

Pandemic Resource List

Community		
Organization	Description	Contact/Website
AHS Addictions and Mental Health	-support through telephone appointments -provides alcohol, other drugs, tobacco, and gambling prevention, and education services -prevention services for people, families, schools, communities, and workplaces Hours: Monday – Friday 8:30-4:30 (closed 12:00-1:00 for lunch)	Call: 780-542-3140 for intake www.albertahealthservices.ca
Drayton Valley Primary Care Network	<ul style="list-style-type: none"> - through physician referral - Currently providing support to clients over the phone Hours: Monday-Thursday from 8:30am-4:30pm	Call: 587-464-0228 info@draytonvalleypcn.ca
FCSS	Information and Referral Services • Preventative Social Programs for Seniors • Community and Volunteer Development Programs • Preventative Social Programs for Adults • Preventative Social Programs for Children, Youth and Families	Call: 780-514-2204 https://www.draytonvalley.ca/wp-content/uploads/2020/03/2020DVAlley_ResourceDirectory.pdf?fbclid=IwAR1O7zf-LegwGdWtxeoYsskaDgjCxOCx6KmHx_8Sla7ZA77QUyb1bh9EZw
Brazeau Empowerment and Support Team	-Encouraging healthy developmental relationships -Promoting healthy living choices -Connecting individuals with and navigating community resources -Building life skills and career guidance -Support awareness around living well with addictions and/or mental illness -Reduce stigma and barriers to care	Melissa Jordan: melissa.dvyouthhub@gmail.com Call: 780-514-9843 Danielle Mellis: Danielle.dvyouthhub@gmail.com Call: 780-621-9217 Website: www.healthycommunities.ca under BEST

<p>Aim for Success</p> <p>AHS-Mental Health Capacity Building</p> <p>Wild Rose School Division</p>	<p>-mental health prevention and early intervention in schools and community</p> <p>-skill development such as coping, dealing with stress, communication, relationship building, self care empathy</p> <p>-referral and connections with community resources and support</p> <p>-family and community events promoting mental health</p>	<p>Program Manager</p> <p>Sue Reich</p> <p>Call: 780-898-3191</p> <p>sue.reich@wrsd.ca</p> <p>aimforsuccess.ca</p>
<p>Family Resource Network</p>	<p>Educates parents and caregivers about child development, provides social support, and offers coping and problem-solving skills in order to build resiliency and success within families and communities.</p>	<p>Call: 1877-994-5465 option 5 or 403-895-0152</p> <p>email: anneleen.debruyne@mcmcentral.ca</p> <p>Rocky Mountain House Hub</p> <p>RockyMountainHouseFRN</p>
<p>Brighter Futures Family Resource Society</p>	<p>Baby Essentials Program: provides supports to families in times of hardship for assistance towards diapers, formula and essential needs for baby. Nutritious Beginnings: provides nutritional assistance and one on one support</p>	<p>Call: (780) 514-5070 1 (887) 330-8808</p>
<p>Drayton Valley and Area Community Mat Program</p>	<p>Volunteer operated program that provides temporary overnight emergency shelter.</p>	<p>Call: 780-514-2221</p> <p>homelessness@draytonvalley.ca</p>
<p>Drayton Valley and Area Community Food Bank Society</p>	<p>Food hampers provided to individuals and families.</p>	<p>Call: 780-514.3777</p>
<p>Warming Hearts</p>	<p>Provides bowl of soup to those who may not have fund or mean for the basic necessities</p>	<p>Call: 780-898-6718 or 780-515-1219</p>
<p>Alberta Works-Employment and Income Support</p>	<p>Career and Employment Income Support Applications</p>	<p>Call: 780-542-3134</p> <p>780-621-4036</p>
<p>Drayton Valley and Area Alcoholics Anonymous</p>	<p>Drayton Valley meetings: Wednesday @ 8:00 p.m at Violet Grove Hall Fridays @ 7:00 p.m., Saturdays @ 8:00 p.m., and Sundays @ 8:00 p.m.</p>	<p>Call: 780-542-8729</p> <p>780-621-0354</p>

Narcotics Anonymous (N.A.)	A 12-Step program. Meetings held Mondays and Thursdays @ 7:00 pm.	Call: (780) 542-4855
Brenda Petrie Psychotherapy and Consulting	Individual, couple, family, group therapy; Children, Teen & Adult; Play Therapy; Cognitive & Behavioral Assessment and School Consultation	Call: (780) 621-9254 petrie@telus.net www.brendapetrie.ca
Drayton Valley Comprehensive Family Violence Initiative	Individual, family and group counseling (male and female groups) for people experiencing family violence or history of abusive relationships, childhood to present.	info@draytonfamilyviolence.com www.draytonfamilyviolence.com
Judith Gill Psychological Services	Psychological Services	Call: (780) 621-1196 jgillpsychserv@gmail.com
Burden Bearers Counselling Centre	Individual, marital and family counselling services from a registered psychologist	(780) 542-6045 info@burdenbearersdv.com www.burdenbearersdv.com
Schoepp & Associates Psychological Services Carolyn Schoepp Registered Psychologist	Individual, family and couples counseling provided by a registered psychologist.	(780) 621-0301 (780) 621-0308 grss.schoepp@gmail.com www.schoeppandassociates.ca
Central Alberta Child and Family Services (CFS)	Assesses needs, sets priorities, plans, allocates resources and manages the provision of services to children, families and other community members	Call: (780) 621-4021 (780) 542-3824 310-0000 childrenservices.alberta.ca www.humanservices.alberta.ca/programsand-services.html
Alberta Health Services - Home Care	Assisting individuals of all ages with health problems or disabling conditions so that they can remain as independent as possible and stay in their own homes.	Call: (780) 621-4933 fax: (780) 621-5230
Comprehensive School Health	Comprehensive School Program promotes health and well being in the development of successful learners with students, school staff, parents, health professionals and the community	Call: (780) 542-4415 jessica.doucette2@albertahealthservices.ca www.albertahealthservices.ca
Pembina Crisis Connection Society (PCCS)	PCCS provides residents with educational information regarding suicide and all forms of abuse. PCCS also coordinates	Trisha Howes Call: (780) 621-2363

	transportation to Women's Shelters outside the community as requested.	
Westward Goals Support Services Inc	Services provided include: in home or out of home respite, developmental and behavioural support aide, community support aide, personal care, out of home placement and individual programs	Call: (780) 621-4020 www.westwardgoals.ca
Drayton Valley Community Health Centre Alberta Health Services - Central Zone	Dental Services, Early Intervention, Home Care, Injury Prevention, Mental Health Services	Call: (780) 542-4415 www.albertahealthservices.ca
Drayton Valley Hospital & Care Centre	Acute Care, Continuing Care, 24 hour Emergency Services, Physiotherapy, Cancer Treatments, X-Ray/lab service.	Call: (780) 542-5321 www.albertahealthservices.ca
Disaster Services	Coordination of all responding agencies (utilities & emergency services) in the event of a disaster.	Call: (780) 514-2200 www.draytonvalley.ca/town-services/emergency-preparedness
Healthy Communities Coalition	HCC is building a healthy community where people are supported, connected, resilient and safe.	Call: (780) 514-7234

General Information		
Organization	Description	Website
Alberta Health Services	COVID-19 Self-Assessment Test	myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx
Health Link	If you have symptoms - cough, fever, fatigue, or difficulty breathing, call	811
Government of Alberta	COVID-19 info for Albertans	https://www.alberta.ca/coronavirus-info-for-albertans.aspx
Alberta Health Services	COVID-19 Podcasts	https://soundcloud.com/ahs-communications

211	211 is a helpline and website that provides information on and referrals to Alberta's community, social, health-related and government services	https://www.ab.211.ca/
Alberta Health Services	Mental Health Resources	https://insite.albertahealthservices.ca/main/assets/hr/tms-hr-mental-health-resource.pdf

Self-Care

Organization	Description	Website
Alberta Health Services	Free health promotion resources	https://dol.datacm.com/ Login ID: mentalhealthresources Password: mh2016
HelpGuide	Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty	https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm
Alberta Health Services	Mental Wellness Moment, Dr. Nicholas Mitchell	https://www.albertahealthservices.ca/topics/Page17012.aspx

Accessing Financial

Organization	Description	Website
Government of Alberta	Financial supports during COVID-19	https://www.alberta.ca/covid-19-supports-for-albertans.aspx

Online Trainings

Organization	Description	Website
Government of Alberta	Emergency management courses	https://www.alberta.ca/online-emergency-management-courses.aspx
The National Child Traumatic Stress Network	Psychological First Aid (PFA) and Skills for Psychological Recovery (SPR)	https://learn.nctsn.org/course/index.php?categoryid=11

Alberta Health Services	Psychosocial Disaster Learning Series	AHS staff: MyLearningLink External will be available soon
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Additional Resources		
ReachOut Australia	Resources to help you manage your wellbeing	https://au.reachout.com/collections/coping-during-coronavirus

Please note that this document will be updated on a regular basis. If you have additional resources that you would like to share, please email Shanelle (Shanelle.Reodica@ahs.ca)