Drugs Program (PChAD) is for legal guardians of youth under the age of 18 who can apply to the Provincial Court of Alberta, Family Court for a protection order.

Health Link | 811

Local Helplines

DISTRESS & HELP



**Resource Centre for Suicide Prevention | Nordic Court #200, 10014-99 Street
780-539-6680 | 1-877-303-2642**

Provides information about family violence programs and services.

Grande Prairie and District Victim Services | 10202-99 Street | 780-830-5755

Mon - Fri: 8:30 a.m. - 12 p.m. | 1 p.m. - 4 p.m.

Odyssey House | Crisis line: 780-532-2672

Emergency Shelter for women and children fleeing abuse, community 1:1 support program and support groups. Free childcare available.

EMERGENCY CALL 911



**For more information, please contact
Community Social Development**

780-538-0380 | *csd@cityofgp.com*

cityofgp.com