

# Economic Emergency List by Ponoka FCSS

## **Employment**

**Some work gear can be accessed free at John Howard Society, see number below**

**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 / clothes

**EPSS** (Employment Placement Support Services for people with disabilities – even anxiety or depression, anything hindering motivation) (877) 643-6249 – they can travel to you!

Google: Ponoka Job Search, Central Alberta Jobs, Alberta Job Bank, Indeed, newspapers, Facebook, Kijiji

Alberta Learning Information Service <http://alis.alberta.ca> Computers available at Ponoka Jubilee Library (403) 783-3843

**Low Cost Housing** Rimoka Housing (403) 783-3940 Studio's Alberta (AISH) (888) 963-5698

**Social Assistance/Income Support** (403) 340-5485 Red Deer (780) 361-5878 Wetaskiwin

## **Emergency Dental/Medical Benefits Allowance/Transportation/Food/Housing/Utility & After Hours Crisis**

24 hour Alberta 1-866-644-5135

**Children Services:** (780) 361-4555 **Child & Family Services** (403) 340-5400 Red Deer

**AISH** (780) 361-5163 Wetaskiwin (403) 340-7077 Red Deer

## **Outreach** Workers from these programs will come to Ponoka to help in many ways!

For Men and Women: **The Outreach Centre** (403) 347-2480 can travel to Ponoka to help with AISH forms, educational materials, referrals and advocacy for legal issues, support individuals in understanding the nature of their legal issues and judicial process and procedure, we provide legal education clinics for front line staff and clients, court preparation and accompaniment, forms assistance for government and legal forms.

**Central Alberta Women's Shelter:** CAWES 24 hour crisis line (888) 346-5643 or daytime (403) 346-5643 –they can travel here!

Resources such as Psychological, verbal, emotional, physical, sexual, economic, spiritual

**Mustard Seed Sober Shelter** (403) 347-1844 with meals **Safe Harbor Shelter and Supports** (403) 347-0181

**Turning Point:** (403) 396.0018 travels to communities giving education, clean supplies, and resources to vulnerable/homeless population. **Central Alberta Aids Network Society:** (403) 346-8858

**Legal Help** -Legal Aid (866) 845-3425 - Lawyer Referral Alberta (800) 661-1095 -Outreach (see above)

-Central Alberta Community Legal Clinic (403) 314-9129 they come to Ponoka

-Family Mediation (local Court Houses) (403) 340-7187

**Credit Counselling** Money Mentors (888) 294-0076

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

**Private Family Counselling** Ponoka FCSS (403) 783-4462 Sliding scale including free service - [www.ponokafcscs.net](http://www.ponokafcscs.net)

**Victim Services:** (403) 783-6539 **Mental Health/Addiction Services** In Provincial Building (403) 783-7903

**Battle River Medical Clinic** (403) 783-3399 **Ponoka Comm. Health Centre** (403) 783-4491 **Seniors Advocate** (844) 644-0682

**Addictions Helpline** (866) 332-2322 **Mental Health Help Line** (877) 303-2642 **Child Intervention 24 hr** (800) 638-0715

**Kids Help Line** (800) 668-6868 **Child Abuse Hotline** (800) 387-5437 **Seniors Abuse Helpline** (780) 454-8888

**Canadian Red Cross** 403-346-1241 short term help in crisis

**Addiction Services & Mental Health** (403) 340-5466 **Central Alberta Cancer Centre** (403) 343-4422

**Confidential STD/STI screening** – Travels: Wetaskiwin, Maskwacis, & Ponoka (780) 361-4339 can meet anywhere

**Dental Emergency** for those in financial need: Calgary 403-955-6888, 403-944-9999 Edmonton (ages 4-17) 780-407-5550

**\*\*\* 24 HOUR CRISIS & DISTRESS LINES: 1-877-303-2642 OR 1-403-266-4357 OR  
1-780-482-4357 RURAL CRISIS HELP & SUICIDE SUPPORT 1-800-232-7288 or 911\*\*\***

**Live Crisis Chat:** [http://www.crisissupportcentre.com/get\\_support\\_now/online-crisis-chat/](http://www.crisissupportcentre.com/get_support_now/online-crisis-chat/)

**Crisis Support Website:** [http://www.crisissupportcentre.com/get\\_support/now/](http://www.crisissupportcentre.com/get_support/now/)

**24 Hour Health Link: Dial 8-1-1 The Support Network: Dial 2-1-1 or 780-482-4636 for basic needs, employment resources, parenting support, counselling/support group, health care, legal services**

**Office of the Public Guardian** (403) 340-5165 help Albertans plan for future & make the most of today if decision-making support is needed. If someone dies and no one is willing or available to settle their affairs, assist with burial and may help with the administration of the estate

**Health / Mental Health / Seniors Advocate Office** 310-0000, then (780) 422-1812 help people find health and seniors' services, programs, and appropriate places to address their complaints. The Advocates also provide education about the Alberta Health Charter and the patients' rights set out in the Mental Health Act.