

Supports and Resources by Ponoka FCSS

HOUSING



- Rimoka Housing: (403) 783-3940
- Senior's housing, low-income housing, rent subsidy
- Studio's Alberta: (888) 963-5698

LANDLORD/TENANT ACT

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

EMERGENCY SHELTER:

- **SEASONAL Ponoka MAT Program**: is at the Ponoka Baptist Church North-East Entrance, intake 9-11 pm if volunteers are available in cold months. 5109-57 Avenue **PAUSED**
- Samson Community Wellness Emergency Shelter: (Maskwacis) After Hours 780-335-9441
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) 342-1966 Red Deer
- Central Alberta Women's Shelter (Red Deer):
24-hour Crisis Line: (888)346-5643
Daytime: (403)346-5643
Workers can travel to Ponoka
- Camrose Women's Shelter 1-877-672-1010
- Ermineskin Women's Shelter: 780-585-4444

TRANSPORTATION

- Red Arrow: 1-800-232-1958 (stops in Fort. Mac, Edmonton, Red Deer, Calgary, and Lethbridge)
- E-Bus many stops in Alberta and BC_1-877-769-3287
- Ponoka Wheelchair Van:
In town: (403)783-0399
Out of town: (403)783-9752



FAMILY & CHILD SUPPORT SERVICES

- Family Resource Network (Wetaskiwin) 780-352-4643 Ext. 28
- Child Services: Red Deer: (403)340-5400
Offers many resources and supports for children, families, and youth.
- Wetaskiwin Catholic Social Services: (403)352-5535
- 24-Hour Child Intervention Line:
1-800-638-0715
- Kids Help Line:
1-800-668-6868 or Text 686868
kidshelpphone.ca
- Child Abuse Hotline:
1-800-387-5437



FOOD



- Ponoka Food Bank: (403)783-5910 Address: 6B 4612 50ST, Ponoka
Emergency # (403) 392-2950
Tues 10-1; Wed 5-8; Fri 10-1
Lutheran Church Trinity (5501 – 54 Ave) 403 783 4141 Bag Lunches
- Ponoka Library: has a community cupboard (inside east doors)
5604 50 Street (403) 783-3843
- Rimbey Food Bank: (403)843-2030
- Rock Soup Green House & Food Bank: Wetaskiwin 780-777-3469
Emergency Food Benefits you can apply at
<https://emergencybenefits.alberta.ca/> (you will need a personal email, a MyAlberta Digital ID, a bank account that offers Interac e-transfers, a valid Alberta drivers licence or identification card (you will still need to call to complete your application))

FINANCIAL SUPPORT

- Income Support Intake 1-877-644-9992
- email: css.ascc@gov.ab.ca Apply online at
<https://www.alberta.ca/income-support-how-to-apply.aspx>
A list of what is needed to apply is available through FCSS
- 24-hour Emergency Income Support 1 866 644 5135
- email css.iscc@gov.ab.ca
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
- Credit Counselling: (888)294-0076
Money Mentors



CLOTHING

COATS FOR THE COLD

(403)783-4087
United Church, Ponoka. 5020 52 Ave
FCSS/ OTHER SERVICE AGENCIES
403 783 4462

In association with Bibles for Missions a 1-time voucher can be given to individuals to get \$30 of essential clothing items

PONOKA MAT PROGRAM

Ponoka Baptist Church (details in housing area above) provides warm socks, mitts, toques as required by patrons.



ADDICTION AND MENTAL HEALTH

Addictions and Mental Health Intake 1-888-594-0211
Mental Health Helpline: 1-877-303-2642
Addictions Helpline: 1-866-332-2322
Ponoka office: (403)783-7903 in Provincial Building
Maskwacis Mobile Mental Health (780) 362-2150
AA (Alcoholics Anonymous): (403)783-6574/3442
meets Thurs 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.
AI -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
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>

CRISIS

- In Danger? Call 9-1-1 Ponoka Victim Services 403 783 6539
- Suicide Distress Line for the (403) Area Code
1-800-SUICIDE (784 2433)
- Hope for Wellness Chat 1 855 242 3310
- Child Abuse Hotline: 1-800-387-5437
- Kids Help Line: 1-800-668-6868 or Text 686868
- Alberta Mental Health Help Line: 1 877 303 2642
- Family Violence Info Line 310-1818
- Alberta's One Line for Sexual Violence 1-866-403-8000
- Central Alberta Women's Outreach: 403 347 2480
- Safe Harbour Society 403 347 0181

LIVE CRISIS CHAT:

http://crisissupportcentre.com/get_support_now/online-crisis-chat/

Specialists for Resources: 211
 Emergency: 911 Health Link: 811

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ACCESS TO FREE PHONE/FAX/COMPUTER USE

- Ponoka FCSS M-F 8:30am-12pm & 1pm-4:30pm
- Ponoka Library M-Sat 10am-Close Phone & Computer



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
Red Deer 403-597-8769

SUPPORT FOR SENIORS

- Elder Advocate: (780)438-8314
- 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.



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



PPONOKA FCSS 403 783 4462

www.ponokafcscs.net
*****IMPORTANT NUMBERS: *****

MEDICAL EQUIPMENT

- Red Deer 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.

- Wetaskiwin MediLend 5106B-50 Ave 780-352-0206

- Red Cross Red Deer 403-346-1241

- 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

HEALTH SERVICES

- Battle River Medical Clinic:

(403)783-3399

- Ponoka Community Health Centre:

(403)783-4491

- Central Alberta Cancer Centre:

(403)343-4434

- Confidential STD/STI screening:

(780)312-7934

Will travel to Ponoka, Maskwacis & Wetaskiwin

- Dental Emergency: for those in financial need

<https://www.albertadentalfoundation.ca/get-dental-help/>

- 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.

- Samson Community Wellness: (780) 585-3634



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.

CANADA REVENUE AGENCY & SERVICE CANADA

CONTACT NUMBERS

- Individual Income Tax Enquiries:

1-800-959-8281

- Business Enquiries:

1-800-959-5525

- Child Tax Benefit:

1-800-387-1193

- Old Age Security

1-800-277-9914

- Canada Pension Plan

1-833-699-0299

- GST Credit Enquiries:

1-800-959-1953



FAX 1-204-984-4140