LOCATIONS

ABILITY RESOURCE CENTRE

Monday – Friday: 8:00 am – 4:30 pm  14033293911  staff@abilityresource.ca
http://www.abilityresource.ca  1610 29 St N, Lethbridge, AB T1H 5L3, Canada

COVID19 Update: We are CLOSED due to COVID-19 until further notice.

Ability Resource Centre is a place for individuals to build friendships, learn, be productive, explore interests and talents, develop skills and gain confidence. Individuals are supported to be involved in general community social, recreational, educational, arts and culture activities.

Community Access Services supports working-aged youth and adults with disabilities to achieve their goals in the life areas of: independence, Well-Being and Community Connections. This service typically appeals to people who do not have employment as a short term goal, but who desire: increased community involvement, interpersonal relationship building, development of skills related to their needs, interests and talents, pre-employment skill development, and support for their health and well-being goals.

ACCESS-A-RIDE

14033296464  https://aarbooking.lethbridge.ca/Account/Login  619 4 Avenue North

COVID-19 update: The City of Lethbridge recognizes that public transit may sometimes be the only means of transportation residents have to get food, medications and to travel to work or medical appointments. For this reason, both Lethbridge Transit and Access-a-Ride are being maintained as essential City services. Enhanced cleaning measures are in place to protect our riders and employees. This includes additional staff deployed to the downtown Park ‘n’ Ride terminal to clean touched surfaces throughout the day. All transit staff have also been briefed on the importance of their own hand hygiene and social distancing practices to help limit any possible transmission.

Is a shared ride public transportation for people who are unable to use the regular public transit service. Service is provided on an “accessible door to door” basis, providing a safe and secure trip from origin to destination.

ALBERTA SPORT DEVELOPMENT CENTRE SOUTHWEST

14033205271  info@asdcsw.ca  https://www.asdcsw.ca/  401 Laval Blvd W, Lethbridge, AB T1K 3W7, Canada

The COVID 19 pandemic has forced athletes to find alternatives to when and how they can train while being mindful of social distancing rules. Please visit our website for a list of programs, resources, videos, documents and webinars that athletes can access during this time.

ALBERTA SUPPORTS CONTACT CENTRE - LETHBRIDGE

14033802272  alis.info@gov.ab.ca  https://alis.alberta.ca/  200 5 Ave S, Lethbridge, AB T1J 4L1, Canada

COVID-19 update: Alberta Supports Centers are temporarily suspending in-person services to protect the health of all Albertans. Albertan’s can call their caseworker or the Alberta Supports Contact Centre at +1 877 644-9992

Qualified staff in Alberta Support Centres are available to provide career and employment services to help you with your career planning, work search and job maintenance skills. They can connect you to employers, training options for skills that are in demand and provide guidance on starting a self employment program.
**ALPHA HOUSE SOCIETY- LETHBRIDGE**

24/7 14035939376 alphashelter@alphahouselethbridge.com www.alphahousecalgary.com

802 2 Ave N, Lethbridge, AB T1H 2V9, Canada

COVID-19 UPDATE: Lethbridge Shelter Main Building and Overflow Shelter w capacity of 125-beds

Showers, laundry, food, and case management

We are looking for donations for a full list of our needs, please visit http://alphahousecalgary.com/how-you-can-help/

Alpha House Society is a non-profit, charitable agency that provides safe and caring environments for individuals whose lives are affected by alcohol and other drug dependencies. The Lethbridge Alpha House Shelter provides a dedicated and tailored program to meet the unique needs of individuals under the influence of substances. The program follows a harm reduction, withdrawal management and relationship-focused model.

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**ALZHEIMER SOCIETY - LETHBRIDGE**

Monday to Friday 8:15am – 4:15pm 14033293766 sremus@alzheimer.ab.ca http://alzheimer.ca/en/ab

#40, 1202 2 Ave S, Lethbridge, AB T1J 0E3, Canada

We provide support, referral & education to people living with dementia, care partners of those living with dementia, and professionals working with older adults in SW Alberta.

COVID-19 – Update March 16, 2020

The COVID-19 (coronavirus) situation is rapidly evolving, and the Alzheimer Society of Alberta & Northwest Territories is continuing to monitor the situation. Our decisions are based on recommendations and guidance provided by the Public Health Agency of Canada as well as Alberta Health and the Government of the Northwest Territories.

The Alzheimer Society of Alberta and Northwest Territories is open for business.

Our staff is able to work remotely, if needed, with minimal disruption to service.

We have currently suspended all in-person support groups and programs. If you are registered in a program, or routinely attend a support group, you will be contacted directly.

We will continue to monitor and evaluate the situation and will provide updates.

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**ANDERSON'S PHARMACY**

Monday to Friday 8:30a.m.–5:30p.m. 14033283822 info@andersonspharmacy.ca

https://www.andersonspharmacy.ca/ 1609 9 Ave S, Lethbridge, AB T1J 1W1, Canada

COVID-19 update: pharmacy remains open regular hours offers delivery and parking lot pick up.

Anderson’s Pharmacy has been a long running pharmacy. For over 50 years, we have been proud to provide excellent service to people in Lethbridge and surrounding area. We offer a wide range of pharmacy services including, but not limited to: prescription fills and refills, compliance packaging, medication reviews, and flu shots and other vaccines.
ARCHES

Location

Monday through Friday 8:30 am – 4:30 pm closed from 12-1pm
1016 1 Ave S
http://www.lethbridgearches.com/
14033288186
info@lethbridgearches.com

COVID-19 Update: All gatherings and in-person meetings are cancelled until further notice. Clients can access services through north entry of 1016 1st Ave location. Supervised consumption available from 7 am - 2 pm and from 3 pm - 10 pm. Needle debris hotline continues M-F from 8:30 am - 4:30 pm. Staff will be working from home as much as possible - please call or email with any questions or require support.

ARCHES provides compassionate, responsible, confidential, and non-judgmental support to clients, families, and loved ones. ARCHES facilitates the empowerment of clients to define their own needs with regard to their care. ARCHES promotes positive education strategies to inform the public about HIV / AIDS and Hepatitis C and encourages public understanding of persons with HIV / AIDS and Hepatitis C.

ARCHIE'S ANGELS RABBIT RESCUE

archiesangelsrr@outlook.com
https://www.facebook.com/ArchiesAngelsRR/

No Address Available, Please Contact Agency For Details

COVID-19 UPDATE: We will be closed to the public and volunteers. People can still fill out adoption applications and foster applications however movement of animals will remain at pause until further notice. Archie’s Angels Rabbit Rescue is available 24/7 via Facebook and email for info on small pets needs. AARR has canceled all events till further notice. AARR will continue to deliver hay and litter needs to anyone who needs help for their small pets. Please be advised during our delivery or pick up services we will be leaving products outside your door or have pick up available with leaving products outside our doors.

Archie's Angels is a nonprofit organization. Our goal is to help rescue domestic rabbits that have been living on the streets of Lethbridge Alberta. Due to the Lethbridge bylaw we can only rescue bunnies when we have fosters already in place.

BLACK ROCK COUNSELLING - COVID-19 RESPONSE

14036358102
nicole@blackrockcounselling.ca
https://www.blackrockcounselling.ca
1605 3 Ave S, Lethbridge, AB T1J 0L1, Canada

Due to the Covid-19 pandemic, I will only be offering either telephone counselling or online/virtual counselling through an application called Zoom. Please send me an email indicating if you would prefer the telephone or online format. If you wish to cancel any upcoming appointments please do so online and services can resume at a later date or at your convenience. Please contact me and let me know what appointment times you need, I am happy to open up other times that do not appear in my schedule to accommodate. Zoom is very straightforward and easy to use, I send you a link via email minutes prior to our session, you click, and we are connected.

BRIDGE HOME CARE

24 hours
14033932949
info@bridgehomecare.ca
http://bridgehc.ca/
3 Ave S, Lethbridge, AB T1J, Canada

COVID-19 UPDATE: Healthcare aides will do grocery shopping for and with seniors, and can pick up medications if needed. The charge $30/hour. Call Tiana (403-393-2949). Home Support Workers: Helping anyone who is looking to retain their independence and freedom by providing in-home assistance. Bridge Home Care focuses on providing individualized care to anyone requiring support to remain living in their homes. We work collaboratively with clients and families to ensure all client care needs are met for each individual.
BRIDGES CONSULTING
15874254211  janice@bridgesconsulting.ca  http://bridgesconsulting.ca
350 18 St S, Lethbridge, AB T1J 0S8, Canada

During COVID-19, we are still running in home supports the best we can with the staff we have available. Provides small group programming, individual consultation, and support to families whose children have a range of developmental deficits.

BWR TAXI
24/7  14033277000  2139 9A Ave S, Lethbridge, AB T1J 1X9, Canada

COVID-19 update: No changes to hours. Additional cleaning and sterilizing protocols in place.
Offering:
- Airport Taxi Cab Service in Lethbridge
- Greyhound & Red Arrow Taxi Cab Service Lethbridge
- Regular Lethbridge and Area Taxi Cab Services

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) - LETHBRIDGE
Monday to Thursday 8am-4pm  14033294775  admin@cmhalethbridge.ca  http://lethbridge.cmha.ca
426 6 St S, Lethbridge, AB T1J 2C9, Canada

Supporting individuals, groups and committees to enhance their mental wellness and to advocate for those coping with mental illness through the provision of public and professional education, social action, advocacy and direct service delivery. Services include: crisis services, youth programs, housing facilities, peer support, information services, housing first services, and recreation, leisure, and social support.

PROGRAM UPDATE COVID-19 (updated 1300 03/18/20): please see attached image (Community Links available by phone or email; Recovery College courses suspended until further notice; HomeBase office closed; Diversion Outreach Team operating at limited hours.

CANADIAN RED CROSS - LETHBRIDGE
14033177194  penny.balfour@redcross.ca  http://www.redcross.ca  335 Columbia Blvd West

COVID-19 UPDATE: The Canadian Red Cross takes the health and safety of our staff and volunteers, and the individuals we serve, very seriously. We assist thousands of Canadians across the country at our offices, service sites, in communities, and during disasters and emergencies. Our top priority is always to ensure that we create safe environments in every way. During the current pandemic of COVID-19 (coronavirus), we want to assure Canadians that the Canadian Red Cross continues to maintain the ability to safely help the most vulnerable.

Provides Emergency and Disaster Services, First Aid and CPR, Health Equipment Loans, Migrant and Refugee Services, Swimming and Water Safety and Violence, Bullying and Abuse Prevention programs.
CHELSEA KING PSYCHOLOGICAL SERVICES

14033825061  chelsea.psychservices@gmail.com  https://www.coreelements.ca/chelsea

300, 2 Ave S, Lethbridge, AB T1J, Canada

COVID-19 UPDATE: I have made the difficult decision to move from face-to-face appointments temporarily and conduct counselling services through technological methods. Clients for next week have already been contacted and this will be determined on a week to week basis but will likely be in place at least until the beginning of April. Please contact me at chelsea.psychservices@gmail.com if you have any questions.

Thank you kindly, I hope you stay safe and healthy during this time,

Chelsea

CHINOOK REGIONAL HOSPITAL - LETHBRIDGE

Visiting Hours: Mon - Sun 11:00am - 1:00pm; 2:00pm - 8:00pm  14033886111

https://www.albertahealthservices.ca/findhealth/facility.aspx?id=3312#contentStart

960 19 St S, Lethbridge, AB T1J 1W5, Canada

COVID-19

Anyone who has symptoms including fever, cough, shortness of breath, difficulty breathing, sore throat, runny nose or nasal congestion MUST self-isolate for 14 days. Use this online screening tool to determine whether you need to call 811 to get tested.

AHS COVID-19 Online Screening

NOTE: If you are awaiting COVID-19 test results, please do not call Health Link. You will be called directly. It can take up to four days.

Contact organization for further information. This facility provides a range of healthcare services including a 24/7 emergency department. The Jack Ady Cancer Centre is located within this facility. Extensive hospital services offered.

CHINOOK SEXUAL ASSAULT CENTRE

8:00 a.m. to 5:00 p.m. Monday through Friday  14036941094  admin@csacleth.ca  www.csacleth.ca

502 - 740 4 Ave S, Lethbridge, AB T1J 0N9

COVID19 Update: Chinook Sexual Assault Centre is here to serve you - despite the need for social distancing. Staff will be working remotely. We have our phone lines open to receive your calls, will continue to meet with people who need us albeit over the phone. 403-694-1094 or admin@csacleth.ca

Chinook Sexual Assault Centre serves Lethbridge and Southwest Alberta by providing trauma-informed crisis support, police & court support, advocacy, counselling, community outreach, education and awareness resources, peer support groups and professional development. Professional development, education and awareness sessions are based on your needs and can be tailored to groups for youth, professionals, community groups. Free, confidential, and culturally sensitive services for all genders and all ages.
CNIB - LETHBRIDGE

COVID-19 UPDATE: CNIB Foundation suspends drop-in services and in-person programs at all locations until further notice. Therefore, all drop-in services and in-person programs have been suspended until further notice. In the meantime, we have expanded our virtual program offerings.

http://cnib.ca/en/event?field_event_type_target_id=All&field_location_locality=&field_region_target_id=All&region=on

We deliver innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion. Our work as a blind foundation is powered by a network of volunteers, donors and partners from coast to coast to coast.

COMMUNITY FOUNDATION OF LETHBRIDGE AND SOUTHWESTERN ALBERTA

Community Foundation announces $375,000 in grant funding for COVID-19 response. The organization has announced $375,000 in grant funding to support the community response to the coronavirus. In order to provide this funding, the foundation is shifting the Community Priorities, Henry S. Varley Fund for Rural Life and Youth in Action grant for spring 2020. Applications for the funding is now open and can be done via cflsa.fluidreview.com, with the deadline for the first round of funding being Friday, April 17.

BY HELPING DONORS FULFILL THEIR CHARITABLE GOALS, WE BUILD A HEALTHY AND VIBRANT COMMUNITY. A registered Canadian charity, the Community Foundation of Lethbridge and Southwestern Alberta is the ninth-oldest of Canada’s 191 community foundations. We manage charitable gifts from generous donors in permanent, income-earning endowment funds, and distribute the interest earned to the registered charities our donors wish to support.

CROSSROADS COUNSELLING

COVID19 Update: Sessions only by phone or video conferencing

Crossroads Counselling is a faith based non-profit organization. We strive to serve all members of our community regardless of means. We provide counselling based on currently recognized psychological theories. We are equipped to frame these theories in a Christian worldview if the client chooses.

We aim to keep our wait times between 1 to 2 weeks maximum.

DMC OPTOMETRY

COVID-19 UPDATE: To our valued patients, Thank you for your continued support through the years. We want you and your family to be safe during this time. In order to practice social distancing effectively we are not accepting any new routine eye exams effective Tuesday, March 17, 2020. We will continue to see any urgent and medical eye care needs such as red, painful, and/or leaking eyes, things in your eyes, or any other eye concerns. If we are unreachable, please try any other optometrists before you go to the ER or your family doctor.
The mission of our social initiative is to make sure no youth falls through the gaps, and it is built on four principles: Every youth has a right to work; every youth deserves to be loved; every youth deserves to be happy; every youth deserves a community.

The Elim Society for Senior Citizen's Care provides for senior citizens, in recognition that the exercise in Christian mercy is a communal responsibility. The efforts and finances are concentrated on the operation of 2 senior’s residences in Lethbridge, Alberta (being Balmoral House and Elim Village).

Parents Working Together!

Register before April 20th and enter your name in a draw to win a gift card! Call 403-320-4232 ext. 240. In a time when our world feels turned upside down, your relationship may be taking a toll. You are probably spending a whole lot more time with your partner and children right now and feeling overwhelmed. In this group we are bringing together couples to explore tools related to balancing, increasing your bond, parenting, and communication tools.

Tuesday through Saturday we will put out posts on specific topic themes to engage the group. These topics are parenting, communication, balance, stress management and connection. We will also be doing Facebook live events or short zoom sessions to engage everyone at specific times of day.

This is a registered group with limited space so sign up now! To register for this group please contact Alannah Frank-Wilson with Family Centre at 403-320-4232 extension 240.

UPDATE: COVID-19 Response: In order to help the government of Alberta stopping the spread of COVID-19 and to keep Family Centre's employees and all Albertans safe, Family Centre will be closed to the public as of March 30, 2020.

Family Centre will continue serving the community. Here is a list of how to access these services:

- Information & Referral - call us if you have any questions or concerns and we will support you to connect with the services you need (call 403-320-4232).
- Play and Stay programming is available online (Family Centre's Facebook page and Family Centre's website: www.famcentre.ca).
- Parent Support via Zoom sessions, skype, and over the phone (call 403-320-4232 ext. 240).
- Family Support via Zoom sessions and online videos on Facebook and Family Centre's website: www.famcentre.ca.
UPDATE COVID-19 Response: In order to help the government of Alberta stopping the spread of COVID and to keep Family Centre's employees and all Albertans safe, Family Centre will be closed to the public as of March 30, 2020.

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- Family Support via Zoom sessions and online videos on Facebook and Family Centre's website: www.famcentre.ca.

We will continue to review and respond to the COVID-19 situation. Your patience and support is appreciated during this unique situation.

UPDATE: COVID-19 Response: In order to help the government of Alberta stopping the spread of COVID and to keep Family Centre’s employees and all Albertans safe, Family Centre will be closed to the public as of March 30, 2020.

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- Parent Support via Zoom sessions, skype, and over the phone (call 403-320-4232 ext. 240).
- Family Support via Zoom sessions and online videos on Facebook and Family Centre’s website: www.famcentre.ca.

We will continue to review and respond to the COVID-19 situation. Your patience and support is appreciated during this unique situation.

COVID-19 UPDATE: NO PUBLIC ACCESS. Remain in your vehicle and call, a technician will then come to your vehicle and escort your pet into the building. The veterinarian will then be in touch by phone from there. Care appointments will be rescheduled to after April 1st. Call in advance for prescription refills and food pick ups and provide payment over the phone if possible. Please allow us at least 24 hour notice on prescription refills and 1 week notice on food orders.

Family Pet Hospital is proud to serve Lethbridge, Alberta and the surrounding communities. We are dedicated to providing veterinary medicine along with friendly, compassionate service.

We believe in treating every patient as if they were our own pet, and give them the same loving attention and care. We are a group of highly trained, experienced animal lovers who are devoted to giving our patients care.
**GAIL'S APOTHECARY**

Location: #2, 425 13 St N, Lethbridge, AB T1H 2S3, Canada

- **Monday to Friday 9-6**
- **14033294121**
- **gailsapothecary@telus.net**
- **gailsapothecary.ca**

COVID-19 UPDATE: Considering we are an essential service, please help us with the preventable measures we are taking to ensure the pharmacy remains open. With that in mind, please call your refills in so that your time is limited in the pharmacy.

If you have a fever, have been in contact with anyone infected with Covid-19 or been in an airport in the last 2 weeks - please refrain from coming in and either send someone in to pick up your Rx or have it delivered.

Every person is made a little bit different and may not have the ability to process prescription medications in a generic mass produced way. As a compounding pharmacy, we can customize your medications to make them more tolerable for you. We can adjust the form, the method, the flavour and even the dosage to suit what you need. If you find pills hard to swallow, or they cause stomach upset, we can modify the formula to make it easier to take and tolerate. We're here to help you get the best results from your medications.

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**GO TO GIRL SOLUTIONS**

Location: 5 St S, Lethbridge, AB T1J, Canada

- **14038943264**
- **gotogirlsolutions@gmail.com**
- **http://www.gotogirlsolutions.ca**

COVID-19 UPDATE: Did you know we also do commercial, post construction and move out cleans during this pandemic...some industries need to continue on while practicing safety procedures we do ask our clients to not be home if possible when we arrive so we can keep our physical distance. We are running with limited staffing. Any questions? We are here! Stay healthy!

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**GREEN ACRES VETERINARY CLINIC**

Location: 4631 24 Ave S, Lethbridge, AB T1K, Canada

- **Monday-Friday 9am-5pm**
- **14033278660**
- **mypet@greenacres.vet**
- **https://greenacres.vet/**

COVID-19 UPDATE: Discontinued all non-essential medical services. Accepting credit, debit only. Please remain in vehicle and call upon arrival to the hospital, will be checked in from outside the hospital. For food or prescription pick up, we will deliver to your vehicle. If you are unhealthy please ask a friend or family member to transport your pet to the hospital on your behalf. If emergency call 403-327-8673

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**HARVEST YOGA STUDIO**

Location: 602 Wt Hill Blvd S, Lethbridge, AB T1J4Z5, Canada

- **14033288877**
- **admin@harvestyogastudio.com**
- **https://www.harvestyogastudio.com/**

STUDIO CLOSURE COVID-19 We at Harvest Yoga Studio have made the decision to proactively and temporarily close the studio in response to the COVID-19 pandemic. Our current plan is to reopen on Monday, March 23rd, unless we know otherwise. This was not an easy decision to come to, but the safety and health of our beloved Harvest community and all of the people in Southern Alberta, is our top priority right now. Stay in good health, we'll be updating further as the week progresses and we have a better idea of where we'll be at in a few days. Please stay safe, avoid large groups of people, wash your hands thoroughly, and wherever possible, get outside for some fresh air. We'll be in touch, hope to see you soon. The Harvest Team
HEART TO HOME MEALS
1844312800  calgary@hearttohomemeals.ca  https://www.hearttohomemeals.ca/
This Is An Outreach Service With No Physical Address, Please Contact Agency For Details

COVID-19 UPDATE: No changes to hours or services.

Relax and enjoy the things you like to do because we’re taking care of the meals. Heart to Home Meals has over 200 frozen meals, soups and desserts to choose from as well as products for special dietary needs. Each is designed by our chef and dietitian, and as a result you get the great flavour and the necessary nutrition. All you have to do is select the meals, order and our friendly drivers will deliver them direct to your home.

HIGHLANDS PET HOSPITAL
14033277387  http://highlandspethospital.ca/  2550 Highlands Rd W, Lethbridge, AB T1J 4V3, Canada

COVID-19 UPDATE: offering curbside pick up and drop off for medication, food and to transport your pet. Call when you arrive and a member of the hospital will meet you outside the building. Cash not excepted and payment will be taken over the phone.

IMMANUEL LUTHERAN CHURCH
Monday to Friday 8:30 AM - 2:30 PM  14033274336  ilchurch@immanuellutheran.ca
https://www.immanuellutheran.ca/  20 Rocky Mountain Blvd W, Lethbridge, AB T1K 8E1, Canada

COVID-19 UPDATE: Cancelled all public worship and regular programming. Church and office open Monday-Friday 8:30am-2:30pm. Contact church for private or individual spiritual guidance. Online content including videos and messages on Facebook, YouTube and website will be available. Forms for volunteers available on site to help support those in need, fill out form to offer transportation, meal delivery, babysitting etc.

As Lutheran Christians we believe, teach, and confess the Bible-based Christian faith rediscovered by Martin Luther in the 16th Century Reformation with its unique emphasis on “justification by grace through faith in Jesus Christ.”

INCLUSION LETHBRIDGE
Mon, Wed, Fri 8:30am–4:45pm, Tues, Thurs 8:30am–4:30pm  14033272911  welcome@inclusionlethbridge.com
https://inclusionlethbridge.com/  527 6 St S, Lethbridge, AB T1J 2E1, Canada

Nearly 60 years ago families had to plow hard ground to find ways for the sons and daughters to find belonging in the community, in schools and even within families. These pioneering families found little pieces of success among many struggles. They connected to other families and found that sharing their pathways to success made it easier for others to follow. Their vision created innovative community-based supports and services that performed well at what they were created to do. But they were only stepping stones to what real community engagement truly is.
INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE STILL OPEN DURING COVID

INTERFAITH FOOD BANK SOCIETY OF LETHBRIDGE

Office/Donations Monday to Friday 8-4pm  14033208779  info@interfaithfoodbank.ca

www.interfaithfoodbank.ca  1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

COVID-19 UPDATE: OPEN TO SERVE CLIENTS

Interfaith Food Bank is committed to recognizing the human dignity of those in need and providing food and access to services and resources generated from within our community.

We cater to those in a variety of situations, ranging from single-parenthood, to seniors on fixed incomes, to the under or unemployed, or to those with other social or economic barriers. We have been providing emergency food services to citizens of Lethbridge and area since 1989. Since then, we have grown exponentially as the community recognizes, assesses and attempts to satisfy the needs of those in crisis.

Our Services:

We act as a bridge between a community of donors and those who are in need through:

- Distribution of monthly food hampers, daily food supplements, and clothing vouchers
- Referrals to other community and/or government agencies to connect individuals and families with resources available within our community
- Cooking and Various educational programming

JOSH DYCK PSYCHOLOGY

14038925306  joshdyckpsychology@gmail.com  https://www.joshdyckpsychology.com

1274 3 Ave S, Lethbridge, AB T1J 0J9, Canada

COVID-19 UPDATE: A note to current and prospective Clients: If you are experiencing cold or flu symptoms or have recently been out of the country, please consider changing your appointment to a telephone or videoconference session. This can be a great way to continue the work you are doing while doing your part to stop the spread of Covid-19. Stay safe and know that we will get through this together. *

Through Counseling and Psychotherapy, I offer practical solutions and new perspectives for the problems and concerns life brings. In every session, I create a safe, caring environment free of judgment for you to explore, learn, and be heard. I draw from a variety of modes of therapy and years of experience to best serve you in your journey. I work with adult individuals and couples of any race, faith, gender, sexual orientation, and background.

KEN’S NO FRILLS

7 days a week from 9am to 9pm  18669876453  https://loblaw.force.com/nofrills/s/?language=en_US

425 13 St N, Lethbridge, AB T1H 2S2, Canada

COVID-19 UPDATE: Our company's purpose is to help Canadians live life well and we know you’re relying on us for the comfort and necessity of food, pharmacy and wellness in almost every community nationwide. We apologize for the delays you may be experiencing when trying to reach our Customer Care team, rest assured we are working as quickly as possible to answer your questions. Please note, due to the current high demand on certain products, we are unable to provide you with product availability at this time. Please visit us in store as our teams have increased inventory on those high demand products and wherever possible we expect to be fully back in stock in the coming days. We know the frustration of an empty shelf and have assigned an entire team to the challenge of rapidly re-stocking key food, health, cleaning and comfort items.
KEY CONNECTIONS CONSULTING

14035242522  contact@keyconnectionsconsulting.com  http://www.keyconnectionsconsulting.com
1245 2 Ave South

COVID-19 update: Continue to provide services taking extra care to clean and disinfect office spaces. Over the phone questionnaire will be asked to be completed for regular scheduled visits to occur.

Offers a multidisciplinary team of professionals who work collaboratively to provide a customized and comprehensive approach that ensures individuals are provided with a coordinated service that fits their unique needs. Services offered include: Behaviour Consultation, Counselling and Play Therapy, Occupational Therapy, Assessments, and Speech-Language Pathology, as well as an in-home aide program. They also have S.I.V.A. trainers on staff.

LEAVE A LIGHT ON DELIVERY

14033936035  leavealightondelivery@gmail.com  https://www.facebook.com/leavealightondelivery/
No Address Available, Please Contact Agency For Details

COVID-19 UPDATE: Ready to serve clients by completing grocery shopping, errands, pharmacy delivery and pick up of restaurant orders. Multiple errands can be completed for an additional charge or $3 per stop. Call 403-393-6035

LETHBRIDGE ANIMAL SERVICES

14033204099  lethbridgeanimalservice@gmail.com  https://www.facebook.com/lethbridgeanimalservices/
2405 41 St N, Lethbridge, AB T1H 5W3, Canada

COVID-19 Update: Limited Animal Shelter Operations Due to the fluid and ongoing COVID-19 virus situation, we are taking precautionary measures to limit the number of people coming and going at the animal shelter. Volunteer programs and general public access to the facility will be suspended until further notice. To ensure lost pets may be returned home and adoptions are able to continue, individuals are asked to contact the shelter at 403-320-4099 ahead of time and arrange a time to pick up their pet or view and socialize with perspective dogs and cats they may be looking to adopt. Have a stray dog or cat to bring in? Please contact the animal shelter prior to attending.

LETHBRIDGE COLLEGE - ACCESSIBILITY SERVICES

14033203202  accessibilityservices@lethbridgecollege.ca
https://lethbridgecollege.ca/index.php/departments/accessibility-services
3000 College Dr S, Lethbridge, AB T1K 1L6, Canada

COVID-19 UPDATE: Currently hosting virtual communication such as live chat and video conferencing. At Accessibility Services, we work with you to identify and establish supports for academic success. We provide flexible, innovative and collaborative support for the success of diverse learners while advancing a culture of universal teaching and learning. We are able to support prospective and current students with disabilities. Contact us to arrange disability services that meet your needs. To contact by phone: 403-320-3202 (x5400)
LETHBRIDGE COLLEGE - CAREER & ACADEMIC ADVISING

Extended Advising Live Chat hours: Mon to Fri 8:30 to 3:30  14033203200  advisor@lethbridgecollege.ca
https://lethbridgecollege.ca/index.php/career-development  PA1130, 3000 College Dr S, Lethbridge, AB T1K 1L6, Canada

COVID-19 Update: Effective March 30, 2020 with the safety of our student and staff in mind, Career and Academic Advising will temporarily suspending in person appointments and drop-in advising. Virtual chat and video call is available for advising. Career development is a lifelong process of thinking about your values, needs and preferences and then using that information to explore work, life and learning options. Advisors work with future and current students to help with this process. Additional career services for current students are available through our Career Development office.

Extended Advising Live Chat hours are NOW available:

- Monday to Friday 8:30am to 4:00pm

Video Call Appointments are NOW available for current and future Lethbridge College students:

- Call our office for details to set up this type of appointment
- 403-320-3200, select option 2 from the menu

LETHBRIDGE COLLEGE - LEARNING CAFE

14033826952  learningcafe@lethbridgecollege.ca  https://lethbridgecollege.ca/departments/learning-cafe
3000 College Dr S, Lethbridge, AB T1K 1L6, Canada

COVID-19 UPDATE: Currently hosting virtual communication such as live chat and video conferencing. Set yourself up for academic success with the Learning Cafe. It's the place to access academic and study skills support, peer tutoring and more. Whatever your skill level or program, we can help you develop the skills, strategies and behaviours needed to succeed in your coursework and professional life. Our qualified team of academic strategists and peer tutors provides a variety of academic services from workshops and presentations to face-to-face and online appointments.

LETHBRIDGE COLLEGE - STUDENT AWARDS AND FINANCIAL AID

14033203372  awards@lethbridgecollege.ca  https://lethbridgecollege.ca/departments/student-awards-and-financial-aid
PA1130, 3000 College Dr S, Lethbridge, AB T1K 1L6, Canada

PLEASE NOTE THAT DURING THE COVID-19 PANDEMIC STUDENT LOANS REPAYMENTS ARE SUSPENDED AND NO INTEREST IS ACCRUING (for students already in repayment).

At Lethbridge College, we are ready to help make your post-secondary experience more accessible. An investment in your education is truly an investment in yourself. It’s a big commitment and now is the time to ensure your finances are in order. If you’re looking for some guidance as you plan your future here, we can provide you with plenty of sound financial advice.

LETHBRIDGE EMERGENCY SHELTER

14033271031  https://www.facebook.com/pages/Lethbridge-Shelter-Resource-Centre/469328053195240
802 2 A Ave North

COVID-19 UPDATE: Social distancing put into effect. May be at capacity please call for availability and information: 403-327-1031

80 bed co-ed emergency shelter for adults. Services include warming centre during inclement weather, job-find board, housing referrals list, laundry facilities, showers, community referrals, and meals through the Lethbridge Soup Kitchen.
LETHBRIDGE FAMILY SERVICES - COUNSELING, OUTREACH AND EDUCATION

M-F 8:30 am - 4:30 pm; Tues. and Wed. evenings by app't. 14033275724 info@lfsfamily.ca
https://www.lfsfamily.ca/
Counseling, Outreach And Education Address: 1098 3 Ave N, Lethbridge, AB

COVID-19 Update: If you have travelled internationally within 14 days, or exhibit COVID-19 symptoms, we ask you to help protect our clients and personnel and prevent any potential spread of COVID-19 by not visiting us if you have answered “Yes” to any of the preceding statements. Please contact Lethbridge Family Services for up to date information.

LETHBRIDGE FAMILY SERVICES - COUNSELLING, OUTREACH & EDUCATION

Our hope is to support you in realizing those internal resources and maximize your full and unique potential for healthy self.

Services Include: Individual, couples and family counselling, educational presentations/training, and workshops, and personal growth groups.

Our Counseling, Outreach and Education department entrance is located at 1098 3 Ave N, Lethbridge AB. COVID-19 update: No groups at this time.

In-person Counselling is still available, or the option of Phone sessions.

LETHBRIDGE FAMILY SERVICES - DACAPO DISABILITY SERVICES

Varies; please contact us for more information 14033209119 info@lfsfamily.ca https://www.lfsfamily.ca
1107 2 Ave A N, Lethbridge, AB T1H 0E6

COVID-19 update: Some DaCapo services have been temporarily suspended due to the COVID-19 outbreak. These Services will resume operations as soon as possible. Please call 403 320-9119 for more information.

DaCapo is an Italian "musical" term that means to "repeat from the beginning". We assist adults with disabilities (developmental, FASD and brain injury) to develop skills and relationships that enhance their well-being, independence, and connectivity to the community.

Services Include: Community Access Services, Employment Services, Cross-Disability Support Services, FASD Assessment and Diagnostic Services, Community Access for People in Continuing Care, and Community Living and Respite Services.

LETHBRIDGE FAMILY SERVICES - HOME SERVICES

365/24/7; Office hours are Mon - Fri 8:30 am - 4:30 pm 14033174624 info@lfsfamily.ca
https://www.lfsfamily.ca/
Office Location: #106, 1410 Mayor Magrath Drive South, Lethbridge Ab T1k 2R3

COVID-19 Update: If you have travelled internationally within 14 days, or exhibit COVID-19 symptoms, we ask you to help protect our clients and personnel and prevent any potential spread of COVID-19 by not visiting us if you have answered “Yes” to any of the preceding statements. Please contact Home Services for further up-to-date information. If you are concerned about your own health, please call Health Link at 811.

Operating since 1959, our certified health care staff provide in-home support to enable seniors, individuals with physical disabilities, acute, chronically ill or terminally ill to remain in their home as long as possible. Services Include: Personal care, palliative care, respite care and specialized services. Service Area: Southern Alberta - an area that stretches from Taber, south to the border, west to British Columbia, and north to Granum and Barons.
LETHBRIDGE FAMILY SERVICES - IMMIGRANT SERVICES

Varies; Please contact us at 403-320-1589 for more info  
14033201589  
LFSadmin@lfsfamily.ca  
www.lfsfamily.ca  
1107 2 Ave A N, Lethbridge, AB

IMMIGRANT SERVICES

Our programs and services ensure that regardless of language or cultural barriers, people who arrive in Canada are able to use their existing skills, learn new ones, and participate actively in all aspects of Canadian life. We provide a welcoming environment where newcomers and their families can make Lethbridge their home and continued services for immigrants and refugees well into their residency. We offer programs and services in more than 30 languages.

Services Include: Orientation, information, Children & Youth Empowerment Program, referrals to community support services, supportive counseling and interpretation, and translation for recently arrived immigrants. As well, we develop public awareness through informational presentations, and participate in many community outreach projects.

LETHBRIDGE FOOD BANK

9:30 am - 3:30 PM Mon- Friday, Closed weekend and holidays.  
14033201879  
director@lethbridgefoodbank.ca  
http://lethbridgefoodbank.ca/  
1016 2Nd Ave S, Lethbridge, AB

COVID-19 UPDATE: REMAINS OPEN DURING COVID-19 PANDEMIC TO SERVE THOSE IN NEED IN LETHBRIDGE

Since 1982 the Lethbridge Food Bank has been proudly operated in the community of Lethbridge and serving the surrounding area with a “food share” program. Lethbridge, is home to over 99,000 people and growing, making the Lethbridge Food Bank an important part of a vibrant community to ensure a food security resource for families in need.

Located at 1016 2nd Ave S in Lethbridge, the Lethbridge Food Bank is here for those in need. Food Hampers, Bread, Protein and Produce to individuals and families in need, For more information please see our website at http://lethbridgefoodbank.ca/

LETHBRIDGE PREGNANCY CARE CENTRE

Monday - Friday, 9:00 - 5:00, 24 hr. help line  
14039421819  
info@lethbridgepregcentre.com  
https://lethbridgepregcentre.com  
118 8 St. South, Lethbridge, AB

COVID-19 UPDATE: We are always available by call or text if you or someone you know needs support. Our 24-hour hotline is (403) 942-1819. We are closed to walk-ins and resource appointments until further notice.

The LPCC provides free pregnancy tests, as well as information on all 3 options available to women and men facing an unplanned pregnancy and support after a decision has been made. Supports include a listening ear and a safe place to talk, access to information and local referrals, and practical supports like maternity & baby clothing. For those with an abortion or adoption decision in their past who are looking for a safe place to talk, there are programs available.

All services are free and confidential. The LPCC is not a medical clinic, and does not provide or arrange for abortions.
LETHBRIDGE PUBLIC INTEREST RESEARCH GROUP (LPIRG)

10am - 3pm  14033325243  pigr@uleth.ca  https://www.lpirg.org

SU 242 - 4401 University Dr W, Lethbridge, AB T1K 6T5, Canada

LPIRG is a student-funded, student-directed, not-for-profit organization providing resources for undergraduate students to engage with environmental and social justice issues. LPIRG embraces plurality and participation, and encourages students to critically evaluate the institutions and systems in which they take part. LPIRG assists students in translating their knowledge through research, education, and action to serve public interest.

LETHBRIDGE PUBLIC LIBRARY - CROSSINGS BRANCH

COVID-19 UPDATE: Closed until further notice  14033204037  questions@lethlib.ca  www.lethlib.ca

255 Britannia Blvd W, Lethbridge, AB T1J 4A3, Canada

COVID-19 UPDATE:
Lethbridge Public Library is closed until further notice as a precautionary measure to prevent the transmission of COVID-19.

Lethbridge Public Library is a welcoming, inclusive space that connects and strengthens community through equitable access to learning and leisure.

Lethbridge Public Library is the Community's choice for the pursuit of literacy, leisure, learning and innovation.

LETHBRIDGE PUBLIC LIBRARY - MAIN BRANCH

COVID-19 UPDATE: Closed until further notice  14033807310  questions@lethlib.ca  www.lethlib.ca

810 5 Ave S, Lethbridge, AB T1J 0V2, Canada

COVID-19 UPDATE:
Lethbridge Public Library is closed until further notice as a precautionary measure to prevent the transmission of COVID-19.

Lethbridge Public Library is a welcoming, inclusive space that connects and strengthens community through equitable access to learning and leisure.

Lethbridge Public Library is the Community's choice for the pursuit of literacy, leisure, learning and innovation.
LETHBRIDGE SOUP KITCHEN ASSOCIATION
- Monday to Friday, 7-8am, Monday to Saturday, 12-1pm
- 14033208688
- lethbridgesoupkitchen@gmail.com
- https://www.facebook.com/soupbridge.org/
- 802 2 Ave N, Lethbridge, AB T1H 2V9, Canada

COVID-19 UPDATE: Continue to provide hot/nutritious meals to our homeless neighbours. Implemented all Provincial Government recommendations including the reduction in the number of people (guests, staff and volunteers) to 50 at any given time along with enhanced cleaning, hand washing and the wearing of gloves by all who prepare and serve food.

Meals are prepared and served almost entirely by volunteer church groups. Hot meals are served Monday through Saturday from 12:00 to 1:00 pm.

LETHBRIDGE TRANSIT
- M-F 5:45 AM-12AM, Sat 7AM-12 AM, Sun & Holidays 8AM-7PM
- 311
- transit@lethbridge.ca
- https://www.lethbridge.ca/living-here/getting-around/Transit/Pages/Transit.aspx
- 619 4 Ave N, Lethbridge, AB T1H 0K4, Canada

COVID-19 update: Through COVID-19, they are making sure our community keeps moving so they can get to needed medical appointments, pick up food and get to work. Thank you! Today we are putting in additional measures to protect our drivers. Wherever possible, we are blocking off any seats that are in the immediate area of Transit drivers to ensure they can maintain social distancing. Given the lower than normal rider numbers at this time, we do not anticipate this will pose any capacity issues. We are also asking riders to exit in the back as to limit contact.

Provides public transportation to the residents of Lethbridge.

Office Hours: M-F, 8:00AM-4:30PM No Transit Christmas Day.

LITTLE CAESARS - 23 ST N
- 14033177468
- https://littlecaesars.ca/en-ca/
- 1702 23 St N, Lethbridge, AB T1H 5B3, Canada

COVID19 Update: Takeout and delivery orders only.

LITTLE CAESARS - COLUMBIA BLVD
- 14033177466
- https://littlecaesars.ca/en-ca/
- 146 Columbia Blvd W, Lethbridge, AB T1K 4J4, Canada

COVID19 Update: Takeout and delivery orders only.
LONDON DRUGS CENTRE VILLAGE MALL  
Monday to Friday 8 – 9 am  
14033208899  
https://www.londondrugs.com/london-drugs-store-038-lethbridge/centre-village-mall-038.html  
1240 2 Avenue A N, Lethbridge, AB T1H 0E4, Canada  

COVID-19 UPDATE: As recommendations from the health authorities evolve rapidly, we continue to introduce new and enhanced safety measures in all of our stores. This includes special shopping hours for seniors and people with disabilities (currently Monday to Friday 8 – 9 am and this may extend to weekends).

Something new we have just started, is a program to help seniors who might be isolated or in desperate need of essential items or medications. If you know of a senior who is in great need, we have a dedicated team of staff who are here to support them. Caregivers and family members can email SupportSeniors@LondonDrugs.com.

Exclusive shopping for all healthcare workers and first responders during the last hour of the store’s opening, between 8-9 pm daily Monday to Saturday and 7-8 pm Sunday. The dedicated shopping hour is for first responders, and frontline healthcare workers including hospital staff, care homes staff, medical centre employees and pharmacists.

LONDON ROAD MARKET  
Mon - Fri 8am to 8pm Saturday 8am to 7pm Sunday 10am to 6pm  
14033281751  
https://londonroadmarket.ca/  
538 13 St S, Lethbridge, AB T1J 2W3, Canada  

On Monday, Wednesday and Friday individuals can call in between 9am and noon and place and order for groceries. It’s $10 delivery to anywhere in Lethbridge.

LUTHERAN CHURCH CHRIST TRINITY  
Office Hours Tues — Thurs 9 AM — 12 PM  
14033270709  
christ.trinity@gmail.com  
http://christtrinity.ca/  
416 12 St S, Lethbridge, AB T1J 2R4, Canada  

COVID-19 update: If you are at home and need assistance such as someone to pick up groceries or medications, please let our church office know. We have some volunteers willing to help. We have also taken careful measures to consider what is best for our members, especially those most vulnerable, who we strongly recommend stay home; we will provide a phone ministry should they request. We continue to have services on Sunday, with AHS protocols, and up to 50 attendants. We are not closing, unless notified otherwise.

Christ Trinity Lutheran is a warm and welcoming Christian community church committed to spreading the good news of the Gospel and striving to live it out every day.

MAMALUV - LETHBRIDGE  
No Address Provided, Please Contact Agency For Details  

COVID-19 UPDATE: Prepared healthy meals are low in spice, sodium and saturated fat. Meals are partially cooked then warmed to ensure cooking process is complete. Pick a package then they (family or friends or clients) choose the meals. Our healthy meal delivery service offers healthy gourmet meals that are designed especially for those who want to maintain a well-balanced diet. They’re perfect for those who wish to get back to their ideal weight, or for anyone (busy professionals, busy families or seniors) who simply want to eat healthy, but don’t have the time to cook. Mamaluv’s healthy meal delivery service requires NO membership and NO upfront fees. You order as many healthy meals as you want, when you want!
MCMAN YOUTH, FAMILY AND COMMUNITY SERVICES ASSOCIATION - LETHBRIDGE

COVID-19 update, please see below for details.  
14033282488  
lethbridge@mcmansouth.ca

www.mcmansouth.ca  
435 5 Street South, Lethbridge, AB T1K, Canada

COVID-19 UPDATE: With the safety and health of those we serve and our staff in mind, effective Tuesday, March 17, the McMan Main Office located at 435 – 5th Street South in Lethbridge will be closed to the public and any walk-in traffic. If you need assistance, please call the McMan office main line at 403-328-2488 or contact your worker. McMan will continue to post updates on this page, so please check back for further updates.

McMan provides a wide range of services for youth, families and adults across southern Alberta. We take pride in being a responsive and innovative agency that truly “steps up” to help lift people out of their social conditions to their best life possible. Our office is located at 435 5th Street South, Lethbridge, Ab. For more information about our programs and services, please visit www.mcmansouth.ca or call 403-328-2488.

MOSAIC HEALING SERVICES

10am-8pm Monday-Sunday  
14035935983  
mosaichealingservices@gmail.com

https://www.mosaichealingservices.com/  
907 3 Ave S, Lethbridge, AB T1J 0J1, Canada

COVID-19 Update: In-person sessions unavailable temporarily. However, counselling and thanadoula services are available online (video, phone, or chat) - so please don’t cut off the support of your mental health and/or end of life care/planning.

Counselling services for all life stages and struggles and end of life support and planning. Services online or in-person. Online support is available internationally. Our in-person support is available in Alberta from Nanton to the U.S. border, and from the B.C. border to Taber. If you need in-person support and we are not able to serve you in your location, we would be happy to try to help you find someone who can.

MRSGROCERY.COM - LETHBRIDGE

18005223250  
Lethbridge@MrsGrocery.com  
https://lethbridge.mrsgrocery.com/

No Address Provided, Please Contact Agency For Details

Our mission is to create a quality driven food supply that focuses on making shopping local as convenient as possible by increasing the collaboration between small to medium sized vendors, producers, & growers across Canada on our nationwide same-day order fulfillment network. MrsGrocery.com Personal Shopping & Delivery Service

- We shop anywhere in your area.
- Delivery to your home or office.
- Same-day delivery or schedule orders for the future.
- Order for your friends or family.
- Easy, helpful, and convenient.

MYCITYCARE

Monday to Friday 9-3  
14039421378  
jen@myvictory.ca  
https://myvictory.ca/mycitycare/

511 5 Ave S, Lethbridge, AB T1J 0T9, Canada

COVID-19 UPDATE: During the Corona virus outbreak MyCityCare is working to provide emergency food hampers, clothing and access to basic essentials such as basic house hold essentials and infant supplies (while supplies last)

MyCityCare is an initiative developed by MyVictory Church to resource the community in areas of food and water, housing, clothing, healthcare and social justice, to give people a hand up into a hope filled future.
NORTHSIDE VETERINARY CLINIC

14033273352  northsidevet@shaw.ca
https://northsidevet.ca/?fbclid=IwAR25mJdbtGda55VKhMDb9wFikmUW_wQ5–1G-cj-EroXj9gg-SuC57DPUs
210F 12A St N, Lethbridge, AB T1H, Canada

COVID-19 UPDATE: Offering door-side service pick-up and drop off for essential appointments and visits. Call us when you arrive and we will meet you at your door and deliver food, medications, or pick up drop off you pet. All appointments will take place via phone or video chat.

PAA - COVID-19 RESPONSE

14033177710  bleclaire@parkinsonassociation.ca
PO Box 333, T1J 3Y7

Parkinson Association of Alberta:

- All in-person interactions with clients have been suspended.
- All in-person programs and support groups have been suspended
- Calgary and Edmonton offices are now closed to the public.
- Staff continue to be available during regularly scheduled operating hours via telephone and email (this includes Calgary and Edmonton where staff are still on hand to answer calls).
- Our Tele-Support Group (telephone call in) takes place third Thursday of the month. More details on what it is and how to register available HERE.

PAA - COVID-19 SERVICES

8:30-4:30 Monday - Friday  14033177710  bleclaire@parkinsonassociation.ca
PO Box 333, Lethbridge, AB T1J 3Y7, Canada

Lethbridge staff can help pick up essentials like groceries and prescriptions for PAA clients. This is subject to availability of staff. If staff unavailable in your location or at that time. Staff can help make arrangements with other groups providing the same services. We at PAA are here to support you through this time.

PETLAND - LETHBRIDGE

Mon-Sat 10am-7pm Sun 11am-6pm  14033200095  https://www.petland.ca/pages/lethbridge
905 1 Ave S, Lethbridge, AB T1J 4C2, Canada

COVID-19 UPDATE: We will be offering delivery for a fee through Leave a Light On Delivery (403)393-6065, and curbside pick up services call our Pet Counselors for services needed.

It is our desire at Petland to make a difference in the communities we serve. For more than 40 years, Petland has been the retail pet industry leader in the area of animal care with ongoing staff training programs, in-store animal care systems and community service programs aimed at placing homeless pets and curbing pet overpopulation in the community.
PETSMART - LETHBRIDGE

Mon – Sat 9 am - 7 pm and Sun 10 am – 7pm

14033205613

https://www.petsmart.ca/

3721 Mayor Magrath Dr S, Lethbridge, AB T1K 8A8, Canada

COVID-19 UPDATE: We’re here for you! Our stores are offering curbside pick-up for online orders. After you receive your order confirmation, go to your local store, once you have parked give them a call, press zero, and one of our passionate associates will bring your pet’s essentials to you.

At PetSmart, we love pets, and we believe pets make us better people. Every day with every connection, PetSmart’s passionate associates help bring pet parents closer to their pets so they can live more fulfilled lives. This vision impacts everything we do for our customers, the way we support our associates, and how we give back to our communities.

PHARMASAVE - DRAFFINS

Mon to Fri 9a.m.–5p.m; Saturday 10a.m.–4p.m.

14033273364

info@draffinspharmasave.com

pharmasave.com

319 5 St S, Lethbridge, AB T1J 2B4, Canada

COVID-19 UPDATE: If you have symptoms of fever, cough or trouble breathing, do not visit the pharmacy. Call your Pharmasave pharmacist for options to ensure you have the medications you need.

With over 680 stores across the country, Pharmasave is one of Canada’s leading independent pharmacy and drugstore retailers. Since being founded in 1981, Pharmasave has focused on building a national platform of community based retail outlets designed to provide customers with exceptional service, products and advice.

Each Pharmasave store operates independently to serve its individual community, which ensures both programs and services tailored to the needs of customers and a commitment to helping all customers. Live Well With Pharmasave.

PRAIRIE PIT BULL RESCUE

Always Open

2020ppbrcontactus@gmail.com

https://www.prairiepitbullrescue.com/

No Physical Address Provided, Please Contact Agency For Details

COVID-19 UPDATE: We have some specific services to older and senior members of our community who live on their own and who have pets in their home during this time. Please message us if you require assistance with your pets so we can assist you in the following ways:

For pet food or supplies, we will arrange to get those items and deliver them to your doorstep.

If you’re feeling unwell and you need to go to the hospital or stay with family, we have homes that will take in your pets and care for them.

If you need your dog walked and are not feeling up to it, we will come and assist.

If you are not a senior but your aged parents or relatives in the Lethbridge area require assistance please message us.

We have a small herd of lovely dogs that would love to keep you company if you have been laid off or at home for self quarantine. Reach out to us by sending us a message **not a comment** to chat about making a temporary match.
COVID-19 UPDATE: All appointments have been moved to a secure online format.

I have come to the conclusion that human beings are born with an innate capacity to triumph over trauma. I believe not only that trauma is curable, but that the healing process can be a catalyst for profound awakening - a portal opening to emotional and genuine spiritual transformation. I have little doubt that as individuals, families, communities, and even nations, we have the capacity to learn how to heal and prevent much of the damage done by trauma. In so doing, we will significantly increase our ability to achieve both our individual and collective dreams.
ROYAL TAXI

14033285333  royaltaxiltd@hotmail.com  http://royaltaxiltd.ca/  No Address

Services include:

REGULAR TAXI SERVICE
- We'll get you anywhere you need to go.

AIRPORT SERVICE
- We'll arrange to taxi you to the airport on time & be there waiting for you when you get back.

OUT OF TOWN SERVICE
- We cover all destinations in Southern Alberta. Please contact us directly for an exact quote.

WEDDINGS & CORPORATE BOOKINGS
- Take the stress out of your big event by booking ahead of time.

RUN FREE COUNSELLING CENTRE

15872932016  admin@runfreecounselling.com  https://runfreecounselling.com/
#20, 550 Wt Hill Blvd S, Lethbridge, AB T1J 4Z8, Canada

We believe that dependence on God and the Holy Spirit's wisdom is key to finding resolution and peace in all circumstance. The human being consists of the body, soul and spirit. All three are intimately connected and as such, when one hurts, the others suffer. We explore all three on your journey to healing. Our commitment to this holistic approach, combined with our proven healing model offers vital steps towards freedom.

SAFEWAY FAIRWAY PLAZA

2750 Fairway Plaza Rd S, Lethbridge, AB T1K 6Z3, Canada

COVID-19 UPDATE: We've temporarily updated our hours to ensure stores are sanitized and restocked for the next day. Sobeys stores will be open 8 am to 8 pm every day. Many of our stores will be devoting the first hour of operations to those most vulnerable and those who require extra attention, particularly seniors. At Sobeys, our company purpose is to be a family nurturing families. That has never been truer than right now. Our family of brands is doing everything we can to help our local communities through this crisis. There is nothing more important to us than the health and safety of our teammates and our customers. This is a pivotal time for all Canadians as we navigate the changes required to fight the spread of COVID-19. Sobeys Inc. is here to support families, friends, teammates and communities across Canada as we work to stay safe, nourished and healthy. Together, we will get through these tough times.
SAFEWAY WEST LETHBRIDGE

14033296382

#1, 550 University Dr W Unit 38, Lethbridge, AB T1J 4T3, Canada

COVID-19 UPDATE: We’ve temporarily updated our hours to ensure stores are sanitized and restocked for the next day. Sobeys stores will be open 8 am to 8 pm every day. Many of our stores will be devoting the first hour of operations to those most vulnerable and those who require extra attention, particularly seniors. At Sobeys, our company purpose is to be a family nurturing families. That has never been truer than right now. Our family of brands is doing everything we can to help our local communities through this crisis. There is nothing more important to us than the health and safety of our teammates and our customers. This is a pivotal time for all Canadians as we navigate the changes required to fight the spread of COVID-19. Sobeys Inc. is here to support families, friends, teammates and communities across Canada as we work to stay safe, nourished and healthy. Together, we will get through these tough times.

SAGE CLAN

Mondays – 7pm Wednesdays & Thursdays – 9pm
14039157650
http://sageclan.ca/

810 5 Ave S, Lethbridge, AB T1J 0V2, Canada

COVID-19 UPDATE: We are continuing to provide services to the city of Lethbridge with extra considerations using personal protective equipment and social distancing measures in place such as smaller patrol groups and conducting patrols from vehicles etc. Safety is our primary concern. Supplying minimum 75 bagged lunches, water, oranges, socks, gloves hygiene supplies including tampons. Patrolling Sundays 3pm, Tuesday and Friday 9pm.

SAGE is a community patrol that specializes in helping the homeless and those suffering from addiction. We primarily patrol at nights and provide lunches, snacks, water, and a person to talk to. People of all walks of life and abilities are welcome.

SALSA BABIES LETHBRIDGE

14033083832
lethbridge@salsababies.com
https://salsababies.com/

Please Contact Agency For Details And Delivery Options

COVID-19 UPDATE: In order to keep people active and uplifted, I will be offering all of my sessions online (on a monthly basis), and also free mini-demos. There will be mom-and-baby, prenatal, parents and tots, kids and soon seniors classes.

Salsa Babies™ dance classes take you from BELLY to BABY and back to being a BABE again in no time, while our TODDLER and KIDS programs keep little ones coming back for more!

SAVE-ON-FOODS - CENTRE VILLAGE MALL

Everyday 7am - 8pm
14033806000
https://www.saveonfoods.com/store/west-lethbridge/

#45, 1240 2 Avenue A N, Lethbridge, AB T1H 0E4, Canada

COVID-19 UPDATE: We are experiencing extremely high web traffic and demand for online shopping at this time and are encouraging any customers that can shop in-store to please do so. Our stores are open from 8am to 8pm everyday and in addition will be open from 7am to 8am for seniors and those most vulnerable to shop.
### SAVE-ON-FOODS - HIGHLANDS BLVD

**Location**

1. Everyday 7am - 8pm
2. 14033810362
4. 401 Highlands Blvd W, Lethbridge, AB T1J, Canada

**COVID-19 UPDATE:** We are experiencing extremely high web traffic and demand for online shopping at this time and are encouraging any customers that can shop in-store to please do so. Our stores are open from 8am to 8pm everyday and in addition will be open from 7am to 8am for seniors and those most vulnerable to shop.

### SHOPPERS DRUG MART - MAYOR MAGRATH IN LETHBRIDGE

**Location**

1. Mon to Sat 8am-midnight; Sunday 9am-midnight
2. 14033285509
3. asdm362@shoppersdrugmart.ca
5. 2045 Mayor Magrath Dr S, Lethbridge, AB T1K 7T9, Canada

**COVID-19 UPDATE:** Starting this week, Shoppers Drug Mart is dedicating the first opening hour of shopping at our stores to our customers who need assistance or consideration, including seniors and people living with disabilities. We encourage you to check with your local store to confirm operating hours. Shoppers Drug Mart will also offer the 20% Seniors Day discount on regular priced items for the first hour each day every day. This is in addition to Seniors Days each Thursday.

### SHORE PSYCHOLOGICAL SERVICES

**Location**

1. Appointments are available 7 days a week
2. 14033606381
3. kayla@shorepsych.ca
4. shorepsych.ca
5. 116 8 St S, Lethbridge, AB T1J 0C4, Canada

**COVID19 Update:** Call or email for information

At Shore Psychological Services I believe in meeting a client where they are at and operating from a collaborative approach focused on the therapeutic relationship. I use a variety of modalities based on a foundation of respect for a client(s) lived experience. I provide services to Children, Adolescents, Young Adults, Couples, and on occasion, Adults. Please visit the website or give me a phone call to see if my skills as a Registered Provisional Psychologist 2541p are a fit for you or your loved one.

### SKYLINE TRAVEL CENTRE

**Location**

1. Hours or services may differ due to COVID-19
2. 14033206454
3. bev@skylinetravelcentre.com
5. 2325 43 St S, Lethbridge, AB T1K 6Z7, Canada

As the COVID-19 pandemic is updating every day we want to help #flattenthecurve the best we can. If you have recently traveled or are feeling ill, give us a call as we can set you up in a RV to isolate near your family.
COVID-19 UPDATE: Hello everyone! After much communication and updating to the most current information on COVID-19 we have decided that effective immediately all SMART Recovery Lethbridge groups will be CANCELED!

As an alternative is a plethora of online SMART Recovery Meetings available to you by following this link: [https://www.smartrecovery.org/community/calendar.php?utm_source=getresponse&utm_medium=email&utm_campaign=volunteers_us_ca&utm_content=COVID-19+%26+SMART+Face-to-Face+Meetings&fbclid=IwAR1dBF53U98Q0nSvHHiW8B17RDr26NSk4i8Q4XyContinuing+Education](https://www.smartrecovery.org/community/calendar.php?utm_source=getresponse&utm_medium=email&utm_campaign=volunteers_us_ca&utm_content=COVID-19+%26+SMART+Face-to-Face+Meetings&fbclid=IwAR1dBF53U98Q0nSvHHiW8B17RDr26NSk4i8Q4XyContinuing+Education)

You will need to create a username and password (it will prompt you to register once you click on a meeting), but once you do all these meetings are available FREE of charge and a great way to stay connected to the SMART Recovery community during this time. You can also SCHEDULE a one-on-one meeting with the facilitators for support or updates during this time by contacting 403-894-9767 by call or text.

SOBEYS UPLANDS - SENIOR SHOPPING HOUR

Let’s make shopping a little easier for seniors. Starting this Friday, many of our stores will be devoting the first hour of operations to those most vulnerable and require extra attention, particularly seniors.

SOUTH COUNTRY TREATMENT CENTRE

COVID19 Update:

We are still in operation. Applications and admissions are being analyzed on a case-by-case basis.

We offer a person-centred, holistic, trauma-informed approach to treatment where individuals are able to learn to understand the nature, cycles and impacts of addictions and explore the signs and symptoms of relapse with a focus on developing both internal and external strengths.

Participants also learn about emotion regulation with encouragement to develop healthier and more effective coping strategies, and to increase interpersonal skills. Partnerships with other community agencies allows us to provide informed referrals to the individuals we work with to ensure their care does not end when they complete our program.
SOUTH REGION PARENTS AS TEACHERS

Office hours: Monday - Friday, 8:00 AM - 4:00 PM
14033205983 parentsasteachers@leths.ab.ca
http://www.southregionpat.ca/ 309B, 1701 S Ave. S, Lethbridge Ab T1j0w4

COVID-19 UPDATE: South Region Parents as Teachers continues to enroll and serve families across Southwest Alberta through virtual and/or telecommunications visits.

How do you help your children learn, grow, and develop to realize their full potential? Your baby was born to learn and you are your child’s first and most important teachers! Parents as Teachers provides information, support and encouragement parents need to help their child development optimally during the early years of life. We help you understand what to expect and connect you with resources to help keep you, your child and family healthy, strong and resilient.

You will receive:
- Personal visits customized to your needs
- Developmental monitoring and screenings to make sure your child is healthy, safe and developing on track
- Group connections
- Resource networking and referrals to community resources

Register in this FREE program during pregnancy or anytime before your child turns six. Ph 403-320-5983 to learn more.

SOUTHERN ALBERTA SELF HELP ASSOCIATION

14039422263 info@sashahouse.org www.sashahouse.org 1239 S Ave S, Lethbridge, AB T1J 0V6, Canada

COVID 19/Coronavirus Update: Clients of our programs are at extreme risk if exposed to COVID-19. At this time we are restricting access to our homes to only staff, residential clients and essential visitors. Essential visitors are defined as those providing care necessary for the well-being of the client. Essential visitors are restricted to one or two persons at a time. Visits from children are restricted. If you are ill with fever, cough, shortness of breath, fatigue or sore throat, please do not visit. No pets

Our mission is to promote the independence of persons with mental illness by means of transitional and long-term housing through supportive programs and activities.

STAFFORD PHARMACY & HOME HEALTHCARE

Mon to Fri 9-6 & Sat 10-6 14033206500 info@staffordpharmacy.com http://www.staffordpharmacy.com/Bay 5, 1475 St Edward Blvd N, Lethbridge, AB T1H 5A1, Canada

COVID-19 update: Call in advance, ask if prescription can be faxed or called in by physician.

We take the practice of pharmacy very seriously and we think it shows. There is no doubt that all of us here at Stafford Pharmacy can be described as passionate about this profession, about the care of those who entrust their health to us. We subscribe to the philosophy that pharmacists are the “medication experts” so we expect our patients to depend on us for such expertise.

We also know a thing or two about non-drug treatment measures as well as other medicinal products as well. So, if you are looking for a remedy that might complement a traditional therapy, or maybe an alternative to allopathic medicines (that refers to drugs), we can help you too. What you will find different however, is that being trained as medical scientists, we give you information that is sound, not just hearsay.
STOKES PHARMACY

Location

Monday to Friday 9-5:30
1403380535
stokesrx@gmail.com
http://www.stokespharmacy.ca/

378 4 Ave S, Lethbridge, AB T1J 2B5, Canada

COVID-19 update: offering all regular services

Our team is dedicated to offering the best service and quality care possible. Our many years of expertise enables us to accurately fill your prescription and provide you with guidance and care, so that you can move forward with full confidence and comfortability in your treatment plan.

STREETS ALIVE MISSION

Location

9:30 to 11:45 and 1:00 to 4:30 Monday to Friday,
14033201159
info@streetsalive.ca
https://streetsalive.ca/missionhome/
323 4 St S, Lethbridge, AB T1J 1Z9, Canada

COVID-19 UPDATE: Streets Alive Mission will continue to operate as usual, respecting all Alberta Health directives to provide for the well being of the clients, staff and volunteers. We have suspended only one program; “Foot Friday” as this program is completely volunteer operated.

To Bring Hope to the Hopeless. Streets Alive Mission exists to provide for the physical, emotion, social and spiritual needs of the poor to empower them to change their lives through the Gospel of Jesus Christ.

STUBBS PHARMACY

Location

Mon to Fri 8:30-7pm & Sat 10-5pm
14033285512
https://www.facebook.com/stubbspharmacy
1506 9 Ave S, Lethbridge, AB T1J 1V8, Canada

COVID-19 update: Remain open, offering regular services including continued free prescription delivery.

Your every day local pharmacy. Offering a wide variety of pharmacy services and in-store selection. Locally owned and operated for over 60 years.

SUNSHINE SENIOR SERVICES

Location

Monday to Friday 9:00 AM - 5:00 PM
14033936528
sunshineseniorservices65@gmail.com
https://sunshineseniorservices.ca/
No Address Available, Please Contact Agency For Details

COVID-19 UPDATE: We will do grocery shopping for or with seniors. they charge $30/hour. Call Linda or Heather at 403-393-6528 or 403-308-9935. Enabling seniors to stay active in their daily lives and passions by providing reliable, affordable, compassionate transportation and assistance services in Lethbridge and Southern Alberta.

SUPPORTING FAMILY WELLNESS

Location

This Is An Online Support Service With No Address Available, Please See Website For Details

A place where the Lethbridge School Division MHCB Coaches can share events and information on Mental Health and Wellness. We understand that our ways of connecting have changed dramatically in the recent weeks, and our families are being met by new ways of interacting. Our hope is that our team can help you to navigate and connect with the community. This is a time that we find ourselves in need of connection, care, and comradery. Please follow and share as we look forward to bridging our community and encouraging positive mental health in our children, youth, and families.
THE MEDICINE SHOPPE PHARMACY #127

Mon to Fri 8:30 AM - 6:00 PM; Saturday 10:00 AM - 2:00 PM

14033803282 info@medicineshoppe.ca


2005 28 St S, Lethbridge, AB T1K 2V2, Canada

COVID-19 update: No changes to pharmacy hours, continue to offer prescription delivery

Available every day of the week, your pharmacist is a great partner who looks after your health and well-being. Learn more about your pharmacist's professional skills, role, and range of services.

THE SALVATION ARMY - COMMUNITY & FAMILY SERVICES - LETHBRIDGE

14033278084 www.salvationarmy.ca

1811 2 Ave S, Lethbridge, AB T1J 0E8, Canada

COVID-19 Update: UPDATE: All Sunday worship services and church programming at The Salvation Army across the territory will be cancelled until April 30, 2020. Please continue to reach out and support one another through phone calls, prayer and social media. Our social services are supporting communities with utmost care that is based on instruction from community public health agencies and the Public Health Agency of Canada.

Emergency resources for persons in need.

Vouchers and referrals for clothing, household items, furniture.

Verification of income, address, and valid ID must be provided for each person in the home.

THE SALVATION ARMY - COMMUNITY CHURCH LETHBRIDGE

14033288611 http://www.salvationarmy.ca

1302 4 Avenue South Lethbridge AB

COVID-19 update: Effective March 17, ALL thrift stores, Child Care Centres and Day Camps across Canada will close to the public for shopping, but we will continue to accept donations of goods until further notice. Thrift stores will continue to support crisis needs of our community and family services operations. Church worship gatherings and social events are cancelled across the country until at least April 30. Contact your local Salvation Army to find out more information.

The Salvation Army is a Christian organization that gives hope and support to vulnerable people in 400 communities across Canada and in 131 countries. The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world.

THEORETICALLY BREWING COMPANY LTD

Tuesday - Saturday 12 - 8, Sunday 1 - 5 Mondays Closed.

14037155140 theorybrew@gmail.com

theorybrew.ca 1263 2 Ave S Unit 2, Lethbridge, AB T1J 0E7, Canada

COVID-19 Update: delivery services available for all brewery product.

Theoretically Brewing Company is a locally owned, community-focused micro-brewery in Lethbridge, AB. With ties to local non-profit organizations and community-minded ownership, we are proud to work within Lethbridge to enhance the community through live music performances, local beer, community gatherings, and events.
TRAINING INC. VOCATIONAL SCHOOL

COVID-19 Update: Training Inc. has temporarily suspended in-person appointments. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place. Employment Counselors are available to provide career and employment services to help you with resume development, career planning, job search and interview skills. Online training opportunities are also available. Services are offered in partnership with the Government of Alberta, and are Free-of-Charge to eligible Albertans.

A unique combination of Occupational Training and Career and Employment Services is tailored to each individual’s strengths, interests, and goals. They connect people to the world of work by re-training or certifying themselves in their chosen field, career planning, and resumé development.

TREATY 7 URBAN INDIAN HOUSING - LETHBRIDGE

COVID-19 UPDATE: Treaty 7, Urban Indian Housing Authority will be temporarily closed from MARCH 19, 2020 to MARCH 31, 2020 and will re-open Wednesday, April 1, 2020, for normal operations. Rent payments will be taken at the office MONDAY, MARCH 30, 2020 and TUESDAY, MARCH 31, 2020, from 11:00 AM – 1:00 PM for those who do not have access to online banking.

Treaty 7 Urban Indian Housing is a Native operated not-for-profit organization which provides subsidized rental units for low to moderate income native families seeking accommodations in the urban areas.

Developments consist of self-contained units ranging in size from two to four bedroom units. Accommodations are available in Lethbridge, Cardston, and Calgary and in various styles such as townhouses, duplexes, and single family dwellings. Applicants are approved for a specific size of unit based on the family composition of the household.

TROY’S NO FRILLS

COVID-19 UPDATE: Our company’s purpose is to help Canadians live life well and we know you’re relying on us for the comfort and necessity of food, pharmacy and wellness in almost every community nationwide. We apologize for the delays you may be experiencing when trying to reach our Customer Care team, rest assured we are working as quickly as possible to answer your questions. Please note, due to the current high demand on certain products, we are unable to provide you with product availability at this time. Please visit us in store as our teams have increased inventory on those high demand products and wherever possible we expect to be fully back in stock in the coming days. We know the frustration of an empty shelf and have assigned an entire team to the challenge of rapidly re-stocking key food, health, cleaning and comfort items.
**TRUE BALANCE COUNSELLING LETHBRIDGE**

14033272333  
truebalancecounselling@gmail.com  
[https://www.truebalancecounselling.ca/](https://www.truebalancecounselling.ca/)

#3, 704 4 Ave N, Lethbridge, AB T1H 0K4, Canada

True Balance provides counselling, assessment, consultation, and workshops for children, adolescents, and adults. Our services include support for individuals, couples, families, and groups. True Balance believes that every individual strives to maintain balance; as therapists we are honored to support and inspire individuals in finding overall wellness.

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**UMAMI SHOP CANADA**

COVID-19 update, please see below for details  
14033288899  
info@umamishop.ca  
[https://www.umamishop.ca/](https://www.umamishop.ca/)

814 4 Ave S, Lethbridge, AB T1J 0P2, Canada

COVID-19 UPDATE: Things are tough at the moment. We are all dealing with the stress, uncertainty, and fear. As we adapt to the new normal of social distancing, we wanted to do what we can to emphasize and encourage our friends and community that we're here for each other during these struggling times.

We will be providing take-out and delivery from our online website portal. Please support our staff that have been affected by the daycare closures. We employ a majority of mothers, including our owner Patricia who is staying home to care for the children like the other staff. But they will be working flex hours for the online orders. Please support these working moms!

During times like this, we need all the community support and we have been reaching out to the elderly customers to fulfill their grocery list. If you know someone who is in need of getting their groceries delivered, please let us know. We are doing our very best to help our community, please join us.

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**UNITED WAY OF LETHBRIDGE & SOUTH WESTERN ALBERTA**

9:00am-5:00pm Monday through Friday  
14033271700  
together@lethbridgeunitedway.ca  
www.lethbridgeunitedway.ca  
#203 B, 542 - 7 St S, Lethbridge, AB T1J 2G8, Canada

COVID-19 UPDATE: the United Way office will be closed to the public until further notice.

Staff will be working from home during this time. Please feel free to contact us by emailing together@lethbridgeunitedway.ca, or reaching out on social media.

United Way of Lethbridge & South Western Alberta is one of nearly 100 locally operating United Ways in Canada. Our purpose is to gather the resources our local community needs to thrive. We envision communities where everyone works together to ensure poverty is temporary, individuals and families live healthy lifestyles, and that children and youth have the tools they need to reach their full potential. Each year, United Way provides funding to a variety of local organizations that help people in one or more of these capacities.

We are organizers, listeners, advocates and funders. We aim to identify and understand community issues, and work with individuals, businesses and organizations to develop strategies to address them.
URBAN BEAT DANCE STUDIO

During the close down of COVID-19: We are offering daily living room dance parties for kids and families FREE of charge and have all videos available for watching at ANYTIME (over and over) through Youtube even if people don’t have social media such as Facebook and Instagram we want it to be accessible for ALL.

We are celebrating our 10 season this fall and offer INCLUSIVE dance classes for all ages, levels and abilities. We offer classes in an OPEN space for parent and family viewing. We specialize in hip hop, break dance, jazz, tap, ballet, lyrical, modern, mini classes (3-5 year olds), parents n tot boogie, little dance-nastics, Hawaiian, Tahitian, Bollywood, salsa, swing and more!

We are active with the Boys and Girls club, Girl Guides, Drop n Beats Program, The Metis Nations of Alberta Southern Chapter, YWCA, Miss Pride Southern Alberta, Kingdom Kids, as well as local schools and sports programs.

VOLUNTEER LETHBRIDGE ASSOCIATION

COVID-19 UPDATE: Volunteer Lethbridge is the centralized point of contact to add your name and volunteer contributions to a data base. If you are interested in volunteer opportunities that arise due to the COVID-19 situation, please email: helpinghands@volunteerlethbridge.com

Please include the following information:

- Name
- Age
- Email Address
- Phone Number
- The volunteer contribution I would like to make includes: (list skills and abilities: such as: deliver food; drive people to appointments (driver's license required)

For volunteering with vulnerable persons, please include:

- Copy of a current police check, with vulnerable persons check
- Copy of Child and Youth check

Volunteer Lethbridge builds connections and empowers individuals and organizations to enhance volunteerism and grow volunteer capacity.
WALMART LETHBRIDGE SOUTH SUPERCENTRE

3700 Mayor Magrath Dr S, Lethbridge, AB T1K 7T6, Canada

COVID-19 UPDATE: Place an order for groceries online or with the app for pickup or delivery. Staff will shop for groceries in store and then deliver. The minimum order is $50 before tax. Our stores look different today. We’ve made changes quickly to prioritize safety and to ensure customers can access the resources they need at the low prices they expect and deserve. For example, we have:

- Limited the number of customers shopping in the store at one time and are asking stores to encourage customers to limit store entry to only one adult per family.
- Installed plexi-glass dividers at registers, customer service desks and in our pharmacies – with more to come.
- Marked the floor to create social distancing.
- Instituted product purchasing limits to ensure everyone can access products they want.
- Temporarily closed photo kiosks, service deli and service bakery, fitting rooms and bulk foods.
- Temporarily close some of our licensees, such as hair and nail salons and restaurants are closed too.

WOODS DISPENSARY

Monday - Thursday: 9 AM - 7 PM  Friday: 9 AM - 5 PM
14033280822
info@woodsrx.ca
www.woodsrx.ca
2931 20 Ave S, Lethbridge, AB T1K 3M5, Canada

COVID-19 UPDATE: Before you visit call or connect with your pharmacy to minimize unnecessary interactions with others.

Are you intimidated by your doctor and hesitant to ask questions or explain concerns? Woods Dispensary can help! Contact us to order a refill of your prescriptions, to schedule a personal care consultation, a flu shot or other immunization, or just to get answers to your questions. We have a Certified Geriatric Pharmacist on-staff for your convenience and offer free delivery city-wide.

WOOD'S HOMES - COVID-19 VIRUS: NO-CHARGE CRISIS COUNSELLING

18005636106  EFC.eCounselling@woodshomes.ca  www.woodshomes.ca
312 3 St S, Lethbridge, AB T1J 1Y9, Canada

COVID-19 UPDATE: It is clear that our crisis services are needed now more than ever before. It is important that all our Lethbridge community knows that these services are available (at no charge) and at their fingertips. They do not need to leave the safety of their home.

These crisis counselling services include:

- Call: 1-800-563-6106 or 403-299-9699
- LiveChat: Click here.
- Text: 587-315-5000 (9 a.m. to 10 p.m.)
- E-therapy: (email to) EFC.eCounselling@woodshomes.ca
WOOD'S HOMES - LETHBRIDGE

Main office is locked but still in operation 8:30am-5pm 14033171777 lethbridge.youthshelter@woodshomes.ca

www.woodshomes.ca 312 3 St S, Lethbridge, AB T1J 1Y9, Canada

COVID-19 UPDATE: Our emergency youth shelter is open as well as phone in crisis support. Our youth ICM team and Family connections program continue to offer support to existing clients.

COVID-19 VIRUS: No-charge counselling services available as follows:

It is clear that our crisis services are needed now more than ever before.

It is important that all our Lethbridge community knows that these services are available (at no charge) and at their fingertips. They do not need to leave the safety of their home.

These crisis counselling services include:

Call: 1-800-563-6106 or 403-299-9699
Text: 587-315-5000 (9 a.m. to 10 p.m.)
E-therapy: (email to) EFC.eCounselling@woodshomes.ca
Live Chat: www.woodshomes.ca

NOTE: Our Shelter for homeless youth remains open, however there are limited walk-in supports as per government-related shelter guidelines.

YOUTH ONE

Monday to Friday 9-5 14033804426 info@youthone.ca https://www.youthone.ca/

1303 13 St N, Lethbridge, AB T1H 2T8, Canada

For online programs/services go to www.youthone.ca/online

Youth One: Online is a central spot to help keep you connected with a Y1 community/family, grow as a person, learn new skills, and get assistance if needed.

We currently have the following things available.

- Online groups - Small community groups revolving around similar interests and activities - Featured Group: High School Zoom Hangout
- YouTube Channel (Youth One Now) - Videos to help you grow as a person, learn new things and keep you entertained. - Featured Video: Becoming Bully Proof.
- Assistance - Get virtual assistance from qualified people in our community - Eg. Tutoring, skill based learning etc.

Wanting to get updates or to chat with someone? You can join our text line by texting “Y1” to 587-741-3085.

Need help with the basics? (Food, clothing, hygiene products, shelter etc) TEXT "helpme" to 587-741-3085

Want to know more about Youth One? - www.youthone.ca
ARCHES - COAP ENCAMPMENT SERVICES

Community Outreach Addictions Program (COAP) also offers city-wide encampment clean up services. An encampment is a makeshift shelter and/or bedding location that provides a sheltered space for people who are sleeping rough. If you see an encampment anywhere within Lethbridge city limits, you can call our COAP team at (403) 915-3572 to have it safely removed. The COAP team will work with the individuals who are sleeping rough to be connected to Housing First and any additional medical and social services that are required so that individuals are able to transition away from sleeping rough. The COAP team will then remove the encampment. They will also remove any abandoned encampments throughout the city.

ARCHES - COMMUNITY OUTREACH ADDICTIONS PROGRAM (COAP)

The Community Outreach Addictions Program (COAP) provides outreach services around Supervised Consumption Services to liaise between people affected by homelessness, people accessing ARCHES programs and services, staff and business owners. The team delivers assessment, diversion and/or intervention support services where there are homeless individuals who are not connected to existing health and/or social services. COAP also provides support to businesses and community members who are being impacted by activities related to homelessness and substance use, such as litter, substance use debris, encampments, etc.

ARCHES - COUNSELLING

ARCHES is committed to providing free and confidential support to our community. We offer both formal and informal counselling for the following:

- HIV support
- Hepatitis support
- Addictions counselling
- LGBTQ2S+ support
- System navigation support
ARCHES - HARM REDUCTION AND SAFER SEX SUPPLIES

Program

7am-2pm and 330pm-10pm. Please connect for alternate options  14039428213  info@lethbridgearches.com

www.lethbridgearches.com  1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

ARCHES provides community members with safer sex and drug use supplies to reduce harms to individuals and the community

Supplies we offer:
- Condoms
- Dental dams
- Female condoms
- Lubricant
- Feminine hygiene products
- Take Home Naloxone
- Safer drug use supplies including syringes, vein ties, alcohol swabs, cookers, sterile water, and pipes

Supplies can be accessed from ARCHES wrap around support side (north door) from 8:30-4:30 monday to friday (closed from 12-1pm and on statutory holidays).

Supplies can also be accessed 24/7, 365 days a year from the Supervised consumption services side (west door).

ARCHES - HARM REDUCTION EDUCATION

Program

M-F 8:30am-4:30pm (no in person mtgs at this time)  14033288186  info@lethbridgearches.com

www.lethbridgearches.com  1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

ARCHES offers education sessions on harm reduction. This information session covers the basics of harm reduction principles. Information will be provided on supply distribution, the benefits of harm reduction, and the outcomes for individuals and the community. This session is one hour in length.

To book this training please contact ARCHES at 403-328-8186

ARCHES - HOUSING FIRST CLINICAL SUPPORTS

Program

Regular hours.  14039428213  info@lethbridgearches.com  www.lethbridgearches.com

1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

Housing First Clinical Supports offers clinical insights to the Intensive Case Management teams through consultation and interim clinical supports necessary for housing stability.
The ARCHES' Indigenous Recovery Coach Program is a recovery-oriented, community-based and culturally informed program designed to support individuals while in recovery.

This program is for individuals who are working on your recovery from opioid substance use disorder, are FNMI (First Nations, Metis or Inuit), are 18 years of age or older, and have started or restarted OAT (Methadone or Suboxone).

The program offers:

- Recovery plans designed around the participants needs
- A strength-based harm reduction approach to support
- A focus on developing resources that support the participants recovery
- Opportunities to create or recreate links to traditional Indigenous wellness activities
- Connection to Indigenous Elders
- Transition navigator services to connect participants to resources
- Community wellness supports to participants (emotional, motivational, instrumental and community referral support)

Call the ARCHES hotline at 403 332-0722 between 8:30 am and 9:00pm every day except Christmas Day if you find needle or drug debris (for example: glass pipes). An ARCHES staff member will arrive within the hour to pick up needle or drug debris. For priority calls an ARCHES staff member will arrive as soon as possible. Priority calls include playgrounds, schools, and daycares.

Be ready to tell us the following information:

- Full address
- A description of where the needle is located
- Your name and a call back number
- The number of needles, and any other drug paraphernalia
ARCHES - QUEER SUPPORT

Monday through Friday 8:30 am – 4:30 pm  
14033288186  info@lethbridgearches.com
www.lethbridgearches.com  1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

The Queer Health Program is dedicated to identifying & addressing gaps within health services for queer individuals within the Lethbridge area. The program is focused on providing services for the physical, sexual, mental and social health for those in need. This is done through education, advocacy, & support.

ARCHES offers clients who are queer or LGBTQ2S+ identified with a variety of supports:

- Informal counselling
- Safer sex education
- Safer sex supplies
- Sexual health questions
- Coming out support
- Information on identity and sexuality
- Information on other resources available in the city

ARCHES - SHAPES (STIGMA FREE HIV/HEPATITIS ADVOCACY, PREVENTION, EDUCATION AND SUPPORT)

Monday through Friday 8:30 am – 4:30 pm (closed from 12-1pm)  
14033288186  info@lethbridgearches.com
www.lethbridgearches.com  1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

ARCHES provides support for community members living with or at risk for HIV/AIDS and or Hepatitis C.

We offer the following services:

- Funding to attend SAC (Southern Alberta Clinic), or other specialist appointments related to HIV/AIDS and/or HepC
- Confidential testing
- Counselling support both before and after testing
- Health care navigation
- Assistance accessing other community resources
- Education on treatment
- Access to peer supports

ARCHES - SUPERVISED CONSUMPTION SERVICES

Due to covid 19- 6:45am-4pm and 445pm-2am  
14039428213  info@lethbridgearches.com
https://www.canada.ca/en/health-canada/services/substance-use/supervised-consumption-sites/status-application.html
1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

Supervised Consumption Services (SCS) operates 365 days a year. The following services are provided:

- A medically supervised consumption room with thirteen injection booths and two supervised inhalation rooms
- Access to sterile supplies to consume pre-obtained substances.
- A monitoring space – after consumption, individuals are monitored for negative reactions to their drugs
- Medical staff that can respond to overdoses and other medical emergencies
- Immediate access to counselling services
- Referrals to drug treatment, detox, housing, income support, and other services
- Onsite access to Virtual Opioid Dependency Program
ARCHES- JUSTICE SERVICES

The Justice Services program offers participants who come into contact with the law supports in navigating the legal system from the point of contact with police through sentencing and then through to jail and release as needed. Participants often need help communicating with lawyers, understanding release conditions, advocacy for sentencing options and sometimes just general support in the courtroom to help with their fears and anxiety around being there.

The Justice Services Coordinator is able to attend lawyer meetings with participants, advocate to the crown and their lawyers for sentencing options that are most likely to have a positive impact on participant but also the community, visit participants in jail, offer supports to family members of the accused who may not understand the justice system, find out if participants have warrants and give them the options for dealing with their warrants and connect participants with any community supports that may be needed, etc.

ARCHES- PREVENTION AND KNOWLEDGE TRANSLATION

This program aims to prevent substance use and substance use disorder through decreasing adverse childhood experiences, increasing assets for children and youth and supporting positive brain development and executive function.

This work is accomplished through working with community coalitions and committees to support and implement the work of Lethbridge Asset Builders Coalition, Social Health Equity Network for Lethbridge and Area and Building Brains Together.

The manager of knowledge translation and prevention can provide education, presentations, capacity building and professional development on a variety of topics to any interested community group, business or individual.

ARCHES QUEER HEALTH WEBSITE

The ARCHES Queer Health website is a local online guide for all things queer! This website is a growing hub of information and resources to enable you to gain insight into your personal health as a queer individual navigating the Lethbridge area. Our hope is that this website will give you tools, resources, and supports to navigate your queer identity! Some of the topics we cover include: HIV/AIDS support, queer sexual health, sex education, coming out support, mental health, finding a queer-affirming doctor, transgender supports, transitioning supports, information on gender gear, resources for trans individuals, getting involved with the Lethbridge queer community, finding local queer events, a list of queer-affirming businesses, information on ARCHES' full array of services, and a section for queer news and media.

If you have any questions, would like to add your queer events to this website, or want further information, feel free to contact us at queerhealth@lethbridgearches.com!
ARCHES- TAKE HOME NALOXONE PROGRAM

6:45am-2am at SCS and delivery available upon request 14033288186 info@lethbridgearches.com
https://lethbridgearches.com/get-info-take-home-naloxone/ 1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

Education for community, professionals and persons at risk, on overdose prevention, harm reduction, signs and symptoms of an overdose, naloxone administration and training. FREE naloxone kits are available to persons at risk or someone likely to witness an overdose.

Naloxone kits and training are available from the Wrap Around Supports side (north entrance) of ARCHES Monday-Friday 8:30am-4:30pm (closed from 12-1pm). Closed statutory holidays.

Naloxone kits and training are available from the SCS side (west entrance) of ARCHES 24/7, 365 days a year.

Businesses, groups or organizations interested in taking training can contact ARCHES to book at 403-328-8186

ARCHES- VIRTUAL OPIOID DEPENDENCY PROGRAM

Currently 7am - 2pm and 330pm-10pm 14033288186 info@lethbridgearches.com
https://lethbridgearches.com/vodp/ 1016 1 Ave S, Lethbridge, AB T1J 0B1, Canada

The Virtual Opioid Dependency Program (VODP) is an Opioid Agonist Therapy (OAT) program delivered in partnership by ARCHES and Alberta Health Services. OAT is an effective treatment for opioid use disorder (OUD) and is a key strategy to reduce the harms of opioid use by providing structured access to long acting opioids to improve stability and day-to-day function. Through the Treatment Services Coordinator, participants can access same day prescriptions for Suboxone and Methadone.

The Treatment Services Coordinator provides case management of clients until they’re transitioned to a local OAT Clinic in their area. The local OAT Clinic will continue to support them in their recovery journey. To learn more or connect with the Treatment Services Coordinator, please call (403) 942-5706.

BJNASJKSDANJK

200 4 Ave S, Lethbridge, AB T1J 4C9, Canada

gsaiudgauasadub
**CMHA - CLUB 4-U**

Suspended due to COVID-19 Response  
14033294775  
admin@cmhalethbridge.ca  
http://lethbridge.cmha.ca  
426 6 St S, Lethbridge, AB T1J 2C9, Canada

A Program Offering Leisure and Recreation Activities, Peer Support and Social Networking Opportunities. Drop-in program providing leisure and recreation activities, peer support and social development opportunities. The program also includes a client operated concession. The Club 4 U provides a central location for both structured and non-structured recreation and leisure activities. The locations provides access to a computer, internet, telephone, television, games room and a kitchen facility.

Our recreation and leisure includes social activities ranging from a warm summer afternoon playing mini-golf, to a snowy winter afternoon bowling, or enjoying a good movie. Travel activities include special trips that occur May through September. Pre-registration is necessary and a minimal fee for travel activities is required in advance.

**PROGRAM UPDATE PER COVID-19:** All Courses and Groups are suspended. (updated 1300 03/18/20)

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**CMHA - COMMUNITY APPROACH TO SKILLS DEVELOPMENT TRAINING PROGRAM**

Suspended due to COVID-19 Response  
14033294775  
admin@cmhalethbridge.ca  
http://lethbridge.cmha.ca  
426 6 St S, Lethbridge, AB T1J 2C9, Canada

This Evidence Based Program offers a Variety of Hands on Skills Training Opportunities for Persons Experiencing Mental Health Problems. The trades industry is constantly seeking qualified workers. The Community Approach to Skills Development Program is designed to assist participants in obtaining skills in areas such as:

- Carpentry
- Small Engine Repair and Maintenance
- Welding
- Food Safe Handling
- Metal Working
- Safety Training
- Recreation and Leisure
- Life Management Skills

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**CMHA - COMMUNITY LINKS**

Monday to Friday 10:00 am – 8:00 pm  
14033285465  
info@cmhalethbridge.ca  
http://lethbridge.cmha.ca  
426 6 St S, Lethbridge, AB T1J 2C9, Canada

COVID-19 UPDATE: Services at the Library are suspended due to the library closure. Staff are available by phone between 10 am and 8 pm, Monday to Friday at 403.328.5465 or by email at info@community-links.ca. (updated 1300 03/18/20)

An information and referral center that connects you to community, health, social, and government services as well as event listings and a housing registry for Southwest Alberta. The housing registry is designed to help people find available, affordable housing in south west Alberta and is updated weekly.

Are you in need of financial assistance, food, housing, childcare, mental health support, or other critical services? Would you like to know about arts, sports, recreation, or other programs? If you don’t know where to start looking for this information, call Community LINKS.
CMHA - DISTRESS LINE OF SOUTH WESTERN ALBERTA

Monday to Friday 9:00 am – 4:30 pm
14033277905  admin@cmhalethbridge.ca  http://lethbridge.cmha.ca
426 6 St S, Lethbridge, AB T1J 2C9, Canada

A 24 Hour Phone Support for Individuals Experiencing a Crisis. Sometimes you just need to talk to someone. Someone who won’t criticize, complain, argue, and tell you what to do or what not to do! That someone could be the people of the Distress Line of Southwestern Alberta.

The trained staff of the Distress Line, operated by the Canadian Mental Health Association, will listen, and if you like to know what services or options are available to you, they can refer you to the right agency.

CMHA - MENTAL HEALTH CRISIS INTERVENTION TEAM

24/7
14033294775  admin@cmhalethbridge.ca  http://lethbridge.cmha.ca
426 6 St S, Lethbridge, AB T1J 2C9, Canada

Individuals within Lethbridge may refer themselves or be referred by doctors, hospitals, police, or local agencies. The Crisis Intervention Team will provide support by telephone or in person within the City of Lethbridge, and assists with longer term follow-up and support services through:

- Coordination of treatment and community support services following emergency/crisis presentation.
- Consultation with police, emergency medical staff, agencies and individuals for referrals to appropriate support systems
- Improvement of access to services and support systems through cooperation and collaboration among other services agencies
- Provision of education in-service to agencies and the public on various mental health and crisis related issues

PROGRAM UPDATE PER COVID-19: The Crisis Intervention Team remains operational. (updated 1300 03/24/20)

CMHA - RECOVERY COLLEGE LETHBRIDGE

Suspended Due to COVID-19 Response
14033294775  admin@cmhalethbridge.ca
http://lethbridge.cmha.ca  426 6 St S, Lethbridge, AB T1J 2C9, Canada

Using an educational-based approach, Recovery College offers courses to help individuals recognize and develop their own resourcefulness and awareness in order to support their or a loved ones recovery journey. All of our courses are developed in partnership with our peer supporters who are experts by experience: they have their own personal story of a mental health or substance use concern, or are supporting a loved one. Everyone is welcome to attend our free courses focusing on recovery and wellbeing. No previous experience or education level is required, anyone can register for the course for them.

For times and course offerings please visit www.recoverycollegelethbridge or call 403-329-4775 or email us at admin@cmhalethbridge.ca for a copy of the monthly course schedule.

CMHA - SAFE COMMUNITY CALL CENTER

8:00 am – 6:00 pm
14033820545
426 6 St S, Lethbridge, AB T1J 2C9, Canada

A call-in service for individuals in the Lethbridge Community to report any biohazardous concerns, including human feces, blood and needle debris.

UPDATE PER COVID-19: Remains operational from 8 am – 6 pm, Monday to Friday. Available by Phone at 403.382.0545. (Updated 03/24/20 1045)
COUNSELLING

58726320161  admin@runfreecounselling.com  https://runfreecounselling.com/

550 Wt Hill Blvd S, Lethbridge, AB T1J 4Z8, Canada

We are a non-profit counselling centre dedicated to helping those who feel the need for healing of the body, soul and spirit. Through Biblical and Christian values, our team of psychologists, counsellors and coaches will help you find peace and restoration.

We provide couples counseling as well as individual counselling for children, adolescents & adults.

Counselling is available for, but not limited to: Anxiety, depression, trauma, ADHD, conflict, grief and loss, relationship challenges and parenting challenges.

We can also help with learning how to deal with the emotions of anger, fear, guilt and shame.

DIVERSION OUTREACH TEAM (D.O.T)

M-F - 6 am - 10 pm  S-S - 6 am - 6 pm  14038923707  admin@cmhalethbridge.ca

https://lethbridge.cmha.ca/news/diversion-outreach-team-dot/  426 6 St S, Lethbridge, AB T1J 2C9, Canada

PROGRAM UPDATE PER COVID-19: In response to the COVID-19 Crisis we have prioritized the use of DOT Transports to respond to the needs of the community. Modifications to the vans are complete to enable DOT to provide additional safety measures for all individuals accessing services. This document outlines the current services that DOT is providing and the restrictions that are still in place due to the ongoing COVID-19 Pandemic. Provides transportation for persons vulnerable to homelessness or other street behaviour.

FAMILY CENTRE - PARENT EDUCATION AND FAMILY SUPPORT ONLINE VIDEOS

14033204232  info@famcentre.ca  www.famcentre.ca  200 4 Ave S, Lethbridge, AB T1J 4C9, Canada

Family Centre wants to support you and your family during this overwhelming and uncertain time. With videos created by our staff we will cover some topics for Family Support and Parent Education. We will upload more videos over time.

1. A tool for anxiety – Worry-Box – Watch the video here:  https://www.youtube.com/watch?v=dpjmpRZnWSk&feature=youtu.be&fbclid=IwAR2CkV-xErQacshfZK4xpCbrwlsfBpfivs56dZCNsFVXUyvfvQJIUxf5g


2. A tool to balance - planning:  https://www.youtube.com/watch?v=UcyN9VMYfIM

FAMILY CENTRE - COOKING CLASSES ONLINE

14033204232  info@famcentre.ca  www.famcentre.ca  200 4 Ave S, Lethbridge, AB T1J 4C9, Canada

The Interfaith Chinook Country Kitchen is a corporation between Family Centre and the Interfaith Food Bank. During this time we can’t have cooking classes at our facility, so we will do our best to bring our cooking classes to your home. Stay tuned for more videos.

Cooking with Taylor - Easy buns:  https://www.youtube.com/watch?v=282JBR_M0nY&t=6s

Cooking with Maren - Delicious Chilli:  https://www.facebook.com/lethbridgefamilycentre/videos/3791244404251450/
FAMILY CENTRE - ONLINE VIDEOS FOR YOUR FAMILY

Family Centre’s Early Childhood Educators created interactive videos for families to watch at home. Everyday we will add one new video to watch. Enjoy :)

Sleeping Bunnies: https://www.youtube.com/watch?v=J8AJoas5HM
Germ Experiment: https://www.youtube.com/watch?v=lrrHI3VCGNo
Animal Yoga: https://www.youtube.com/watch?v=ergATDw5&k=t=2s
Managing Stress in Young Children: https://www.youtube.com/watch?v=iMcbKmw7LG0&feature=youtu.be
Making Slime with Mei: https://www.youtube.com/watch?v=uaA7Y242Roko
Simon Says: https://youtu.be/kxFpKmDX8CM
Story Time with Mei: https://www.youtube.com/watch?v=WWr4ZMTc88

Find more on Family Centre’s website: https://www.famcentre.ca/2020/03/20/resources-during-covid-19/

FAMILY CENTRE - ONLINE ZOOM SESSION ON ANXIETY

Did you miss the zoom presentation on anxiety March 24th? Angela Gretzinger Jans provided loads of resources and information on anxiety to help us support all through this uncertain time.

Keep watching, like and follow Family Centre’s Facebook page for more information on anxiety tools, resources to support your family during this time and ways to stay connected. We’re thinking about you and wishing you well.

Here is the replay: https://zoom.us/rec/play/v5Usc7z9_W03SdTH5ASDVqW425Kapos0XUY_FbzR22AnlWMwCmZeBAY7biVW1unQ0Wn8BW-3mmW205qc?
continueMode=true&x_utmz=148206355c8ceed976dfe459221ab59_x_utmz=148206355c8ceed976dfe459221ab59

FAMILY CENTRE - ZOOM SESSION: BALANCING IN UNCERTAINTY - PARENTING, WORKING, SELF

Do most days feel like a race where you are balancing too many things? Do you wish you had more arms so you could cook, work, clean and teach? With all of the changes in the world, many of us are working from home and if you have kids you are sharing duties with the other parent of your children whether that is at your home or between homes. Balancing work, balancing duties as parents and somehow managing to balance the household is a lot to take on. In this zoom session Angela Gretzinger Jans will present some tips on balancing all those things on your plate. This will also be a space where we can engage with each other and share tools that are keeping you sane as well. A mix of material and facilitated discussion.

Join the zoom session Tuesday, April 7th at 1:30 PM - Link:
https://zoom.us/j/793883208?pwd=Z3R0Y1hybUwVG915sBBn0IRGSzUT09
FAMILY TIES - CLINICAL TEAM (COUNSELLING & ASSESSMENTS)

Monday to Friday 8:30-4:30  14033208888  home@familyties.ca
https://www.familyties.ca/counselling-team  909 3 Ave N, Lethbridge, AB T1H 6R4, Canada

COVID19 Update: Our team continues to provide online and telephone counselling as a response to COVID-19.

Counselling

Family Ties - Clinical Team provides Individual Counselling, Family Counselling, and Play Therapy. Family Ties has a number of professionals from a variety of backgrounds and experiences that can be utilized to meet the individualized needs of the family or the individual.

In order to address a gap in community Family Ties - Clinical Team provides in-home and online counselling. There are some clients that, for a variety of reasons such as transportation, mobility, geographical location, etc. are unable to access traditional counselling supports. Online counselling sessions are provided through "Zoom". Our staff can assist anyone who has never used this technology to become comfortable using it before their counselling session.

Assessments

Family Ties-Clinical Team also offers a variety of assessment services. Please call for more information.

HOMEBASE COORDINATED ACCESS & ASSESSMENT

Monday to Friday 9:00 am – 4:30 pm  14039427040  admin@cmhalethbridge.ca
312 Stafford Dr S, Lethbridge, AB T1J 2L1, Canada

- Centralized Intake and Referral
- A Housing First model providing centralized intake, assessment and triage for the homeless. Visit HomeBase at 312 Stafford Drive South.

PROGRAM UPDATE PER COVID-19: Office is currently closed. Staff are available by phone Monday to Friday, 8 am - 4 pm at 403.942.7040, or email at homebase@cmhalethbridge.ca (updated 1300 03/18/20)

INCLUSION LETHBRIDGE

830 AM-430 PM  14033272911  welcome@inclusionlethbridge.com
527-6Th Street South

We offer support advocacy and resources for children and adults with developmental disabilities and their families. We do can provide crisis support and then strategic planning to avoid future obstacles to inclusion. We are a family lead non-profit association.

INTERFAITH - BABY BUNDLES STILL OPEN DURING COVID

14033208022  info@interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

These bundles include baby cereal and food, something soft & other necessities. Baby Bundles are given once monthly until the child's first birthday. Things like diapers, formula, etc. are also available upon request.
INTERFAITH - BIRTHDAY BUNDLES STILL OPEN DURING COVID

14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

These include cake mix, icing & a gift (as available) for children 0-12. Clients must notify food bank staff and volunteers before the actual birth date.

INTERFAITH - CLOTHING VOUCHERS STILL OPEN DURING COVID

14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

This voucher to Salvation Army entitles each member of the household to 2 new outfits. A household is eligible every 6 months.

INTERFAITH - DAILY FOOD SUPPLEMENTS STILL OPEN DURING COVID

14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

Bread, produce, and shelf items. Client households may come once daily (Monday-Friday), as required.

INTERFAITH - DIABETIC BUNDLES STILL OPEN DURING COVID

14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

These bundles supplement a diabetic diet with low-sugar & high-fiber items.

INTERFAITH - EMERGENCY FOOD SERVICES (CLIENT SERVICES) STILL OPEN DURING COVID

9:30am - 11:45am and 1:00pm - 3:30pm  14033208779  info@interfaithfoodbank.ca  interfaithfoodbank.ca
1103 3Rd Ave N, Lethbridge, T1h 0H7

We are open during Covid
Monthly Food Hampers
Daily Food Supplements
Pregnancy Increase
Baby Bundles
Diabetic Bundles
Birthday Bundles
Christmas Hampers
Clothing Vouchers
Referrals
INTERFAITH - FOOD HAMPERS STILL OPEN DURING COVID
14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

5-7 days of emergency food assistance. Households are eligible for one food hamper per calendar month and daily supplements.

INTERFAITH - PREGNANCY INCREASE STILL OPEN DURING COVID
14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

Upsized hampers during this crucial development stage, until baby is one year old.

INTERFAITH - REFERRALS TO COMMUNITY SERVICES STILL OPEN DURING COVID
14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

For services we do not offer, we provide referrals to connect individuals and families with other agencies that are able to.

INTERFAITH - SCHOOL SUPPLIES STILL OPEN DURING COVID
14033208022  info@interfaithfoodbank.ca  http://interfaithfoodbank.ca
1103 3 Ave N, Lethbridge, AB T1H 0H7, Canada

The First Day at School program provides backpacks & school supplies for children. Client families with school-aged children can register for school supplies in August.

INTERFAITH - THE SECOND DOOR THRIFT STORE STILL OPEN DURING COVID
9:30am - 12NOON and 1pm - 3:30pm  14033208779  info@interfaithfoodbank.ca
http://interfaithfoodbank.ca/second-door/  1103 3Rd Ave N. Lethbridge. AB. T1H 0H7

At The Second Door, we recognize the value of the forgotten and the timeworn, offering unique pre-loved items, as well as those that never even made it off the shelf. You will find an array of new, used and slightly bruised items for home, kitchen and personal use. With the assistance of volunteers, donated items are turned into funds that the food bank uses for food and operational costs — every purchase helps to support those in the community who need it most.

The Second Door is open to all paying customers, and operates weekdays only for the majority of the year, although we will open for additional hours on Saturdays during the Christmas season and occasionally for special events.
**INTERFAITH - VOLUNTEER PROGRAM STILL OPEN DURING COVID**

At Interfaith Food Bank, we look for volunteers who have a passion for community & recognize the privilege it is to serve those in need. Our community focus includes not only the clients we serve, but also the volunteers who enable us to offer the services we do.

Some volunteer positions/areas include(s):

- Client Intake
- The Second Door Thrift Store
- Hamper Puller
- Office Administration/Receptionist/Data Entry
- Warehouse
- Repackaging/Bundling
- Pick Room Set-Up
- Janitorial
- Interfaith Learning Garden
- Community Service/Fine Options
- Special Events
- Casual
- Students

**LETHBRIDGE ANIMAL SERVICES - PET FOOD BANK PROGRAM**

Recently, due to the ongoing situations related to COVID-19, the Alberta SPCA has created the Help For Animals program to assist pet owners suffering through illness, economic hardship and physical isolation. The program supplies cat and dog food, as well as feed for livestock.

Lethbridge Animal Services is very happy to team up with the Alberta SPCA and support pet owners in the City of Lethbridge through our Community Pet Food Bank. On Friday Peace Officer Murphy with the SPCA delivered a truckload of dry cat and dog food to support our food bank program. Those needing to access the Community Pet Food Bank program are asked to call ahead to 403-320-4099.

**LETHBRIDGE COUNSELLING SERVICES**

COVID19 Update: During COVID-19 pandemic, we are still offering face to face services so long as you have not traveled outside of Canada and you are not ill. For those in quarantine or in self isolation Zoom & FaceTime sessions are available as well as telephone.

Professional counselling services provided by licensed mental health professionals. Offering services to children, teens, adults, couples and families. Evening and Saturday appointments available.
LETHBRIDGE FAMILY SERVICES - HOME SERVICES

Service 365/24/7; Office hours M-F 8:30 am - 4:30 pm  
14033174624  
info@lfsfamily.ca  
https://www.lfsfamily.ca  
Office Location: #106, 1410 Mayor Magrath Drive South, Lethbridge, AB

HOME SUPPORT SERVICES

Operating since 1959, our certified health care staff provide in-home support to enable seniors, individuals with physical disabilities, acute, chronically ill or terminally ill to remain in their home as long as possible.

Services Include: Personal care, palliative care, respite care and specialized services.

Service Area: Southern Alberta - an area that stretches from Taber, south to the border, west to British Columbia, and north to Granum and Barons.

LETHBRIDGE FOOD BANK EMERGENCY FOOD ASSISTANCE

9:30am - 12:00pm & 1:00pm- 3:30pm (Wed closed at 12:00)  
14033201879  
director@lethbridgefoodbank.ca  
www.lethbridgefoodbank.ca  
1016 2Nd Ave S, Lethbridge, AB, Canada

COVID-19 UPDATE: REMAINS OPEN DURING COVID-19 PANDEMIC TO SERVE THOSE IN NEED IN LETHBRIDGE

Providing Emergency Food Hampers
Weekly supplements
Monthly Snack Pack
Christmas Hampers
Birthday Bundles
Referrals

LETHBRIDGE LOCAL IMMIGRATION PARTNERSHIP

Varies; Please contact us at 403 320-1589 for more info  
14033201589  
LFSISadmin@lfsfamily.ca  
https://lethbridgeimmigration.ca/  
1107 2 Avenue A N., Lethbridge, AB T1H 0E6

COVID-19 UPDATE: Multi-language resources available on site

Lethbridge Local Immigration Partnership (LIP) is a community development initiative which officially began in June 2016. Funded by Immigrants Refugees and Citizenship Canada (IRCC) it is one of several LIP initiatives established in municipalities across Canada.

Please visit our website https://lethbridgeimmigration.ca/ for information and resources for service providers, employers, refugees, immigrants and the community.
**LFS - INDIVIDUAL & COUPLES COUNSELLING**

Intake hours are M-F 8:30 am - 4 pm. Appointment times vary. 14033275724 counsellingintake@lfsfamily.ca

[https://lfsfamily.ca/](https://lfsfamily.ca/) 1098 3 Ave. N., Lethbridge, AB

We offer individual counselling on a wide range of issues such as trauma, family violence, sexual violence, bereavement, suicide, gender issues, sexual orientation issues, child/adult abuse and neglect and family of origin issues. Our experienced counselors help children, youth, adults and the elderly work through these issues by creating a safe, non-judgmental therapeutic space where a person can release current or past psychological wounds.

We offer couples counselling to help you to understand your relationship patterns and how to get out of them in order to heal broken bonds and create deep, secure attachments to your partner. Common patterns we see are communication/conflict issues, infidelity, sexuality, loneliness, separation/divorce as well as other family issues. For more information, please contact us at 403-327-5724.

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**LIFT - COUPLES THERAPY**

Monday to Friday 9:00am-9:30pm 14038497827 info@LethbridgeTherapy.com

[https://www.lethbridgetherapy.com/](https://www.lethbridgetherapy.com/) #302, 402 2 Ave S, Lethbridge, AB T1J 0C3, Canada

COVID19 Update: We want to assure you that our office will remain open and will continue to provide services. We will monitor health recommendations and make adjustments as needed. You are welcome to continue to come in to the office for your appointments, wherever possible. As a precaution, if you are feeling unwell or are experiencing any symptoms of illness, please contact us to make other arrangements. We are fortunate to have in place the technology and experience to offer video counselling services to you in your home. During difficult times, it is important to maintain our normal routines, stay connected, and work on self-care. We are here to support you and we will get through this together.

The relationship with your spouse or significant other is vital to a fulfilling life. We can help you strengthen and heal these important relationships.

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**LIFT - FAMILY AND CHILD THERAPY**

Monday to Friday 9:00am-9:30pm 14038497827 info@LethbridgeTherapy.com

[https://www.lethbridgetherapy.com/](https://www.lethbridgetherapy.com/) #302, 402 2 Ave S, Lethbridge, AB T1J 0C3, Canada

COVID19 Update: We want to assure you that our office will remain open and will continue to provide services. We will monitor health recommendations and make adjustments as needed. You are welcome to continue to come in to the office for your appointments, wherever possible. As a precaution, if you are feeling unwell or are experiencing any symptoms of illness, please contact us to make other arrangements. We are fortunate to have in place the technology and experience to offer video counselling services to you in your home. During difficult times, it is important to maintain our normal routines, stay connected, and work on self-care. We are here to support you and we will get through this together.

Strong family relationships are a bedrock. We will work with your family and children to strengthen and heal relationships so you can navigate through an ever changing world together.
COVID 19 Update: We want to assure you that our office will remain open and will continue to provide services. We will monitor health recommendations and make adjustments as needed. You are welcome to continue to come in to the office for your appointments, wherever possible. As a precaution, if you are feeling unwell or are experiencing any symptoms of illness, please contact us to make other arrangements. We are fortunate to have in place the technology and experience to offer video counselling services to you in your home. During difficult times, it is important to maintain our normal routines, stay connected, and work on self-care. We are here to support you and we will get through this together.

We can work with you in a confidential and 1-on-1 basis to help solve a variety of needs.

COVID 19 Update: We want to assure you that our office will remain open and will continue to provide services. We will monitor health recommendations and make adjustments as needed. You are welcome to continue to come in to the office for your appointments, wherever possible. As a precaution, if you are feeling unwell or are experiencing any symptoms of illness, please contact us to make other arrangements. We are fortunate to have in place the technology and experience to offer video counselling services to you in your home. During difficult times, it is important to maintain our normal routines, stay connected, and work on self-care. We are here to support you and we will get through this together.

LifeSTAR is a sexual behaviour, trauma, and addiction recovery program that includes therapy groups designed for couples, each with their own therapy group; and individual clients.

COVID-19 - appointments are available over the phone or by video-conferencing.

From beginning to end, the Lethbridge Pregnancy Care Centre is here for YOU. You can either contact us to make an appointment, or just drop in. When you arrive, you’ll be greeted by our friendly receptionist and asked to fill out a form that lets us know what kind of information and supports you’re looking for.

Next you will meet with a trained client advocate who is completely committed to meeting the needs of anyone impacted by unplanned pregnancy. Your client advocate is there for you – to listen, to discuss your options, and to walk with you throughout the process – whatever that may look like. You will be given factual information and your questions will be answered openly and honestly. You may also be given recommendations to helpful community resources.
**LPCC - FREE PREGNANCY TESTS**

Monday - Friday, 9:00 - 5:00  
14039421819  
info@lethbridgepregcentre.com

https://lethbridgepregcentre.com  
116B 8 St S, Lethbridge, AB T1J 2J3, Canada

Whether you're just looking for a place to take the pregnancy test, or you really don't want to be alone when you take it -- we can help.

We offer free pregnancy tests with the support of a trained client advocate in a confidential, non-judgmental environment. You can contact us to make an appointment or even just stop by if you're in the area. When you arrive at the Centre, you'll have the opportunity to chat with your client advocate before you take the test. You will be able to learn about your options and find out about resources within the Centre and the community that are available to you.

**LPCC - POST ABORTION SUPPORT**

Monday - Friday, 9-5; 24-hour help line  
14039421819  
info@lethbridgepregcentre.com

www.lethbridgepregcentre.com  
118 8 St S, Lethbridge, AB T1J 0C4, Canada

*Covid-19 - If you're struggling with emotions regarding a past abortion decision, conversations can be had via telephone or video conference.

Everyone responds differently after an abortion, and however you are feeling is normal. However, if you do find that you're struggling, you're not alone. The client advocates at the LPCC are here to listen and be a confidential place to talk through your emotions.

Free, confidential, no judgment.

**LPCC - PRACTICAL SUPPORT SERVICES**

Monday - Friday, 9:00 - 5:00  
14039421819  
info@lethbridgepregcentre.com

https://lethbridgepregcentre.com  
116B 8 St S, Lethbridge, AB T1J 2J3, Canada

*Covid-19 - we are able to help out with baby and maternity clothes, as well as diapers/wipes/formula (as we have them available) to those who are struggling financially during these difficult times.

For those that decide to carry their pregnancy to term, there can be a lot of things you suddenly need to figure out and that can be really hard. The LPCC wants to provide support and the clothing room is one practical way to do that.

**Clothing Room Policy:**

1. You may use the clothing room once every 30 days. It is encouraged to select only items that you currently need.
2. Use of the clothing room use is restricted to one client at a time. For this reason, it is requested that you make an appointment with your client advocate in advance.
3. You may only use the clothing room for yourself and your children. If you know someone in need, please ask them to contact us and we will be happy to assist them.
LPL - READ ON ADULT LITERACY AND ESL PROGRAM

COVID-19 UPDATE: Closed until further notice

14033204977 literacyservices@lethlib.ca

www.lethlib.ca/readon 810 5 Ave S, Lethbridge, AB T1J 0V2, Canada

COVID-19 UPDATE:
Lethbridge Public Library is closed until further notice as a precautionary measure to prevent the transmission of COVID-19.

We help adults who for whatever reason are not at the level of literacy they now want to be at. We can help you with reading, writing, math, ESL, computers, etc up to about a Grade 9. We offer one-on-one tutoring and small classes. A registration fee may apply.

We can provide referrals to other CALP organizations, ESL programs, and Language Assessments.

LSCO - MEALS ON WHEELS

14033277990 rmiyashiro@lethseniors.com http://www.mealsonwheelslethbridge.ca

500 11 St S, Lethbridge, AB T1J 4G7, Canada

COVID-19 UPDATE: Meals on Wheels continues to operate and we will take on new clients if the person is isolated and lacks the means to prepare their own meals. Call LSCO Natasha 403-320-2222

Operate Monday through Friday, providing hot meals delivered by volunteer drivers.

MCKILLOP - GOPHER FOR YOU

14033282703 judy@mckillopunited.ca https://www.mckillopunited.ca

1907 15 Ave S, Lethbridge, AB T1K 0X1, Canada

Gopher for you, we're here to go for you. Can't get out? We are proud to offer this program to anyone and everyone! We will pick up your groceries, meds and more!
MOSAIC - PROFESSIONAL COUNSELLING

14035935983  mosaiichealingservices@gmail.com  https://www.mosaichealingservices.com/
907 3 Ave S, Lethbridge, AB T1J 0J1, Canada

Professional Counselling (Local / International)

We offer one-on-one counselling services in a variety of formats:

- at our Lethbridge office
- at your location if you are house-bound, or you are in a hospital or another facility
- by online video
- by telephone
- by chat messaging
- We also periodically provide group counselling and diversity training.
- Our distance counselling services are available internationally.

While our practice is integrative and client-centered, it most often incorporates:

- Transpersonal Theory
- Existential Counselling Theory
- Psychoanalytic/NeoJungian
- Cognitive Behavioural Therapy
- Gestalt and Somatic/Body
- Feminist & Multi-Cultural Theory

MYCITYCARE - CLOTHING

Monday to Friday 9-3  14039421378  jen@myvictory.ca  myvictory.ca/mycitycare
511 5 Ave S, Lethbridge, AB T1J 0T9, Canada

We have a free clothing store that is open to the community all week in our downtown office.

MYCITYCARE - EMERGENCY FOOD HAMPERS

Monday to Friday 9-3  14039421378  jen@myvictory.ca  myvictory.ca/mycitycare
511 5 Ave S, Lethbridge, AB T1J 0T9, Canada

Emergency food hampers - 48 hour hamper.

MYCITYCARE - HYGIENE KITS

Monday to Friday 9-3  14039421378  jen@myvictory.ca  myvictory.ca/mycitycare
511 5 Ave S, Lethbridge, AB T1J 0T9, Canada

Free hygiene kits for the community.
MYCITYCARE - STREET STORE
Monday to Friday 9-3 14039421378 jen@myvictory.ca myvictory.ca/mycitycare
511 5 Ave S, Lethbridge, AB T1J 0T9, Canada

Events with our mobile unit, where we set up on the street, and give away free clothing.

MYCITYCARE COVID-19 RESPONSE
14039421378 carol@myvictory.ca www.myvictory.ca/mycitycare
511 5 Ave S, Lethbridge, AB T1J 0T9, Canada

Emergency Response Services:

- Emergency Food Hampers & Household goods
- Care Calls
- Delivery of Hampers from local food banks
- Arranging delivery of essential services and rides to essential services for those with access barriers
- Hygiene Kits
- Baby Necessities such as diapers, formula, wipes etc (as supplies last)
- Clothing - free bagged clothing

PAA - COVID-19 GROCERY & PRESCRIPTION PICK-UP FOR CLIENTS
Monday to Friday 14033177710 bleclaire@parkinsonassociation.ca http://www.parkinsonalberta.ca
PO Box 333 Lethbridge AB Canada T1J 3Y7

Unique to the COVID-19 outbreak we are offering help getting groceries and prescriptions for our clients. If we ourselves cannot help we are helping get in contact with other community resources that also are. To access this please call out office at 403-317-7710 Monday to Friday and we can slot them into one of our available times.

PAA - SUPPORTIVE COUNSELLING - ONE ON ONE AND FAMILY COUNSELLING
8:30 am- 4:30 pm Monday-Friday 14033177710 bleclaire@parkinsonassociation.ca http://www.parkinsonalberta.ca Mailing Address: Po Box 333 Lethbridge AB Canada T1J 3Y7

COVID-19-Update: Currently though we are doing this only over the phone to avoid any possible exposure for our clients. Parkinson Association of Alberta provides support to those with Parkinson disease, their family members, friends and care partners. The intent of supportive counselling is to help you feel in control of your situation and to find strategies for better management of symptoms, allowing you to live well with Parkinson disease. We are here to support you in your journey to live well with Parkinson disease.

PROJECT BACKPACK
14033276423 https://www.bgccan.com/en/tag/project-backpack/ AB-3, Lethbridge, AB, Canada

COVID-19 UPDATE: Boys and Girls Club has a few remaining spaces in our Project Backpack program, which targets weekend hunger when other resources aren’t available. Following proper social distancing, we deliver enough food to last a weekend every Friday. To refer a family/youth, contact Drew at 403-327-6423
PSYCHOLOGICAL SERVICES - COUNSELLING

10 AM - 4 PM  14038925306  joshdyckpsychology@gmail.com  www.joshdyckpsychology.com
1274 3 Ave S, Lethbridge, AB T1J 0J9, Canada

When meeting face to face is not possible, I do offer therapy by telephone or video conferencing to Clients within Alberta.
Offering personalized counseling services to individuals and couples

SASHA - RESIDENTIAL LIVING

14039422263  info@sashahouse.org  www.sashahouse.org  1239 5 Ave S, Lethbridge, AB T1J 0V6, Canada

COVID 19/Coronavirus Update: We are still accepting referrals to our residential program, referrals will only be accepted from Strata pathways. Please talk to your Psychiatrist, social worker, therapist or counselor to start the referral process. We are not accepting self referrals.

16 transitional and 8 long-term residential beds are available for individuals to develop and/or maintain independent living skills such as medication management, symptom management, nutrition and meal preparation, household maintenance, and money management skills.

A team of specially trained staff work with the client's Mental Health Therapist to assess individual needs, develop an Individual Service Plan for their stay with SASHA, and provide the guidance and direction needed to help clients reach their goals. Staff support is available 24 hours daily. Lengths of stay in the transitional program vary from a few months up to a year. Long-term clients stay as long as the program is able to meet their needs.

SFS - LETHBRIDGE SHELTER AND RESOURCE CENTRE

14033296506  travisplaitedhair@gmail.com  http://www.lethbridgefriendship.ca
802 2 Avenue A N, Lethbridge, AB T1H 0C9, Canada

COVID-19 UPDATE: Due to COVID-19, the Friendship Society has cancelling all programs and services. This includes bookings of our gymnasium and boardroom. Our office will be closed until further notice. Shelter is still open. Providing updates through Facebook https://www.facebook.com/Sik-Ooh-Kotoki-Friendship-Society-378740155485304/

Emergency shelter for adult men and women in need.

SUPPORTS FOR NEWCOMER INTEGRATION (SNI) PROGRAM

Varies; Please call 1 403 320-1589 for more information  14033201589  LFSISadmin@lfsfamily.ca
https://www.lfsfamily.ca/  1107 2 Avenue A N, Lethbridge, AB T1H 0E6, Canada

Eligibility: Programming offered to naturalized Canadian citizens (person who was born outside of Canada and was granted Permanent Residency and later on became a Canadian citizen). Hours: Monday – Wednesday 8:30am – 4:30pm.

The Supports for Newcomer Integration program is a free and confidential service that focuses on naturalized Canadian citizens who are facing significant barriers to their settlement and integration. We can help with social and cultural issues, employment related issues, applying for benefits, financial issues, and health care related matters.

We also offer information and orientation sessions, interpretation and translation services, supportive counselling and community referral services. Furthermore, the SNI program can help you get connected to various services available throughout the city to help you in your settlement journey. The Supports for Newcomer Integration program is funded by: Government of Alberta.
THE SALVATION ARMY - LETHBRIDGE COMMUNITY CHURCH

14033288611  1302 4 Ave S, Lethbridge, AB T1J 0R4, Canada

Worship services and weekly programming. Please contact for more information.

TRAINING INC - AGRICULTURE, CONSTRUCTION, OILFIELD (ACOT) PROGRAM

14033205100  info@traininginc.ca  http://www.traininginc.ca  444 5 Ave S, Lethbridge, AB T1J 0T5, Canada

COVID-19 Update: Temporarily suspended in-person appointments, due to COVID-19. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place. Are you looking for something new? Interested in an exciting career working in Agriculture, Construction or Oil and Gas?

ACOT is a safety training program that prepares you for work in agriculture, construction, oilfield and driving industries, in just 7 short weeks. You will receive industry-recognized certifications and training that will prepare you to transition to work, and we will assist you with the employability training and job search support you need to be successful. Starting wages in these industries are very competitive, and there are many opportunities for advancement! Solid training solutions for really flexible employment!

TRAINING INC - CHANGES: TRANSITION TO EMPLOYMENT SERVICES PROGRAM

14033205100  info@traininginc.ca  http://www.traininginc.ca  444 5 Ave S, Lethbridge, AB T1J 0T5, Canada

COVID-19 Update: Temporarily suspended in-person appointments, due to COVID-19. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place. Are you looking for something new? Interested in an exciting career working in Agriculture, Construction or Oil and Gas?

Are you a job seeker who has limited skills due to working long-term employment with one employer? Do you have extensive work experience/skills in a specialized industry and are you seeking a new career? Changes will help you establish a career goal and provide you with the training and support you require to get connected to employment quickly.

FREE OF CHARGE for ALL eligible Albertans, in partnership with the Government of Alberta.

TRAINING INC - COMPUTER TRAINING PROGRAM

14033205100  info@traininginc.ca  http://www.traininginc.ca  444 5 Ave S, Lethbridge, AB T1J 0T5, Canada

COVID-19 Update: Temporarily suspended in-person appointments, due to COVID-19. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place. Are you looking for something new? Interested in an exciting career working in Agriculture, Construction or Oil and Gas?

Training Inc. considers your individual needs important and have flexible scheduling and courses to meet those needs. A qualified instructor on-site to offer you support and guidance, and our hands-on courses help advance your skills for the workplace.

Choose a single course or a series of courses designed to meet your personal goals. Certificates are issued for the successful completion of each course. General computer courses can be taken in Lethbridge, Pincher Creek, or Cardston.
COVID-19 Update: Temporarily suspended in-person appointments, due to COVID-19. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place.

**TRAINING INC - CONNECTIONS**

- Are you temporarily unavailable to work? ...Maybe you have family care responsibilities or have been off work due to a medical leave?
- Do you need help planning steps to return to work?
- Are you dependent on government income support?
- If you said YES to these questions, then CONNECTIONS can help you!

**TRAINING INC - DESTINATIONS**

- Professional Resume Development
- Individualized Job Search Support
- Coaching to Get you Hired Quickly
- Career Research & Planning
- Training to Make Online Job Search and Application Easy
- Workshops to Improve Your Job Search and Interviewing Skills

**TRAINING INC - HEALTH CARE AIDE PROGRAM**

- This program consists of classroom learning, on-site lab practice, instructor-led facility training, supervised facility practice and two preceptored clinical experiences (one month in a long-term care facility/hospital and one week in a lodge/homecare).
TRAINING INC - OFFICE ASSISTANT PROGRAM

COVID-19 Update: Temporarily suspended in-person appointments, due to COVID-19. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place. Training Inc. offers you the dynamic Office Assistant Program! Designed specifically for those who are employment bound. With this full-time, 13-week program you will receive training on computer applications, administrative and customer/client service skills specific for the office. In addition, you will have a 2-week practicum (included in the 13-weeks) and employment assistance.

This program offers you the opportunity to:

- Earn an official certification documenting the courses and program you complete
- Receive employment ready training
- Promote yourself and your achievements
- Achieve a lifelong learning goal

TRAINING INC - SECURITY PROFESSIONAL TRAINING

COVID-19 Update: Temporarily suspended in-person appointments, due to COVID-19. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place. Training Inc. offers a 5-week funded Security Professional Training Program for those wanting to work in the security profession.

Security Professionals, including Security Guards and Patrol Officers, work in a number of different environments, both indoors and outdoors. For example, in airports, shopping centres, banks, at conventions or public events, in parking lots, construction sites, hospitals, galleries, or in a variety of other public buildings.

In order to work in Alberta, those working in Security Services require a Security Services Licence issued through the Alberta Justice and Solicitor’s General Office. However, in order to be prepared for work in this industry, you will need additional training, which we deliver in this program.
COVID-19 Update: Temporarily suspended in-person appointments, due to COVID-19. All services are being delivered by phone, email and video chat. Documents can be picked-up and dropped-off, with social and physical distancing measures in place. Career and Employment Support - You may be eligible to receive 3 to 9 months of FREE support

To Qualify, You Must Be:

- Unemployed or under-employed
- Canadian Citizen or Permanent Resident
- Not attending school
- Resident of Lethbridge and area
- Able to work a minimum of 15 hrs./wk.
- Facing challenges that are preventing you from finding work

Program Services:

- Referrals to community resources
- Connection to volunteer, job and training opportunities
- Resume and cover letter development
- Job search training
- Career planning
- Skill development through short courses
- Life management support
- Access to a Job Resource Centre

WELLNESS CHECK

Monday-Friday 8:30am-4:30pm. Closed Holidays 14033324320 helpinghands@volunteerlethbridge.com

Our Building Is Currently Closed To The Public. We Can Best Be Reached Via Telephone Or Email.

If you are feeling disconnected/lonely/isolated/uncertain/scared, you can sign up to receive a friendly call from a local community member. Whether you want just a quick weekly check-in or you prefer a longer chat to air out your thoughts, verified volunteers are on standby to call and help you feel connected and less alone during this uncertain time in the world. Have questions about what supports are available at this time? Volunteers can help you explore those options as well. To register yourself for Wellness Checks, or to refer someone else, connect with Helping Hands (403) 332-4320, press 1 and leave a message or email helpinghands@volunteerlethbridge.com.
WELLNESS SERVICES - LIFE SUPPORTS

Monday – Friday 8 a.m. – 4 p.m.  14033203289  health.services@lethbridgecollege.ca
https://lethbridgecollege.ca/index.php/departments/wellness-services  3000 College Dr S, Lethbridge, AB T1K 1L6, Canada

COVID-19 UPDATE: Wellness Services is still providing services to the college community, just through different means of delivery!

Other services that Shepell provides to their students and employees include:

- Smoking cessation
- Nutrition support
- Legal advice
- Financial advice
- Elderly care
- Childcare

This service identifies childcare locations, look at what type of priorities they have, provide support in identifying applicable programs. Connects clients to lawyers and legal advice. Provides individuals with on-line supports such as career direction, developmental milestones for children etc.

WELLNESS SERVICES - SHEPELL COUNSELLING

Monday to Friday from 8 a.m. to 4 p.m.  18556498641  health.services@lethbridgecollege.ca
https://lethbridgecollege.ca/departments/wellness-services/shepell-counselling-services  3000 College Dr S, Lethbridge, AB T1K 1L6, Canada

COVID-19 UPDATE: Wellness Services is still providing services to the college community, just through different means of delivery. Counselling available to students over the phone or through video chat, there are no on-site counselors available.

Shepell offers a variety of services to help you meet the challenges of achieving your personal, professional and academic potential. The primary form of support is personal counselling, which provides an opportunity to work collaboratively with a professional counsellor to solve personal issues.

Counselling can be sought for many reasons, including:

- managing stress/distress
- mental health concerns (like anxiety or depression)
- suicidal thoughts
- substance use/addiction
- relationship stress
- career and academic issues
- any other personal issues you may be facing
WOMANSPACE - TAX CLINIC YEAR-ROUND FREE SERVICE

14033298338  office@womanspace.ca  http://www.womanspace.ca

#16, 740 4 Ave S, Lethbridge, AB T1J 0P1, Canada

About This Free Service:

- Service provided for women but if married/common-law, we can do taxes for the spouse.
- Tax volunteers are not experts. They participate in the mandatory webinar trainings through CRA.
- They are recognized as “volunteers” for donating their time to Womanspace.
- Tax clinics are every Thursday from 1pm to 4pm (no one accepted after 3:30 pm). Notice of cancellation is posted on door or on voice mail.
- It is first come, first served. Clients must wait while their taxes are being processed.
- No refunds are provided at Womanspace.
- E-filed tax returns are accepted immediately while mailed in returns take 4-6 weeks.

WOOD’S HOMES - COVID-19 VIRUS: NO-CHARGE CRISIS COUNSELLING

18005636106  EFC.eCounselling@woodshomes.ca  www.woodshomes.ca

312 3 St S, Lethbridge, AB T1J 1Y9, Canada

COVID-19 UPDATE: It is clear that our crisis services are needed now more than ever before. It is important that all our Lethbridge community knows that these services are available (at no charge) and at their fingertips. They do not need to leave the safety of their home.

These crisis counselling services include:

- Call: 1-800-563-6106 or 403-299-9699
- LiveChat: Click here.
- Text: 587-315-5000 (9 a.m. to 10 p.m.)
- E-therapy: (email to) EFC.eCounselling@woodshomes.ca

WOOD’S HOMES - YOUTH CONNECTIONS: THE CORE

Seven days a week (Limited weekend daytime availability)  14033171777  shauna.cohen@woodshomes.ca

www.woodshomes.ca  312 3 St S, Lethbridge, AB T1J 1Y9, Canada

A short term safe place to stay for youth 17 or younger: The CORE Emergency Youth Shelter is operational, but we have temporarily decreased capacity to serve 4 youth. Currently, we are carefully assessing any potential intakes and dealing with youth and situations on a case by case basis. We are working to divert shelter use if possible, by offering remote supports and essential needs to families by utilizing our FSC. We continue to provide phone in crisis and resource support for Wood’s Homes and community clients, but have limited walk-in’s to the door support, providing mostly food or resources to youth who come to the door in need. It is important to note that we do not have the ability to assist youth who are required to self isolate in our facility, due to size and structure. We also do not run as a 24/7 program, so those who must utilize the shelter, will need a safe and approved place to be during the day in order to minimize the risk of exposure.

WOOD’S HOMES - YOUTH ICM

14033171777  lethbridge.youthshelter@woodshomes.ca  www.woodshomes.ca

312 3 St S, Lethbridge, AB T1J 1Y9, Canada

COVID-19 UPDATE: Our shelter is still open but services are limited. Please see Youth Connections: The CORE listing for more information.

ICM supports participants to achieve the greatest independence possible by addressing participant barriers to permanent housing and connecting participants to appropriate community and public supports.
YOUTH ONE ONLINE (DURING COVID-19)

For a list of all current online programs/services go to www.youthone.ca/online

Youth One: Online is a central spot to help keep you connected with a Y1 community/family, grow as a person, learn new skills, and get assistance if needed.

We currently have the following things available.

- Online groups - Small community groups revolving around similar interests and activities - Featured Group: High School Zoom Hangout
- YouTube Channel (Youth One Now) - Videos to help you grow as a person, learn new things and keep you entertained - Featured Video: Becoming Bully Proof.
- Assistance - Get virtual assistance from qualified people in our community - Eg. Tutoring, skill based learning etc.

Wanting to get updates or to chat with someone? You can join our text line by texting "Y1" to 587-741-3085.

Need help with the basics? (Food, clothing, hygiene products, shelter etc) TEXT "helpme" to 587-741-3085

BENEFITS

AB - ATB FINANCIAL (COVID-19)

https://www.alberta.ca/covid-19-support-for-employers.aspx

COVID-19 UPDATE: ATB Financial

ATB Small business customers can:

- apply for a payment deferral on loans and lines of credit for up to 6 months
- access additional working capital for ATB customers
- Other ATB business and agriculture customers can access support on a one-on-one basis. Further solutions are being considered at this time

AB - COVID-19 ALBERTA UTILITY PAYMENT DEFERRAL


COVID-19 UPDATE: To help Albertans avoid additional financial hardship as they weather the unprecedented COVID-19 health crisis, government is working with utility companies to allow residential, farm, and small commercial customers, who are unable to pay their bill when due, to defer their utility bills for up to 90 days. During this time, no Albertans will be cut off from these services. This program is available to Albertans who are experiencing financial hardship as a direct result of COVID-19; for example, those who have lost their employment or had to leave work to take care of an ill family member. This program came into effect on March 18, 2020 and will run through June 18, 2020.

To arrange for a deferral, call your natural gas or electricity provider directly. You will need your account information. Please be patient as there may be higher-than-normal call volumes.
AB - COVID-19 CORPORATE INCOME TAX CHANGES

Covid-19 update, see below for details https://www.alberta.ca/covid-19-support-for-employers.aspx Alberta

COVID-19 UPDATE: Corporate income tax balances and instalment payments will be deferred from March 19 until August 31, 2020 to increase employers' access to cash so they can pay employees, address debts and continue operations.

AB - COVID-19 WCB PREMIUM PAYMENT DEFERRAL

https://www.alberta.ca/covid-19-support-for-employers.aspx Alberta

COVID-19 UPDATE: WCB Premium Payment Deferral
- Small, medium and large private sector employers can defer WCB premium payments until 2021.
- For small and medium businesses, the government will cover 50% of the 2020 premium when it is due in 2021 – saving businesses $350 million.
- Large employers will have their 2020 WCB premium payments deferred until 2021, at which time their premiums will be due.
- Employers who have already paid WCB premiums in 2020 are eligible for a rebate or credit.

AB - JOB-PROTECTED LEAVE

https://www.alberta.ca/covid-19-support-for-employers.aspx Alberta

Job-Protected Leave
Changes to the Employment Standards Code allow full and part-time employees to take 14 days of job-protected leave if they are:
- required to self-isolate
- caring for a child or dependent adult who is required to self-isolate

To be eligible, employees:
- are not required to have a medical note
- do not need to have worked for an employer for 90 days
- This leave covers the 14-day self-isolation period recommended by Alberta’s chief medical officer. This leave may be extended if the advice of the chief medical officer changes.

The leave does not apply to self-employed individuals or contractors.
ALBERTA CHILD AND YOUTH SUPPORT (CYS) PROGRAM

COVID-19 UPDATE:

Immediate financial relief to Alberta’s families and vulnerable populations: https://www.alberta.ca/covid-19-supports-for-albertans.aspx

The caregiver and child may be eligible to receive benefits if:

- child’s parents/guardians have provided a letter of consent for the caregiver to provide care for the child or
guardian has private guardianship of the child
- child is under 18 years of age at the time of application
- child’s income does not exceed the financial guidelines of the program
- child/youth is attending school, employed full-time or attending a full-time training program
- child must be residing with the caregiver 7 days per week
- parent/guardian who is unable or unwilling to provide care for their child may not be living in the same home as the caregiver
- caregiver does not live on-reserve (the Child Out of Parental Home Program is available for caregivers who live on-reserve)

Biological and adoptive parents are not eligible to apply for the CYS benefits for their own children.

ALBERTA CHILD CARE SUBSIDY

COVID-19 response

All licensed child care facilities in Alberta are closed at this time. This includes daycare, out-of-school care and preschool programs.

For the latest updates and more information, visit COVID-19 info for Albertans.

The Alberta government will provide immediate funding and supportive measures to support local businesses, employers and employees

https://www.alberta.ca/covid-19-support-for-employers.aspx

Subsidies are available to offset the cost of child care for eligible lower-income families. Eligible lower- to middle-income families can apply for child care subsidies if they are using:

- licensed day care centres
- licensed group family child care
- approved family day homes
- licensed out-of-school care centres
- licensed pre-schools and
- approved early childhood development programs
COVID-19 UPDATE:

The Alberta government will provide immediate financial relief to Alberta’s families and vulnerable populations.


The Alberta Child Health Benefit covers children’s health expenses for families with low incomes. This health plan is for children up to 18 years of age. Children who are 18 or 19 years old also qualify, if they are living at home and attending high school.

This program provides coverage for:

- dental care
- prescription drugs
- eye exams and glasses
- essential diabetic supplies
- emergency ambulance services
- essential over-the-counter medications

Airport Financial Assistance (COVID-19)

Financial assistance for unexpected emergencies is available through the Emergency Needs Allowance. If you are facing an unexpected emergency, you can apply for emergency financial assistance.

You can get help when:

- a situation is caused by unforeseeable circumstances beyond your control, and
- it presents a severe health risk, and
- you cannot access other resources or wait until your next pay-cheque or Income Support benefit cheque.

Alberta Emergency Isolation Support for COVID-19

Eligible working Albertans can receive a one-time emergency isolation support payment of $1,146 if they are required to self-isolate or are the sole caregiver of someone in self-isolation and they have no other source of pay or compensation. This is a temporary program to bridge the gap until the Federal Emergency Care Benefit is available in April. If you are eligible for federal Employment Insurance benefits, you are strongly encouraged to apply immediately.
ALBERTA EMPLOYMENT STANDARDS

18774273721  https://work.alberta.ca/employment-standards.html  Alberta

COVID-19 UPDATE:

The Alberta government will provide immediate funding and supportive measures to support local businesses, employers and employees.

https://www.alberta.ca/covid-19-support-for-employers.aspx

Rules, regulations and compliance measures for employers and employees in Alberta workplaces. Laws for minimum wage, overtime, holidays, job-protected leaves, vacations, hours of work, earnings, youth workers and termination.

ALBERTA FAMILY SUPPORT FOR CHILDREN WITH DISABILITIES (FSCD)

17804274354  https://www.alberta.ca/fscd-what-you-get.aspx  Alberta

COVID-19 UPDATE:

The Alberta government will provide immediate financial relief to Alberta’s families and vulnerable populations.


The FSCD program works with eligible families to provide support and services based on each child and family’s needs. Families who are eligible for the Family Support for Children with Disabilities (FSCD) program may receive:

- information about government programs and services, community supports and local resources
- help coordinating and getting supports and services
- help with clothing or footwear that relates to your child’s disability
- counselling
- help with some of the costs to take your child to medical appointments such as parking, mileage, meals, accommodation and sibling care
- respite services in or outside your home to give you a temporary break
- help from aides who provide personal care, community, behavioural or developmental support
- temporary living arrangements for your child away from home

ALBERTA INCOME SUPPORT

18666445135  https://www.alberta.ca/income-support.aspx  Lethbridge

COVID-19 UPDATE:

The Alberta government will provide immediate financial relief to Alberta’s families and vulnerable populations.


Alberta Income Support offers supports for individuals and families to pay for basic expenses like food, clothing and shelter. Depending on your needs and situation, you may qualify for assistance with a number of basic living expenses and other benefits. Apply online or in person for money to pay for basic expenses like food, clothing and shelter. Lethbridge Alberta Works Centre is located at 200 5 Ave South Main Floor, Lethbridge, AB
ALBERTA STUDENT LOAN PAYMENT DEFERRAL (COVID)

We are implementing a six-month, interest free, moratorium on Alberta student loan payments for all Albertans in the process of repaying these loans. Alberta Student Loan repayments will be paused for 6 months, beginning March 30, 2020. Interest will not accrue during this period. This mirrors the approach of the Canada Student Loans Program.

Students do not need to apply for the repayment pause. Borrowers may continue making payments during this period if they choose and this will not affect their eligibility to receive the benefit.

CANADA APPRENTICE LOAN

COVID-19 UPDATE:

Support for students and recent graduates

The Government of Canada is placing a six-month interest-free moratorium on the repayment of Canada Student Loans for all individuals currently in the process of repaying these loans.


The Canada Apprentice Loan is an initiative of the Government of Canada to help you complete your apprenticeship in a designated Red Seal trade.

With the Canada Apprentice Loan, you can get up to $4,000 in interest-free loans per period of technical training. You can use the money to help pay for tuition, tools, equipment and living expenses, to cover forgone wages or to help support your family.

CANADA CHILD BENEFIT

COVID-19 UPDATE: We are providing an extra $300 per child through the Canada Child Benefit (CCB) for 2019-20. This will mean approximately $550 more for the average family. This benefit will be delivered as part of the scheduled CCB payment in May.

Those who already receive the Canada Child Benefit do not need to re-apply.

The Canada child benefit (CCB) is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18 years of age. The CCB might include the child disability benefit and any related provincial and territorial programs.

The Canada Revenue Agency (CRA) uses information from your income tax and benefit return to calculate how much your CCB payments will be. To get the CCB, you have to file your return every year, even if you did not have income in the year. If you have a spouse or common-law partner, they also have to file a return every year.
CANADA EMERGENCY BUSINESS ACCOUNT (CEBA)

https://ceba-cuec.ca/  Canada

Canada’s COVID-19 Economic Response Plan

The Government of Canada is taking immediate, significant and decisive action to support Canadians and businesses facing hardship as a result of the global COVID-19 outbreak.

To ensure that small businesses have access to the capital they need to see them through the current challenges, the Government of Canada announced the launch of the new Canada Emergency Business Account, which will be implemented by eligible financial institutions in cooperation with Export Development Canada (EDC).

- Up to $40,000 in a loan
- Businesses must have at least $50,000 in payroll in 2019 to qualify
- Interest Free for 1 Year
- Up to $10,000 of this may be forgivable if certain conditions are met.
- No application available yet but it appears this will be administered through Canada’s banks

CANADA EMERGENCY RESPONSE BENEFIT (CERB)


In response to COVID-19, the Government of Canada has introduced the following:

We will provide a taxable benefit of $2,000 a month for up to 4 months to:

- workers who must stop working due to COVID19 and do not have access to paid leave or other income support.
- workers who are sick, quarantined, or taking care of someone who is sick with COVID-19.
- working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures.
- workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work.
- wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance.

The Canada Emergency Response Benefit will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via an automated telephone line or via a toll-free number.
COVID-19 UPDATE: Service Canada is ready to support Canadians affected by COVID-19 and placed in quarantine, with the following support actions: The one-week waiting period for EI sickness benefits will be waived for new claimants who are quarantined so they can be paid for the first week of their claim.

You may be entitled to receive EI sickness benefits if:

- you are employed in insurable employment;
- you meet the specific criteria for receiving EI sickness benefits;
- your normal weekly earnings have been reduced by more than 40%; and
- you have accumulated at least 600 hours of insurable employment during the qualifying period.

EI sickness benefits are payable only to those people who are unable to work because of sickness, injury or quarantine but who would otherwise be available for work if not for their incapacity due to medical reasons. To receive sickness benefits, you need to obtain a medical certificate signed by your doctor or approved medical practitioner.

COVID-19 UPDATE: We are providing a one-time special payment by early May through the Goods and Services Tax credit for low- and modest-income families. The average additional benefit will be close to $400 for single individuals and close to $600 for couples. There is no need to apply for this payment. If you are eligible, you will get it automatically.

The goods and services tax/harmonized sales tax (GST/HST) credit is a tax-free quarterly payment that helps individuals and families with low and modest incomes offset all or part of the GST or HST that they pay. It may also include payments from provincial programs.

For more information: https://www.canada.ca/en/revenue-agency/services/child-family-benefits_goods-services-tax-harmonized-sales-tax-gst-hst-credit.html
CANADA WAGE EARNER PROTECTION PROGRAM

18666836516

COVID-19 UPDATE:

Economic Response Plan: Support for Canadians and Businesses:


The Wage Earner Protection Program (WEPP) is a Government of Canada program that provides timely payment of eligible wages owing to workers whose employer has gone bankrupt or become subject to receivership. Eligible wages under the Program include salaries, commissions, vacation, termination and severance pay.

Any worker who meets all of the following criteria can apply:

- Your employment has ended
- Your former employer is declared bankrupt or is subject to a receivership and

Your former employer owes you:

- wages and vacation pay earned during the six month period ending on the date of the bankruptcy or receivership* and/or
- termination and severance pay for employment that ended during the six month period ending on the date of the bankruptcy or receivership

CHILD CARE SUBSIDY - LETHBRIDGE

18776499992  http://www.humanservices.alberta.ca/financial-support/15104.html  Lethbridge

COVID-19 response

All licensed child care facilities in Alberta are closed at this time. This includes daycare, out-of-school care and preschool programs.

For the latest updates and more information, visit COVID-19 info for Albertans.

The Alberta government will provide immediate funding and supportive measures to support local businesses, employers and employees.

https://www.alberta.ca/covid-19-support-for-employers.aspx

Eligible lower- to middle-income families can apply for child care subsidies if they are using:

- licensed day care centres
- licensed group family child care
- approved family day homes
- licensed out-of-school care centres
- licensed pre-schools and
- approved early childhood development programs
COVID-19 ECONOMIC RESPONSE PLAN - SUPPORT FOR CANADIANS AND BUSINESSES


Tax deadline info (extension until June 1, 2020) and more...

Support for Canadians:
- General support for individuals, support for people facing unemployment, people sick or quarantined, people unable to work, people with low and modest income, support for seniors, and support for students and recent graduates

Support for Businesses:
- Avoid layoffs, access to credit, supporting financial market liquidity, more flexibility

COVID-19 FREE U-HAUL FOR COLLEGE STUDENTS

18004684285  https://www.uhaul.com/Storage/

President John “JT” Taylor announced that U-Haul will extend 30 days of free self-storage at U-Haul-owned and -operated facilities to help college students impacted by unforeseen schedule changes at their universities. U-Haul also accepts third-party pay, which enables family members to fund their loved one’s moving and storage needs in addition to the 30 days free self-storage offer, U-Haul powers Collegeboxes®, the No. 1 student storage and shipping provider in the U.S. Students can contact (866) 269-4887 or info@collegeboxes.com to find out when Collegeboxes will be on their campus picking up items for storage or shipping.

The free month applies to new customers with college IDs and is a limited-time offer subject to availability.

COVID-19 SCHOLASTIC CANADA ONLINE COURSES

18002683860 custserve@scholastic.ca http://www.scholastic.ca/

Free online courses for students in K-6.

Our children are facing an extended period of school closures. With outside activities limited, reading can take us places – it can engage, challenge, and transport us to new worlds. Favourite stories are a way to preserve continuity when the rest of the world is uncertain. We encourage you to take this opportunity to read with your kids, reading aloud or reading together. We are also continuing to add online resources, activities and other features to help parents who are carrying on their children’s education at home, as well as teachers who are faced with teaching remotely.
COVID-19 SUSPENDING EVICTION ENFORCEMENT

https://www.alberta.ca/rental-evictions.aspx  🇨🇦 Alberta

Changes due to COVID-19:

New protections are in place for residential and mobile homes site tenants facing financial hardship due to COVID-19:

- Tenants cannot be evicted for non-payment of rent and/or utilities before May 1, 2020.
- Rents on residential properties or mobile home sites will not increase while Alberta’s State of Public Health Emergency remains in effect.
- Late fees cannot be applied to late rent payments until June 30 and cannot be collected retroactively for this time.
- Landlords and tenants need to work together to develop payment plans while COVID-19 is being managed.
- Landlords can still file applications and receive orders for possession if the reason for the eviction is unrelated to rent and/or utility payments, or if a tenant refused to negotiate or comply with a payment plan.

See website for more information.

GOVERNMENT OF CANADA BENEFITS FINDER

https://srv138.services.gc.ca/daf/q?id=acecf848-3b5c-430b-8910-121a67e43774&GoCTemplateCulture=en-CA  🇨🇦 Canada

COVID-19 UPDATE:


Answer the questions on the website to get a customized list of benefits for which you may be eligible. The Benefits Finder may suggest benefits from federal, provincial or territorial governments, and does not collect or track your information. The more questions you answer, the more customized your results will be.

INCREASING THE CANADA CHILD BENEFIT - COVID-19

Mon to Fri 9 am to 5 pm  📞 18003871193  🇨🇦 Canada

We are providing an extra $300 per child through the Canada Child Benefit (CCB) for 2019-20. This will mean approximately $550 more for the average family. This benefit will be delivered as part of the scheduled CCB payment in May. Those who already receive the Canada Child Benefit do not need to re-apply. [https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increasing_canada_child_benefit](https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increasing_canada_child_benefit)
Benefit

INDIGENOUS COMMUNITY SUPPORT FUND

In response to the COVID-19 pandemic, on March 18, 2020, the Government of Canada announced the COVID-19 Economic Response Plan. This plan includes $305 million for a new, distinctions-based Indigenous Community Support Fund to address immediate needs in First Nations, Inuit and Métis communities. This funding will also provide support to regional, urban and off-reserve Indigenous organizations.

These new funds will flow directly to Indigenous communities and groups across the country and will provide Indigenous leadership with the flexibility needed as they prepare for and react to the spread of COVID-19. These funds could be used for measures including, but not limited to:

- support for Elders and vulnerable community members
- measures to address food insecurity
- educational and other support for children
- mental health assistance and emergency response services
- preparedness measures to prevent the spread of COVID-19

Benefit

LETHBRIDGE ALBERTA SUPPORTS CENTRE

COVID-19 response

To protect the health of all Albertans, Alberta Supports Centres are temporarily suspending in-person services until further notice. If you are currently receiving benefits or services and need assistance please call your caseworker or local office directly from Monday to Friday, between 8:15 a.m. to 4:30 p.m. All other enquiries please call the Alberta Supports Contact Centre at 1-877-644-9992, or in Edmonton 780-644-9992.

Note: The Alberta Supports Contact Centre is experiencing higher than normal wait times. We are working to address this and appreciate your patience.

For more information, visit COVID-19 info for Albertans.

Benefit

MORTGAGE SUPPORT

COVID-19:

Canadian banks have committed to work with their customers on a case-by-case basis to find solutions to help them manage hardships caused by COVID-19. Canadians who are impacted by COVID-19 and experiencing financial hardship as a result should contact their financial institution regarding flexibility for a mortgage deferral. This allows flexibility to be available – when needed – to those who need it the most.


Benefit

SERVICE CANADA - SERVICE REQUEST (ACCESSIBLE VERSION)

The online service request form is a temporary measure to ensure continuity of critical services. Please complete the following information to assist us in providing you with the right services.
**Benefit**

**SHAW GO WIFI**

Stay connected during COVID-19. To support Canadians at this time we've opened up Shaw Go WiFi, Canada's largest WiFi network, to everyone. Shaw customer or not, we know that, especially in times like this, it is important to stay connected. We also do not have data caps on our internet plans so that whether you need to work from home or connect with loved ones, you can do so without restrictions.

All Shaw Cable and Shaw Direct customers have been given access to a number of channels for free during this period to help keep them informed and their family entertained. To ensure our customers have reliable and up to the minute information we've included CBC News Channel, CTV News Channel, CP24, LCN and RDI (subject to availability). For kids at home we have also included Family, Family JR, CHRGD and Treehouse TV.

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**Benefit**

**SPECIAL GOODS AND SERVICES TAX CREDIT PAYMENT - COVID-19**

We are providing a one-time special payment by early May through the Goods and Services Tax credit for low- and modest-income families. The average additional benefit will be close to $400 for single individuals and close to $600 for couples. **There is no need to apply for this payment.** If you are eligible, you will get it automatically.


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**Benefit**

**STUDENT AID ALBERTA**

**COVID-19 UPDATE:**

- Advanced Education is pausing all repayments of Alberta student loans for six months beginning March 30, 2020.
- Interest will not accrue during this period. This mirrors the approach of the Canada Student Loans Program.
- Students do not need to apply for the repayment pause.
- Borrowers may continue making payments during this period if they choose and this will not affect their eligibility to receive the benefit.

Alberta Student Aid is encouraging students to use our online services as it will result in faster processing times. Go to [https://studentaid.alberta.ca](https://studentaid.alberta.ca) for more information.
COVID-19 UPDATE:

To ensure the safety of clients and staff, our Edmonton and Calgary offices are now closed to visitors, with the exception of those with a pre-arranged cheque pick-up.

Our Millard Health Treatment Centre has suspended all in-person services and is closed. All impacted clients will be notified directly.

ALL employer seminars and Millard Health workshops are cancelled through April 30. For information on when to report a work-related exposure to COVID-19, please refer to our worker and employer fact sheets.

Most instances of COVID-19 is not work related. However there are exceptions that will need to be reported. When a worker contracts COVID-19 as a direct result of their employment, they are entitled to compensation. See https://www.alberta.ca/assets/documents/wcb-covid-19-worker-fact-sheet.pdf for more information and check https://www.wcb.ab.ca/ to know if you are eligible for WCB related to COVID-19.

HELPLINES

7 CUPS OF TEA

7 Cups of Tea is an online emotional support service. Through a secure, anonymous bridging technology, we connect those in need of emotional support with our network of Active Listeners, individuals from all walks of life who want to provide compassionate care. Connections to Listeners are private, one-on-one conversations initiated on demand.

AB - DISTRESS LINE OF SOUTHWESTERN ALBERTA

A 24 Hour Phone Support for Individuals Experiencing a Crisis. Sometimes you just need to talk to someone. Someone who won’t criticize, complain, argue, and tell you what to do or what not to do! That someone could be the people of the Distress Line of Southwestern Alberta. 24 hours, 7 days a week telephone support for people who are in distress and require support, intervention and/or information and referral services. Toll free 1-888-787-2880

AB - MENTAL HEALTH HELP LINE

Provides toll-free, 24/7 telephone service, which offers help for mental health concerns for Albertans.

- Provides 24/7
- confidential, anonymous service
- crisis intervention
- information about mental health programs and services
- referrals to other agencies if needed
AB - SHEPELL EMPLOYEE FAMILY ASSISTANCE CRISIS LINE

18003874765  https://lethbridgecollege.ca/index.php/departments/wellness-services/sexual-misconduct-support
Lethbridge

COVID-19 Update: Over the phone support available to employees, staff and their families who are experiencing a crisis.

Please note: If you would like to report an act of sexual violence after business hours, staff members in Lethbridge College Security Services are available 24 hours a day, seven days a week.

AB - SHEPELL STUDENT SUPPORT CRISIS LINE

18556498641  https://lethbridgecollege.ca/index.php/departments/wellness-services/sexual-misconduct-support
Lethbridge

COVID-19 Update: Over the phone support available to students who are experiencing a crisis.

Please note: If you would like to report an act of sexual violence after business hours, staff members in Lethbridge College Security Services are available 24 hours a day, seven days a week.

AHS - HEALTH SYSTEM INFORMATION IN YOUR LANGUAGE

https://www.albertahealthservices.ca/languages/languages.aspx  Alberta

We offer a number of translated resources in some of the more common languages in Alberta.

AHS - INFORMATION FOR ALBERTANS

https://www.albertahealthservices.ca/topics/Page16997.aspx  Alberta

If you have symptoms such as fever, cough and difficulty breathing and have traveled outside Canada or have been exposed to someone who has COVID-19, stay home and call Health Link 811. If you are not seriously ill, do not go to a physician’s office, a health care facility or a lab without consulting with Health Link 811 first. Call 911 if you are seriously ill and need immediate medical attention and inform them that you may have COVID-19.

- Symptoms
- COVID-19 vs. Influenza
**ALBERTA HEALTH LINK**

24/7 811 healthlink@albertahealthservices.ca

https://www.albertahealthservices.ca/assets/healthinfo/link/index.html  Alberta

COVID-19 Update: Please note, Health Link 811 is experiencing very high call volumes. For info on COVID-19, consider using one of the other resources listed instead of calling 811, if you do not need a health assessment. If you need health advice or information call Health Link 24/7 by dialing 811 or visit MyHealth.Alberta.ca.

Health Link can also be accessed through the Canada-wide toll-free number, 1-866-408-5465. Outside of Alberta, this number should be used to reach Alberta’s Health Link services. Those who have difficulty with hearing or speech – and use a Teletypewriter (TTY) to communicate with regular telephone users – can contact Health Link 24 hours a day, 7 days a week using the TELUS RELAY Service (TRS).

Health Link support is available in more than 240 languages.

**ALBERTA SUPPORTS CONTACT CENTRE - COVID-19**

Monday to Friday 7:30 a.m. to 8 p.m. 18776449992

https://alis.alberta.ca/tools-and-resources/alberta-supports-contact-centre/ Alberta

COVID-19 update: Albertan’s can call their caseworker or the Alberta Supports Contact Centre at +1 877 644-9992

Get information and referrals about your career, education, and employment options in Alberta from an Alberta Supports Coordinator.

- Send questions to Alberta Supports.
- Call Monday to Friday 7:30 a.m. to 8 p.m.
- Toll-free (within Alberta) 1-877-644-9992

**ALBERTA TEXT4HOPE (COVID)**

https://www.albertahealthservices.ca/topics/Page17019.aspx Alberta

A free service providing three months of daily Cognitive Behavioural Therapy (CBT)-based text messages written by mental health therapists. Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency. Text COVID19HOPE to 393939 to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can’t access face-to-face services, as well as those in remote locations.

**ANXIETY CANADA**

16046200744 info@anxietycanada.com

https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/ Canada

Suggestions on what to do if you’re anxious or worried about coronavirus (COVID-19).
BABYLON BY TELUS HEALTH

Monday-Friday: 9am-10pm (MST) Saturday: 9am-7pm (MST) 18555778838 support@BabylonbyTELUSHealth.com


Babylon by TELUS Health is a service already available in British Columbia via a free downloadable app. The app can serve as a new tool for Albertans to access health-care information and support in response to COVID-19 – from anywhere in the province. Albertans can use the service to check symptoms, book appointments, see a doctor, and get prescriptions and referrals for diagnostic imaging and specialists – all covered by Alberta Health Care.

https://youtu.be/QthXXa9nF5c

CANADIAN ARMED FORCES - FAMILY INFORMATION LINE

24/7 18008664546 FIL@CAFconnection.ca

https://www.cafconnection.ca/National/Stay-Connected/Family-Information-Line.aspx Canada

The Family Information Line (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. The FIL serves Canadian Armed Forces members, Veterans and their families - immediate and extended.

CANADIAN BLOOD SERVICES

18882366283 feedback@blood.ca https://www.blood.ca/en Canada

COVID-19 UPDATE: We urge all donors to book and keep their appointments to prevent shortages. Canadian Blood Services operates a national blood inventory where products are regularly shifted around the country to meet hospital and patient needs. The inventory is currently strong, but the recent increase in cancellations is worrying, particularly in light of the blood shortages already being reported in other countries affected by COVID-19.

CDC-MANAGE ANXIETY AND STRESS


Information on managing and coping with stress and anxiety during the outbreak of the coronavirus disease 2019 (COVID-19). COVID-19 may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

CENTRE FOR ONLINE MENTAL HEALTH SUPPORT (COMHS)

Always open 17804971222 http://www.comhs.health/ Alberta

The need for organizations such as the Centre for Online Mental Health Support (COMHS) was recognized at the beginning of the COVID-19 pandemic. Large numbers of individuals started to experience anxiety and depression, even if they had been managing well before. Additionally, many individuals with existing issues found that they got worse. There were also significant problems for parents, seniors, and multiple other groups.
Coronaviruses are a large family of viruses that may cause a range of illnesses in humans, from the common cold to SARS. Viruses of this family also cause a number of animal diseases.

Dear families and educator all over the world,

I have created this short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. It is important to point out that this resource does not seek to be a source of scientific information, but rather a tool based on fantasy. My recommendation is to print this material so children can draw on it. Remember that emotions are processed through repetitive play and stories read multiple times. Share COVIBOOK and help ease kiddos’ anxiety all over the world.

With love,

Manuela Molina - the author

COVID-19 - Ask an immigration lawyer!

- Immigration information is changing on a daily basis, and it is a little challenging at times to keep up!
- Lethbridge based immigration lawyer, and member of our Lethbridge LIP council, Mark Holthe, from Hothe Immigration Law has kindly offered to host a live weekly online Q and A session. Mark is currently serving as the Vice-Chair of the Canadian Bar Association’s National Immigration Law Section.
- You have received this Email and are invited to participate if you are:
  - A staff member of Lethbridge Family Services (LFS) – Immigrant Services Department
  - A member of Lethbridge LIP
  - An Alberta based LIP Coordinator
- Please Note: This list of attendees may expand, as time goes on, but we will initially start with these groups as spaces are limited.
- Each session will be recorded and the links posted on the Lethbridge LIP website;

COVID-19 INFO HUB

This online resource shows information about the locations of all confirmed cases of COVID-19 in Canada. Click on the map to see detailed information about the number of individuals who have since recovered, as well as the date and time of the last published report for the affected community. Information on this website is updated constantly and we’ll be adding information COVID-19 screening centres when they open, as well as other useful information to help you during this crisis.
EI SICKNESS BENEFIT-COVID-19

The dedicated phone line, 1-833-381-2725, has been established to answer questions regarding claims, or those looking to apply for EI benefits due to self-isolation, quarantine, if you’ve been laid off due to COVID-19 or are required to take time off to tend to your children.

EMERGENCY ASSISTANCE - CANADIANS CURRENTLY TRAVELLING ABROAD

If you are a Canadian currently travelling abroad, you are advised to return to Canada. If you are in need of emergency assistance, please contact sos@international.gc.ca My office continues to provide service to constituents. Please email pat.kelly@parl.gc.ca or call 403-282-7980 if you need assistance.

EMPOWER HEALTH (IAMSICK.CA)

COVID19 Update: We have added information about COVID-19 assessment centres. Look for the red icon in your search results. We have launched a national COVID-19 information hub at c19.ca - visit it for information about confirmed cases and updates across Canada.

Empower Health (from the creators of iamsick.ca) develops health technology platforms that help the patients find the care they need and help healthcare providers to deliver the best quality of service to the patients.

iamsick.ca allows you to easily filter by healthcare provider type, hours of operation, location, language. We’ve got providers who speak one of over 70 languages!

GOV OF CANADA COVID-19 APP

Canada COVID-19 is designed for you to stay informed about COVID-19 in Canada and determine what actions and next steps you should take. Recommendations are personalized and based on your personal risk factors. You will receive timely updates with important news and alerts from Canada’s Ministry of Health. Recommendations and content are automatically updated based on the latest guidelines related to COVID-19.

GOVERNMENT OF ALBERTA - FAMILY VIOLENCE INFO LINE

Provides information about family violence programs and services, as well as advice and support to get help anonymously in more than 170 languages. Chat online alberta.ca/SafetyChat | 8 a.m. - 8 p.m. daily | English
HEALTH LINK - COVID-19 SELF-ASSESSMENT

If you have symptoms such as fever, cough and difficulty breathing, and have traveled outside Canada, or have been exposed to someone who has COVID-19, stay home and call Health Link at 811. If you are not seriously ill, do not go to a physician’s office, a healthcare facility or a lab without consulting with Health Link first. Call 911, if you are seriously ill and need immediate medical attention and inform them you may have COVID-19. If you aren’t sure, visit the online tool at ahs.ca/covid or go to alberta.ca/covid19 for more information.

INSTACART

Delivers groceries to your door, even from stores that don’t have delivery service. Offering “Leave at My Door Delivery” option giving you more flexibility in choosing how you receive groceries. Free delivery for 14 days with express. See website for details.

KIDS HELP PHONE

COVID-19 UPDATE: We know that COVID-19 is on your mind, Kids Help Phone is always here for you contact us 24/7.

Anxious? Stressed? You are not alone. We have teamed up with our friends at Kids Help Phone to provide 24/7 support.

Text BGCHelp to 686868 to be connected with a Crisis Responder.

Kids Help Phone is Canada’s only national 24-hour, bilingual and anonymous phone counselling, online counselling and referral service for children and youth. Our service is completely anonymous and confidential – we don’t trace calls, we don’t have call display. You don’t even have to tell us your name if you don’t want to. Whether by phone, mobile app or through our websites, you can connect with us whenever you want, however you want. If our confidential and anonymous, professional counselling service is experiencing longer than normal wait times, you may reach one of our trained volunteers at our confidential texting service. Text “CONNECT” to 686868.

LETHBRIDGE PREGNANCY - HELPLINE

COVID-19 UPDATE: We are always available by call or text if you or someone you know needs support. Our 24-hour hotline is (403) 942-1819.

Supports include a listening ear and a safe place to talk, access to information and local referrals. All services are free and confidential.

LETHBRIDGE SUPPORT CIRCLE

This list was pulled May 8th, 2020 at 8 am MST and will be updated every 24hrs
MENTAL HEALTH RESOURCES DURING COVID19/CORONAVIRUS (GTA/TORONTO FOCUSED)

vivian@byVivian.com  https://takecare19.com/  Canada

A crowd-sourced document of some helpful and free/low-cost mental health resources to cope with COVID-19. In this time of uncertainty and rapid changes, some of us or our loved ones can be having a hard time with the news, loss of income and financial instability, health fears, feeling physically and emotionally isolated, and greater mental health issues.

This is a living document and is shareable so please feel free to use and share. Editing is paused. But it will continue to be updated with new additions.

MULTI-LANGUAGE RESOURCES REGARDING CORONAVIRUS (COVID-19)

https://lethbridgeimmigration.ca/coronavirus-covid-19  Canada

Official multi-language resources provided by Red Cross & Unicef regarding preparation and protection from the COVID-19 virus.

NOVEL CORONAVIRUS INFORMATION LINE


A toll-free phone line providing information to Canadians about COVID-19.

OVEREATERS ANONYMOUS

see COVID update below  18775091939  reunions@outremangeurs.org  www.oa.org  Canada

COVID-19 UPDATE: online meeting available at this time

The AOs give the unconditional acceptance and mutual support that manifest themselves within the groups, always ready to welcome new ones. These groups operate only thanks to the voluntary contributions of their members. Note that the only condition to become a member of the OA is the desire to stop overseas compulsively.

In OA, we believe we have a disease that affects us on three levels: physical, emotional and spiritual. Tens of thousands of people like us have discovered that the Twelve Steps program proposed by Overeaters Anonymous allows us to recover on these three fronts.

Those of us who choose to recover one day at a time practice the Twelve Steps. In this way, we free ourselves from the obsession with food to access a new way of living.

PAA DISASTER RESPONSE NETWORK (DRN) - PROBONO TELEPSYCHOLOGY SERVICE

18884240297  paa@paa-ab.ca  https://psychologistsassociation.ab.ca/global-events/  Alberta

COVID19 Update: PAA Disaster Response Network (DRN) is now active for Albertans to access pro-bono telepsychology services. Offering free counselling to Albertans impacted by COVID-19

Priority is for health professionals and first responders.

Not a crisis line or a referral service but pro-bono support by volunteer psychologists of 1-3 sessions for those in need.
PURPOSEMED - COVID-19 TELEMEDICINE

☎️ Monday – Friday from 8:00 a.m. – 8:00 p.m.  🌐 www.purposemed.com  🇨🇦 Alberta

CONNECTING DOCTORS WITH THEIR PATIENTS ONLINE.

At PurposeMed we understand the challenging position the Covid-19 pandemic has put Canadians in. Social distancing will help to slow the spread of Covid-19, but it doesn’t mean Canadians don’t still need to see their doctors for Covid or other medical issues. With online consults either with your regular family physician or through our walk-in clinic we can help reduce in-person contact. We're all in this together and working together we can help to flatten the curve.

How it works:

- Have your Alberta Health Care number ready
- Verify your location
- Join our clinic room
- A physician will initiate a video/call

SAFE COMMUNITY CALL CENTRE

☎️ 14033820545
📍 Lethbridge

Dispatches various services that respond to street involved activity throughout Lethbridge (needle debris, public intoxication, public defecation, encampments, etc).

SERVICE CANADA

☎️ 18006226232  📧 phac.info.aspc@canada.ca

If you are experiencing symptoms such as cough, fever, difficulty breathing or you are in self-isolation or quarantine, do not visit or enter any Service Canada office. As an alternative, you may access our services online or by calling 1 800 O-Canada.

SHELTERSAFE.CA

☎️ 16136805119  📧 info@endvaw.ca  🌐 https://www.sheltersafe.ca/  🇨🇦 Canada

Sheltersafe.ca is an online resource helping women and their children seeking safety from violence and abuse. The clickable map serves as a fast resource to connect women with the nearest shelter that can offer safety, hope and support. This resource is for women directly impacted by violence as well as for their concerned friends, family, colleagues and employers.
THERAPY ASSISTANCE ONLINE (TAO)

24/7
14033172845
counselling.services@uleth.ca
https://www.uleth.ca/counselling/therapy-assist-online-tao

To facilitate the personal and professional development of all University of Lethbridge students & graduates. Our trained professionals offer FREE and confidential counselling and career advising.

THERAVIVE ONLINE THERAPY

https://www.theravive.com/therapists/e-counseling.aspx
Canada

Get Effective, Professional Counseling via Email, Phone, WebCam, or IM*. All therapists here are licensed and credentialed in their area of practice.

Receive help right where you are with a licensed and professional counselor. Therapists listed here are professionally trained, hold degrees, and are licensed to help you. Sometimes, it is not always practical or possible to meet a therapist in person for face-to-face counseling. Counselors listed here are able to meet your need for remote assistance using phone, email, webcam, or messaging. E-counselors are just as committed to you and working with you as they would be if you saw them in person.

VIDEO SERIES: MENTAL HEALTH AND COVID-19 (THE CONFERENCE BOARD OF CANADA)

18662420075
corpcomm@conferenceboard.ca
https://www.conferenceboard.ca/insights/covid-19#videos
Canada

This site is our go-to resource for insights and analysis on COVID-19. Here, we bring you quick-read articles based on our multi-disciplinary research. Each article gives you a fact-based understanding of the complex issues impacting you and your organization.

Check this space often for the latest updates, data, forecasts, research on the growing spread of coronavirus, and useful tools that will help you and your organizations navigate these challenging times.