

everyone needs help sometimes, PLEASE REACH OUT

Adult Learning & Literacy

- Portage College
-780-645-5223
- Blue Quills University
-780-645-4455
- St. Paul Municipal Library
Computer access, books.
-780-645-4904
- SPAEC Outreach Campus
Finishing high school,
or upgrading.
-780-645-5015

ID & Legal Documents

- Alberta ID Card
Photo ID for those that do
not have a driver's license.
-310-0000, then
780-427-7013
- Service Canada
Birth and adoption, death, divorce
and separation, marriage, legal
name changes, registry services,
ordering and updating
documents.
-1-800-622-6232

Employment/ Job Search

- BGS St. Paul
Resume development
& consults.
-587-252-3320
- Alberta Supports
-780-645-6473
- Accès emploi
-780-826-9003
- Employabilities
Job supports for persons
with disabilities.
-780-614-1944
- Rupertsland Institute
-780-826-7368

Food Programs

- Regional St. Paul FCSS
Meals on Wheels Program for
Seniors and those with Physical/
Mental Exceptionalities.
-780-645-5311
- Heart to Home Meals
Meals delivered to St. Paul
-780-666-2336
- St. Paul Foodbank
-780-645-4548
- Mannawanis Native Friendship
Centre
-780-645-4630

Crime & Safety

- Emergencies
9-1-1
- St. Paul RCMP
-780-645-8870
- Report a Poacher
-1-800-642-3800
- St. Paul & Area Victim
Services Society
Victim's of domestic/ dating
violence, trauma, protection
& support
-780-645-8858
- Capella Centre
Women's Shelter
A safe place for women,
fleeing abuse or homelessness,
outreach supports.
-780-645-5132

Childcare & Subsidies

- Alberta Supports
-1-877-644-9992
- St. Paul Childcare Society
-780-645-1984
- Boys and Girls Club
St. Paul District
-780-645-6769
- TLC Daycare Inc
-780-645-1909
- Childcare Playschool
Subsidy
-1-877-644-9992
- Early Childhood Federal
Resources
-1-800-267-6999

Mental Wellness

- National Suicide Crisis Line
-1833-456-4566
or Text 45645
- Suicide Crisis Helpline 9-8-8
-dial 9-8-8
- Help Line
-1-877-303-2642
- Distress Line
-1-877-321-2747
- Health Link 811
-Dial 8-1-1
- Alberta 2-1-1
dial 2-1-1
- Alberta Healthy Living
-1-877-349-5711
- Alberta Health Services,
Addictions & Mental Health
Drop-in, appointments, referrals
-780-645-6346
- Community Counselling Services
-780-645-5311
-Healthcare Centre:
780-645-1850
- Rapid Access Counselling
-1-877-244-2360

Physical Wellness

- Emergencies
-911
- Health Link
-811
- Environmental Public Health
-780-645-3396
- Home Care
-780-645-3396
- Lakeland Primary
Care Network
-780-645-1188
- Alberta Healthy Living
-1-877-349-5711
- Indigenous Health Liaison
Culturally appropriate Health Care
-780-645-3331
- Showers Facilities
St. Paul Aquatic Centre
-780-645-3388
- Dragonfly Center, Sexual Assault
-780-812-3174
-780-207-7535 (Text)
- Family Violence
-310-1818

Senior Supports

- Regional St. Paul FCSS
Senior benefits, Income Tax &
Senior programs
-780-645-5311
- Alberta Health Services
Seniors Health Services,
Home Care.
-780-645-3396
- Alberta Supports
-1-877-644-9992
- Lakeland Primary Care
Network
-780-645-1188
- Senior's Citizens Centre
-780-645-5566
- Senior Centennial Centre
-780-645-2929
- Caregivers Alberta
Program & services for caregivers.
-1-877-453-5088

Indigenous Supports

- Native Youth Crisis Line
-1-877-209-1266
- Rupertsland Institute
Job training, education
funding & supports.
-780-826-7368
- Mannawanis Native
Friendship Centre
-780-645-4630
- Native Counselling
Services of Alberta
Court supports & services.
-780-645-5250
- Indigenous Health Program
St. Paul Community
Health Services
-780-645-3396
- Tribal Chiefs
-780-645-4288
- Hope for Wellness
-1-855-242-3310

Parenting Supports

- Lakeland Family Resource
Network
Parenting support, family
programs & referrals.
-780-645-5311
- Inclusion St. Paul
Support for families of Persons
with Developmental Disabilities.
-780-645-0461
- Lakeland Centre for FASD
We help kids, adults, caregivers,
families & Communities.
-1-877-594-5454 / 780-594-9905
- Native Counselling Services of
Alberta Family
Home Visitation & navigation.
Referrals.
-780-645-5250

Money

- Credit Help
-1-888-294-0076
- Debt Crisis Line
-1-800-463-3328
- Credit Counselling Society
Help with managing your debt..
-1-888-527-8999
- AB Supports/Income Support
-1-866-644-5135
-1-877-644-9992
- Assured Income
For the Severely Handicapped
(AISH)—Provincial Building, AISH
Office
-780-614-6511
- Income Tax Filing
For seniors and low income indi-
viduals & families. (March & April
Only)
Regional St. Paul FCSS
-780-645-5311
- Scholarships for Métis Youth
Rupertsland Institute
-780-826-7368

Youth Supports

- Kids Help Phone
-1-800-668-6868 or
text CONNECT to 686868
- 24/7 Child Abuse Hotline
-1800-387-5437
- Youth Mental
Health Canada
ymhc.ngo, facebook or
-1-647-952-9642
- St. Paul Youth Council (SPYC)
-780-645-5311
- Guide to Separation & Divorce
-familieschange.ca

Addictions Supports

- Addictions Info & Support
-1-866-332-2322
- Addictions & Mental Health
Drop-in, appointments
& referrals.
-780-645-6346
- Alcoholics Anonymous
Men's: 780-645-8590
Women's: 780-614-4727

Affordable Housing

- MD of St. Paul Foundation
Housing for Seniors
-780-645-5366
- Métis Urban Housing Corp.
Rentals for Métis/
Indigenous persons.
-1-877-458-8684

Community Connection

- FCSS & Lakeland Family
Resource Network
-780-645-5311
- Mannawanis Friendship Centre
-780-645-4630
- St. Paul Municipal Library
-780-645-4904

LGBTQ2S+ Supports

- Kids Help Phone
-1-800-668-6868 or
Text CONNECT to 686868
- Trans Lifeline
-1-877-330-6366

Legal Supports

- Legal Aid
-1-866-845-3425
- Rural Family Law Project
-780-702-1725 ext. 291
- Centre for Public Legal Education
Alberta (cplea)
-www.cplea.ca