

WHERE TO FIND HELP YOU NEED!



Grande Prairie

**STREET
SURVIVAL
GUIDE**

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REMEMBER YOU ARE NOT ALONE!

STREET SURVIVAL GUIDE 2018

The City of Grande Prairie

*is not responsible or liable for any misinformation
that may appear in the Street Survival Guide.*

This is a resource guide only.

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you can make free local
calls from these locations

PHONE

Friendship Centre

10507-98 Avenue | 780-513-2242

Free phone available for clients to call support workers/agencies, to job search or to look for housing. Absolutely no personal or long-distance calls.

Mon & Thurs: 10am - 4pm. Tues & Fri:
12pm - 6:30pm. Wed 1pm-6:30pm

**HIV North | 9607-102 Street
780-538-3388**

Free phone available to anyone.

Mon - Thur: 9am-12pm, 1 - 4:30pm
Fri: 9am - 12pm

Sunrise House –

Youth Emergency Shelter

9309-109 Avenue | 780-539-3287

Cell: 587-783-2463

24 hours a day, 7 days a week. Free phone use for anyone aged 12 to 17 years. Youth do not have to be staying at shelter.

Service Canada

**11601 101st Avenue, Suite 101
1- 800-622-6232**

Free phone and fax use for anyone job searching. Mon-Fri: 8:30am-4pm

FREE INTERNET

Public Library

101, 9839-103 Avenue

780-532-3580

Monday-Thursday: 10am -9pm

Friday: 10am -6pm

Saturday: 10am - 5pm

Sunday: 1pm - 5pm

Sunrise House – Youth Emergency Shelter

9309-109 Avenue | 780-539-3287

Free internet use for anyone aged 12 to 17 years. Youth do not have to be staying at shelter.

do you need to see a doctor or do you have questions about your health?

HEALTH

Alberta Health Link

24 hrs/7 days a week

Health advice, or information from a registered nurse. Translators immediately available in 120 different languages. **1-866-408-5465 or 811**

Alberta Health Care

Information on health coverage in Alberta.

Monday - Friday 8:15am - 4:30pm

Dial 310-0000, then 780-427-1432

Alberta Health Services Region

Information on available health services and health issues. **www.albertahealthservices.ca**

myhealth.alberta.ca

Search for health, disease and medicine information as well as find local health care services.

Alberta Health Services ID Program

#300, Aberdeen Centre 9728 101 Ave

Provides assistance to homeless, at-risk and recently housed clients to obtain Alberta Identification and Alberta Personal Health Cards (IDs). Assists adults 18 years and older who are Homeless, at risk of being homeless, At-risk • Recently housed (up to 6 months). In Alberta over 90 days, or legally-entitled to remain in Canada.

780-833-3538

Wed & Thurs: 8:30am-12pm, 1-2pm

Closed for lunch from 12pm-1pm

QEII Hospital

10409-98 Street | 780-538-7100

24 hrs/7 days a week

by appointment
or drop-ins

WALK-IN CLINICS

GPRC Clinic SAME DAY APPOINTMENTS ONLY

10620-104 Avenue | 780-814-5800

gprc.ab.ca/community/health_centre.html

A multi-faceted health care facility, providing regular family practice and nurse practitioner services five days a week, as well as weekly rotating mental health, dietician and lactation consulting services.

Mon-Fri: 9am-5pm

Grande Prairie Medical Walk-in Clinic

[Superstore] 12225 99 Street | 780-533-4444

Provides both Family Practice and Walk-In style medical service where patients can be treated by a qualified health care team. Onsite pharmacy. Mon-Fri: 9am -

5pm, Sat: 11am - 3pm

Grande Prairie Primary Care Network (PCN)

104 - 11745 105 Street

780-539-9204

Regular office hours (Admin, Persistent Pain, Primary Care Support) Mon - Fri 8:30am - 4:30pm

After Hours Clinic

Mon - Fri 5pm - 10pm

Satu & Sunday 10am - 9pm

Stat Holiday Hours 10am - 4pm

[unless otherwise noted]

Provides an After-Hours Clinic, Persistent Pain Program, and a PNC Support Program.

by appointment
or drop-ins

WALK INS/HEALTH SERVICES/PROGRAMS

Walmart

11050 103 Avenue | 780-532-2332

Mon-Fri 9am-5pm

Health care team ready to serve you. No appointment required.

Rotary House

10101-97A Street | 780-539-6777

Wed & Fri 9am-12pm

Nurse practitioners services onsite.

Health Unit-Provincial Building Woman's Wellness Clinic

10320-99 Street | 780-513-7500 | By Appointment.

Multiple programs offered. Ex: STI Testing Clinics, Aboriginal Health Program, Pre Natal Classes, Post Natal Home Visits, Nutrition, Immunization clinics, Communicable Disease and TB Clinics, Pre-school Dental Clinics, Breastfeeding Assistance.

HIV North | 9607-102 Street | 780-538-3388

Monday 1pm-3pm. Provides STI testing for HIV, Hepatitis C, Syphilis, Gonorrhea, and Chlamydia. Appointments are encouraged.

Medicine Shoppe

#100, 9728 Montrose Avenue

780-532-6999 | ms0291@store.medicineshoppe.ca

Mon-Fri 9:30am-5:30pm, Sat: 10am-2pm

Health and wellness events, free medication delivery.

Shamrock Pharmacy, The Co-op Marketplace

9831-100 Avenue | 780-532-2652

Mon-Fri: 9am-6pm

Sat: 9am-5pm

Sundays & Stat Holidays CLOSED

Rotary House | 10101-97A Str. | 780-539-6777 | www.rotaryhouse.ca

Open 24 hrs/day, Warming Centre open at 7pm in winter months. \$10/day if able to pay.

Sunrise House Youth Emergency Shelter

9309-109 Avenue | 780-539-3287

24hrs/day, 7 days a week. The shelter is a temporary place to stay while the youth aged 12 to 17 conduct a supported search for permanent housing. We provide meals, clothing, and personal care items based on need; support and parent mediation also available.

Odyssey House | 780-538-1332 | Open 24hrs, 7 days a week .

Provides safe, short term emergency shelter for women (with or without children) who have left an abusive relationship. Other women in crisis may be accommodated if space is available. Complete confidentiality. Provides crisis intervention, support, referrals, public education, and advocacy.

Aurora Home | 780-897-1544 | Call to book an appointment

Offers short term accomodations for women who have or are in the process of applying for residential addiction treatment programs.

AFFORDABLE HOUSING/SOCIAL HOUSING

Grande Spirit Foundation | grandespirit.org

9505-102 Avenue | 780-532-2905 Housing Office: 780-532-3276

Monday - Friday 8:00am -4:00pm Closed over lunch. Provides rental subsidies to low-income individuals, families and seniors.

HOMELESS AND LOOKING FOR HOUSING SUPPORT?

YMCA Centralized Assessment for Housing

#200, 10006-101 Avenue | Office: 780-539-9622 Assessment Ph:780-357-7445

Services include giving referrals to a community resource such as a clothing depot or a food bank; referrals to income programs or human service agencies; other agencies that offer Housing First services.

Centerpoint Housing Loss Prevention | www.mycenterpoint.ca

Community Village, 10113 - 103 Avenue | 780-296-5088

LOOKING FOR A PLACE TO WASH?

Rotary House

10101-97A Street | 780-539-6777

www.rotaryhouse.ca

Free Shower

Eastlink Centre

#10 Knowledge Way | 780-830-5000

Mon-Sat: 5:30am-10pm

Sun: 8am-10pm

Showers available anytime the Eastlink Centre is open.

Cost: \$1.75

FREE FOOD

Grande Prairie Food Bank

9615-102 Street | 780-532-3720

By appointment ONLY. Mon-Fri: 10am-11:45am, 1:30pm-4:30pm

Salvation Army Family and Community Support Services

9615-102 Street | 780-532-3720

Mon-Fri: Breakfast 8:30am-9:30am, Lunch 11:30am-12:30pm. Mon and Thurs: Supper 5:30-6:30pm. Sun Supper: 5pm-6pm. Provide meals to homeless and to those in need.

Grande Prairie Volunteer Bureau | 10116 - 102 Ave. Building C | 780-538-2727

Provides access to free seasonal clothing and personal hygiene items. Diaper bags are also available in the Community Basket. Mon - Thurs 8:30am - 4:30pm Fri 8:30 - 3:30pm

Friendship Centre Emergency Food Closet

10507-98 Avenue | 780-539-7514

Provides small amounts of food in emergencies, not available to large families or for more than 1-3 days of food. Mon & Thurs: 10am-4pm, Tues & Fri: 12pm-6:30pm, Supper Night- Tue & Fri 12pm -7pm, Wed, 1pm-6:30pm; Brunch - Sat at 10:30am

Church of Christ | 9602-92 Avenue

780-538-4211 Sat. Doors open: 4. Supper Served: 6pm. Hours Monday - Friday 9:00am - 4:00 pm

MEALS ON WHEELS

Meals on Wheels | #101 1027 121 Avenue | 780-539-3901

Monday - Friday 9:00am - 4:30pm

Delivery of hot, nutritious meals to anyone unable to prepare adequate meals for themselves due to mental illness, addictions, or physical disabilities. Must provide an address for delivery (ex. shelter or church). Must be available to accept meals or provide emergency contact in case of no show.

Next day service available with no contract. Allergies are accommodated, several meal options are provided based on preferences.

Cost: \$10.00/meal, subsidies may be available.

EMPLOYMENT/FINANCIAL ASSISTANCE

Alberta Supports Contact Centre

Toll-Free: 1-877-644-9992 | www.albertasupport.ca

General inquiries on income support, adult health benefits, child health benefits and child support services. Referrals may also be made to a variety of F5:I5 career and employment services, including the Career Information Hotline, JOBS, Student Funding Contact Centre or Employment Insurance. Mon-Fri: 7:30-8pm

Income Support Contact Centre

1-866-644-5135

Current income support clients who need specific information on their case can call the Income Support Contact Centre. This centre is open 24 hours a day and also serves after-hours and emergency calls from the public.

EMPLOYMENT/FINANCIAL ASSISTANCE

Employment Insurance

1-800-206-7218 | General inquiries regarding EI.

Grande Prairie Alberta Works Centre

100 Towne Centre Mall, 9845 - 99 Avenue | 780-538-6241

Mon-Fri: 8:15am – 4:30pm

Assured Income for the Severely Handicapped

#101, Aberdeen Centre, 9728 101 Avenue | 780-833-4399

The Assured Income for the Severely Handicapped (AISH) program provides financial and health-related assistance to eligible adults with a disability. The disability must be permanent and substantially limit the person's ability to earn a living. AISH clients may also be eligible to receive supplemental assistance (a child benefit and personal benefits) through the AISH program.

Mon - Fri 8:15am - 4:30pm

Alcoholics Anonymous

780-532-1772 | www.grandeprairieaa.com

A self-help organization for individuals with alcohol problems. Call for a list of meetings in the Grande Prairie area.

Rising Above | 11007 106 St

780-533-3025 | www.risingabovegp.com

Committed to breaking the cycles of defeat by providing H.E.L.P.S. Housing Employment readiness Training Life Skills, Personal Development, Spiritual Formation. Mon-Fri: 9am-5pm

Canadian Mental Health Mobile Addictions

780-933-2224 Providing street level support for at risk and street involved individuals. Mon -Fri 8am-4pm

Northern Addictions

Centre

11333-106 Street

780-538-5210

book an appointment

Mon - Fri 8am - 5:pm Drop-in

Friends and Family Group: Mon

6:15pm-8:15pm Adult Mental

Health & Addictions Services.

Services range from detox,

Opioid Dependency Programs,

and Adult Residential Programs.

Drop-in group for those affected

by someone else's alcohol, drug

use and/or gambling.

ADDICTIONS/MENTAL HEALTH

ACT Medical Centre

10405-102 Street | 587-259-1248 book an appointment

Provides Methadone & Suboxone Clinics to aid in the recovery of addictions to a variety of drugs such as fentanyl, heroin, oxycodone, morphine, and other types of opioids. Nurse & practioner available

Aurora Home | 780-897-1544 book an appointment

Offers short term accomodations for women who have or are in the process of applying for residential addiction treatment programs.

Alberta Health Services Addiction and Mental Health Drop-in Counselling Centre

#300, 9728 101 Avenue, Aberdeen Centre | 780-538-6330

For adults, parents and youth dealing with addictions and mental health concerns.
Friends and family group drop-in: Monday 6:15-8:15 p.m. Hrs: 8am-12pm and 1-4:30pm, Closed STAT holidays

Alberta Health Services Integrated Crisis and Access Team (ICAT)

3rd Floor Aberdeen Center, 9728 101 Avenue | 587-259-5513

Single point of access for children, youth & adults to Addiction and Mental Health supports.
Mon-Fri: 9am-4:30pm

Alberta Health Services Mental Health Services (for Children)

Nordic Court, 10014-99 Street (4th Floor) | 780-538-5162

[Children's Mental Health] Single therapy session, priority order Ongoing consultation can be accessed through the Intake Worker. Mon-Fri 8-4:30 p.m. by appointment only need referral.

Alberta Health Services Mental Health Services (for Adult)

Nordic Court, 10014-99 Street (6th Floor) | 780-538-5160

[Adult Mental Health] Single therapy session, priority order Ongoing consultation can be accessed through the Intake Worker Mon to Fri 8-4:30 p.m. by appointment only need referral.

Burden Bearers of Canada

10005-97A Street | 780-539-5225
www.Burdenbearersgp.com

Counselling by appointment only.
Cost \$100 per hour . Mon - Thurs: 8am-4:30pm, Fri: 9am-12pm

Suicide Prevention Resource Centre

#200, 10014 99 street
780-539-6680 | www.sp-rc.ca

Provides programs and workshops for people of all ages; access to mental health services, promoting positive alternatives and support. Mon-Fri: 8:30am - 4.30pm

Providing Assistance

Counselling & Education

PACE Sexual Assault Centre

10031-103 Avenue
780-539-6692

pacegp@pacegp.ca

Provides crisis intervention, support, and counselling services for anyone who has experienced, or knows someone who has experienced sexual abuse, sexual assault, and/or child abuse. Mon- Fri: 8:30am -4:30pm
Closed from 12-1pm

Catholic Family Services

10105 102 Street | 780-532-9381

Call if you or someone you know is interested in meeting with a counsellor or participating in a group or class. Services range from individual, couple and family counselling to parenting, couples connect workshop and educational groups.

Mon- Fri 9am- 5pm

Circle of Life (Grande Prairie & District Grief Support Association)

**10031-103 Avenue
780-539-5432**

Offers a number of programs that provide information and support to children, adults and families experiencing loss. This includes school groups, Camp He-A-He in the summer and follow up groups

CLOTHING

Friendship Centre | 10507-98 Avenue | 780-539-7514

Free Clothing for Men and Women, based on availability. Mon & Thurs: 10am-4pm, Tue & Fri: 12pm-6:30pm, Wed: 1pm-6:30pm

Good Will Store | 10940-100 Avenue | 780-402-6398

Donated clothing for purchase. Mon-Wed: 9am- 8pm, Thur-Fri 9am-9pm
Sat: 9am- 6pm, Sun: 10am- 6pm

Value Village | 11505-99 Street | 780-402-6700

Donated clothing and household items for purchase.
Mon-Sat: 9am- 9pm, Sun: 10am- 7pm

DROP-IN CENTRES

Friendship Centre

10507-98 Avenue | 780-539-7514 | gpfriendshipcentre.ca

Outreach and support services; referrals to other agencies made. Come in from the cold for coffee, to read the newspaper, or just a visit. We have an Elder in residence, and an arts and crafts program starting.

Mon & Thur: 10am - 4pm, Tue & Fri: 12pm - 6:30pm, Wed: 1pm-6:30pm

Saint Lawrence Centre

At Rotary House (10101 97a Street) | 780-228-5734

Offers Rest - Referrals - WIFI - Clothing - Showers - Snacks - Laundry - Harm Reduction supplies. Spring/Summer Hours: Mon & Thurs 12pm-7pm, Sat 3pm-7pm (Church of Christ location)

DROP-IN CENTRES

Cool-Aid Society | www.coolaidsociety.com

Drop in centres offering friendship, guidance, and support to youth, Grades 1-12, call for additional information. Mon- Fri 10am - 6pm

Hill Side Location | 780-532-9004 | 9667 Hillcrest Dr.

South Side Location | 780-357-9354 | 9645 Prairie Road

Hearth Social Profit | #103 10029 97th Street | 780-978-4561

Our activities are open to everyone, including youth and children, so we ask that anyone who attends is respectful and sober when they come. People can sign up for memberships- \$20/year. Any paid activity or membership will accept help at the centre in lieu of cash. Tues/Thur: FREE drop-in from 1:30-4:30 pm Wed: Expressive Arts - \$5/drop-in or \$15/month from 1-4pm

Providing Assistance Counselling and Education Community Support, Sexual Assault and Trauma Centre

10031-103 Avenue | 780-539-6692 | pacecenter.ca

Provides a variety of services in the Grande Prairie community & areas, including crisis intervention, family support, educational workshops and counseling services involving sexual abuse, sexual assault, child abuse and trauma. Mon- Fri: 8:30am-4:30pm
Closed from 12pm-1pm

Suicide Prevention Resource Centre (including Men's Support Group) **#200, Nordic Court, 10014 99 Street | 780-539-6680 | sp-rc.ca**

Provides community resources focusing on mental wellness and reduction of death by suicide. We offer programming for people of all ages, addressing mental health issues in children, teens, and men and women of all ages from all walks of life. Men's Support Group - for men by men to help assist with any stress you may be experiencing. Mon-Fri: 8:30am - 4:30pm, Men's Support Group - Wed: 7pm-9pm

Odyssey House

780-538-1332 | odysseyhouse.ca

Drop-in weekly Abuse Information groups for women. Free childcare available.

The Breakfast Club

#203, 11402-100 Street | 780-539-7142

The Breakfast Club is a co-ed psycho-educational program for teens with coping problems, depression, or suicidal thoughts or behaviour. It consists of a weekend retreat, group follow-up, and individual support. A modified program is available for tweens ages 9-12.

Pregnant and Parenting Teens | Lions' Learning Centre, 9625 Prairie Road

780-538-3854 | Works with mothers, fathers, and children to assist them in achieving their personal best; offers individual and group support, education, and advocacy for families. Pre/post natal education, infant/toddler clothing/toy/equipment exchange; access to outreach school. Mon-Fri: 8:30-4:30pm

John Howard Society

#200, 10135-101 Avenue | 780-532-0373 | info@johnhowardgp.ca

Provides an alternative junior high school program; anger management for youth; grade 7 workshop on non-violent conflict resolution skills. Also provides group therapy for men and women involved in intimate abuse; parenting after separation seminars; client referrals, support, and assistance.

Mon- Fri: 8:30am-4:30pm, Closed from 12pm-1pm

HIV North (including Street Outreach)

9607 102 street | 780-538-3388 | info@hivnorth.org

Information on HIV/AIDS, free condoms, HIV/ STI testing, needle exchange, and positive support.

Mon, Tue, Fri: 8:30am-4:30pm, Wed & Thur: 8:30am-6:30pm, Closed 12pm- 1pm

Senior's Outreach

#102, 9905-101 Avenue | 780-539-6255

Responds to seniors' needs through direct help or by referral. Provides information and forms on pensions, benefits and grants for seniors.

Monday- Friday 9:00 am- 4:30pm, Closed from 12pm-1pm

Project KARE (Community Policing)

10202 99 Street | 780-538-5701

KARE strives to minimize the risk of murder to vulnerable missing persons and to interact with those individuals who are involved in high risk lifestyles. If you have information about someone who is missing, contact the RCMP, or Crime Stoppers at 1-800-222-8477.

Mon-Fri: 8am - 7pm

Sat: 11:00 am - 3:00 pm

CHILDREN & YOUTH SUPPORT SERVICES

**Grande Prairie Regional Office | 214 Place South, Suite 400, 10130-99 Avenue
780-538-5122 | After hours crisis line: 1-800-638-0715**

Provides assistance and protection to individuals under 18 years of age in crisis situations. Children/Community Social Services: Mon-Fri: 8:15am-4:30pm
Closed from hour 12pm-1pm

**Intervention Unit | Suite 200, 10130-99 Avenue
780-538-5102 | After hours crisis line: 1-800-638-0715**

Service to children and family in need. Child abuse or neglect can also be reported confidentially. Children/Community Social Services: Monday-Friday 8:15am-4:30pm
Open during lunch hour.

HIV North | 780-830-7094

Offers youth aged 8-17, whose behaviour has brought them into contact with the RCMP, an opportunity to access services that are appropriate for their needs.

CHILDREN & YOUTH SUPPORT SERVICES

Sunrise House- Youth Emergency Shelter

9309-109 Avenue | 780-539-3287 Cell:587-202-3598

24 hours a day, 7 days a week. The youth Navigator provides assistance to unsupported youth become independent and develop life skills. Assistance can include navigating the Housing First process, communicating with Child & Family Services, opening a bank account, finding a job, transport to appointments, cooking/grocery shopping, and budgeting.

Child & Youth Intervention Program (Crime Prevention) | 780-830-7094

Offers youth aged 8-17, whose behaviour has brought them into contact with the RCMP, an opportunity to access services that are appropriate for their needs.

Grande Prairie Youth Help Site | www.gpyouth.ca

A website that has many different types of resources listed for youth to get help for bullying, drugs, pregnancy, living without support, mental health, counseling and so much more.

Legal Guidance

10113-103 Avenue, Community Village | 780-882-0036

GPLG offers free legal guidance to low income individuals who have a legal problem and do not qualify for Legal Aid. GPLG uses a set of income guidelines to determine whether you will be able to qualify for assistance from GPLG.

Legal clinics are offered twice per month; volunteer lawyers donate their professional time to meet with you to discuss your legal concerns; services may include information, advice or referrals to appropriate agencies.

Services are now being provided in the area of Family Law. Mon-Fri: 9am-4pm

Dial a Law

1-800-332-1091

Lawyer referral and pre-recorded information on different legal issues.

Legal Aid Alberta

1-866-845-3425

Phone lines are closed daily from noon to 1:00pm. Provides lawyers at an affordable cost to people who need assistance for criminal or civil matters and who are unable to retain a lawyer from their own resources.

Mon -Fri: 8:15am - 4:15pm

Wed: 8:30am -2:30pm Phone lines are closed daily from noon to 1pm

John Howard Society

#200, 10135-101 Avenue

780-532-0373 | johnhowardgp.ca

Native Counselling Services of Alberta

#118-9728 101 Avenue

780-532-9359

Delivers services primarily to aboriginal individuals, families and youth who require assistance in court.

Mon-Fri 8:30am -4:30pm

Do you need to talk to someone?

DISTRESS/HELP LINES

Alberta Health Services Addictions Help Line | 1-866-332-2322

Provides alcohol, tobacco, other drugs, gambling support, information and referral to services. 24 hours a day, 7 days a week

Alberta Mental Health Help Line | 1-877-303-2642

Provides confidential, anonymous service, crisis intervention, information about mental health & programs, and referrals to other agencies. 24 hours a day, 7 days a week

PADIS – Poison and Drug Information Service | 1-800-332-1414

Provides information on poisons, chemicals, medications and herbals.
24 hours a day, 7 days a week

Do you need to talk to someone?

DISTRESS/HELP LINES

Family Violence Info Line | 780-310-1818

Provides information and support about family violence programs and services.
24 hours a day, 7 days a week

Mental Health Help Line (Suicide Distress Line)

1-877-321-2747 24 hours/7 days a week

AIDS and Sexually Transmitted Disease Information

1-800-772-2437

Answered by a nurse Monday-Friday business hours, otherwise is recorded information.

Do you need to talk to someone?

DISTRESS/HELP LINES

Child Abuse Hotline | 1-800-387-5437

Kids Help Phone | 1-800-668-6868

EMERGENCY CALL 911

funded by: **CITY OF GRANDE PRAIRIE**
Community Social Development

For more information
please call CSD at 780-538-0380

