

# Economic Emergency List by Ponoka FCSS

## HOUSING

### LOW COST:

- Rimoka Housing: (403) 783-3940
- Studio's Alberta: (888) 963-5698



### EMERGENCY SHELTER:

- Ponoka MAT Program: is at the Ponoka Baptist Church North-East Entrance, intake 9-11 pm as long as volunteers are available.  
For persons needing shelter to rest/sleep out of the elements, first come first serve, 6 mats available  
Address 5109-57 Avenue
- Samson Community Wellness Emergency Shelter: (Maskwacis) After Hours: 780-335-9441 Located at: Doors At Community Friendship Centre – Doors open at 8 pm
- Mustard Seed Sober Shelter: (403) 347-1844 Red Deer - Provides meals
- Safe Harbor Shelter and Supports: (403) 347-0181 Red Deer
- Central Alberta Women's Shelter (Red Deer): 24-hour Crisis Line: (888)346-5643 Daytime: (403)346-5643 Workers also travel to Ponoka

## FOOD

- Ponoka Food Bank: (403)783-5910
- SDA Church: has a community cupboard outside 6102-57 Ave

## ALTERNATIVE TRANSPORTATION

- Cold Shot Bus Service: 1-587-557-7719
- Red Arrow: 1-800-232-1958
- Ponoka Wheelchair Van:  
In town: (403)783-0399  
Out of town: (403)783-9752  
"to transport wheelchair confined or persons who could not otherwise be transported with comfort and dignity by other standard carriers such as personal vehicles and taxis"



## CANADA REVENUE AGENCY IMPORTANT CONTACT NUMBERS

- Individual Income Tax Enquiries: 1-800-959-8281
- Business Enquiries: 1-800-959-5525
- Child Tax Benefit: 1-800-387-1193
- GST Credit Enquiries: 1-800-959-1953



## FAMILY & CHILD SUPPORT SERVICES

- Child Services:  
Red Deer: (403)340-5400  
(780)361-4555  
Offers a large amount of resources and supports for children, families and youth.
- 24-Hour Child Intervention Line: 1-800-638-0715
- Kids Help Line: 1-800-668-6868
- Child Abuse Helpline: 1-800-387-5437



## FINANCIAL SUPPORT



- Social Assistance/Income Support:  
Red Deer: (403) 340-5485  
Wetaskiwin: (780) 361-5878  
Telephone Reporting Number: 1-866-232-0214
- AISH: Wetaskiwin (780) 361-5163  
Red Deer (403) 340-7077
- Employment Insurance:  
Telephone reporting number: 1-800-531-7555  
<https://www.canada.ca/en/services/benefits/ei.html>
- Emergency Dental/Medical Benefits Allowance/Transportation/Food/Housing/Utility & After-Hours Crisis: 24-hour Alberta 1-866-644-5135
- Credit Counselling: (888)294-0076  
Money Mentors

## ACCESS TO FREE PHONE USE

- Ponoka FCSS M-F 8:30am-10am
- Ponoka Library M-Sat 10am-Close



## EMPLOYMENT SUPPORT

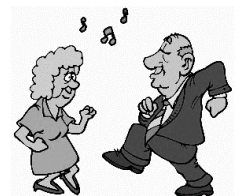
- Career Assistance Network (403) 341-7811  
will travel to Ponoka to help people looking for work
- Adult Learning (403) 783-3285  
will help with resumes in Ponoka (located in Provincial Building)
- Alberta Works (403) 310-0000, (780) 361-5878 or (780) 361-5894  
One on One Program, they will travel to you!
- John Howard Society (403) 343-1770  
Criminal Justice Education and can help with work boots / work clothes
- EPSS (877) 643-6249  
(Employment Placement Support Services for people with disabilities – even anxiety or depression, anything hindering motivation– they can travel to you!

Some great places to look for jobs are:  
Google: Ponoka Job Search, Central Alberta Jobs, Alberta Job Bank, Indeed, Newspapers, on Facebook and on Kijiji.  
Alberta Learning Information Service website:  
<http://alis.alberta.ca>  
Computers are available at the Ponoka Jubilee Library (403)783-3843

Dress For Success (referral needed) if needing professional clothing for interviews and career  
[centralalberta.dressforsuccess.org](http://centralalberta.dressforsuccess.org)  
Red Deer 403-597-8769

## SUPPORT FOR SENIORS

- Seniors Advocate: (844)644-0682
- Seniors Abuse Helpline: (780)454-8888
- Alberta Seniors Benefits: (877)644-9992
- Blue Cross (Seniors): (800)661-6995



## TIPS ON GETTING YOUR I.D IF YOU'VE LOST YOURS:



Visit the registry office – if able to do so take 2 other pieces of ID with you. Take someone into registries with you who has known you for longer than 1 year to do a statutory declaration. Have photocopied info faxed to you from anyone who may have your I.D on hand. Costs approximately \$15 for a 1 year I.D and \$50 for a 5 year. \$41 to order your birth certificate or \$65 for a rush delivery.

*Please see other side for more information.*

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## ADDICTION & MENTAL HEALTH



### **\*\*\*24-HOUR CRISIS & DISTRESS LINES:\*\*\***

Mental Health Helpline: 1-877-303-2642  
Distress Centre Calgary: 1-403-266-4357  
Distress Centre Edmonton: 1-780-482-4357  
Addictions Helpline: 1-866-332-2322

### **LIVE CRISIS CHAT:**

[http://crisissupportcentre.com/get\\_support\\_now/online-crisis-chat/](http://crisissupportcentre.com/get_support_now/online-crisis-chat/)

### **ADDICTION SERVICES & MENTAL HEALTH:**

**Ponoka: (403)783-7903 in Provincial Building**  
Red Deer: (403)340-5466

### **ADDICTION SERVICES:**

• **AA (Alcoholics Anonymous):** (403)783-4347  
meets Thursdays at Anglican Church @8:30pm  
NA also welcome. Last Thursday of every month is an open meeting.

• **No BS (Alcoholics Anonymous):** (403)783-0719  
meets Mondays at Anglican Church @8:30pm. Last Monday of the month is an open meeting.

• **Al-Anon** (Friends and family of alcoholics):  
(403)783-2801. Meets Tuesdays @ 7:30pm. South facing small door is the entrance.

• **The Virtual Opioid Dependency Program (AHS):**  
1-844-383-7688

**Addictions Helpline:** 1-866-332-2322

• **Turning Point:** (403)396-0018

Travels to communities giving education, clean supplies and resources to vulnerable people.

Opioid Addiction Recovery Resources List:

<https://opioidrecoveryalberta.ca>

### **MENTAL HEALTH SERVICES:**

• **Mobile Mental Health Crisis:**

(780)362-2150

Maskwacis Community Members

## LEGAL SUPPORT



• **Legal Aid:** (866)845-3425

• **Lawyer Referral:** (800)661-1095

• **Central Alberta Community Legal Clinic:**  
(403)314-9129 (will come to Ponoka)

• **Family Mediation:** (403)340-7187  
(local court houses)

• **Alberta Mediation:** (780)427-8343

• **Family Justice Services:** (403)340-7187

### **\*\*\*IMPORTANT NUMBERS:\*\*\***

Information Specialists for Resources: 211

Health Link: 811

Emergency: 911

**Home Support, Home Care, Counselling, Lifeline, Meals on Wheels, Tools for School and much more at Ponoka Family Community Support Services (FCSS): (403)783-4462 [www.ponokafcss.net](http://www.ponokafcss.net) and keep posted on our Facebook for resources and community events**

## HEALTH SERVICES

• **Battle River Medical Clinic:**

(403)783-3399

• **Ponoka Community Health Centre:**

(403)783-4491

• **Central Alberta Cancer Centre:**

(403)343-4422

• **Confidential STD/STI screening:**

(780)312-7934

Will travel to Ponoka, Maskwacis & Wetaskiwin

• **Dental Emergency:** for those in financial need

Calgary: (403)955-6888 or (403)944-9999

Edmonton (ages 4-17): (780)407-5550

• **Central Alberta Aids Network Society:**

(403)346-8858

• **Alberta Health Advocates:**

Dial 310-0000 and then (780)422-1812 when prompted to do so.

Helps to find health and mental health services and directs you to the appropriate place to address your complaints. The advocates provide education about the Alberta Health Charter and the patients' rights set out in the Mental Health Act.



## MEDICAL EQUIPMENT

• **Lending Cupboard:** (403)356-1678

Continues to provide medical equipment to those in need.

Whether your needs are long or short term, minor or serious – they are here to help.

• **Alberta Aids to Daily Living:**

(780)427-0731 or toll free 310-0000 and enter (780)427-0731 when prompted to do so.

Provides medical equipment and supplies



## COATS FOR THE COLD

Placement changes yearly

(403)783-4087

United Church, Ponoka. 5020 52 Ave

\*Tuesday – Friday\*



## LANDLORD/TENANT ACT

Dial 310-0000 and then dial (780)644-3000 when prompted to do so.

## OFFICE OF THE PUBLIC GUARDIAN:

(403)340-5165

Helps Albertans plan for the future and make the most of today, if decision making support is needed. If someone passes away and no one is willing or able to settle their affairs they may assist with the burial and help with the administration of the estate.

## THE OUTREACH CENTRE

(403)347-2480

Helps support families through domestic violence and poverty. Helps with safe and affordable housing and can provide legal information and referrals for domestic violence victims. Also deals with crisis intervention and support.

## PONOKA VICTIM SERVICES

(403)783-6539 for any person's affected by a crime or tragedy

## PRIVATE FAMILY COUNSELLING

Ponoka FCSS (403)783-4462. Sliding scale including free services

Please see other side for more information.