

Economic Emergency List by Ponoka FCSS

Employment (some work gear can be accessed free at John Howard Society, see number below)

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!

EPSS (Employment Placement Support Services for people with disabilities (877) 643-6249 – they can travel to you!

Check out Facebook Pages: Ponoka Job Search, Central Alberta Jobs, and many more

Alberta Job Bank, Indeed, newspapers, and Kijiji ~ Alberta Learning Information Service <http://alis.alberta.ca>

Computers are available at the library for your use, Ponoka Jubilee Library (403) 783-3843

Low Cost Housing Bethany Group (403) 782-4118 Studio's Alberta (888) 963-5698

Social Assistance/Income Support (780) 361-5878 Wetaskiwin 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

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

Turning Point: (403) 396.0018 travels to communities giving education, clean supplies, and resources to vulnerable/homeless population. CAANS: (403) 346-8858

Legal Help -Legal Aid (866) 845-3425 - Lawyer Referral Alberta (800) 661-1095
-Central Alberta Community Legal Clinic (403) 314-9129 they come to Ponoka

Credit Counselling Money Mentors (888) 294-0076 **Food** Ponoka Food Bank (403) 783-5910

Private Family Counselling Ponoka FCSS (403) 783-4462 Sliding scale including free service - www.ponokafcss.net

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

Family Health Clinic (403) 783-5305 **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

Family Mediation (403) 340-7187 **People's Place Shelter** (403) 342-4722 **Safe Harbor Society** (403) 347-0181

Alberta Works Housing & Utility Support (866) 644-5135 **Addiction Services & Mental Health** (403) 340-5466

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

John Howard Society (403) 343-1770 – Criminal Justice Education and can help with work boots / clothes

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/

Crisis Support Website: 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

**Emergency Dental / Medical Benefits Allowance / Transportation / Food
& After Hours Crisis 1-866-644-5135**

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.

Canadian Red Cross 403-346-1241 short term help in crisis **Greyhound 403-783-8272** at Stampede Esso Hwy 2A