

# EVERYBODY

# CAN

Your guide to affordable services



[strathconca.ca/everybodycan](http://strathconca.ca/everybodycan)



STRATHCONA  
COUNTY

# Family and Community Services

Your plan, your way. Connect with professional, customized and easy-to-access support for your unique needs.



**Solutions Navigation** is free and helps you achieve your goals and find solutions to all of life's challenge.



**Counselling** will listen and support you when you're ready. Pay what you can afford, starting at \$0.



**Family Resource Network** offers free educational programs and services for parents, children and families.



Visit [strathcona.ca/fcs](https://strathcona.ca/fcs), call in to **780-464-4044** or walk in to:

Second floor, East Wing,  
Community Centre 401  
Festival Lane, Sherwood Park

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**This symbol indicates a resource or service offered by Strathcona County**



**Strathcona County is located on Treaty Six Territory and the homeland of the Métis Nation of Alberta, Regions Two and Four.**

Strathcona County honours the First Peoples of this land. We recognize that we stand upon land that carries the footsteps of Cree, Métis and Blackfoot amongst many other Nations, who have been here for thousands of years.


Therefore, Strathcona County has an inherent responsibility to foster healthier relationships with First Peoples and further the Calls to Action as outlined by the Truth and Reconciliation Commission.

# Children and Families

## Tools for School


School supplies are available through Elk Island Public Schools to help students with limited resources.

Contact your child's school or call EIPS Central Services.

 780-464-3477

## Childcare Subsidy


Childcare subsidies and grants are available to help offset the cost of childcare for eligible families with children enrolled in a licensed daycare, family day home, preschool or out-of-school care centre.

 780-644-9992

 [alberta.ca/child-care-subsidy.aspx](http://alberta.ca/child-care-subsidy.aspx)

## Alberta Child Health Benefit


A health benefits plan for children in low-income families that offers dental, optical, prescriptions, diabetic supplies and ambulance services.

 780-427-6848


 [alberta.ca/alberta-child-health-benefit](http://alberta.ca/alberta-child-health-benefit)

## Ages and Stages Developmental Screening

Free online tool for children 1 month – 5.5 years. Learn more about what to expect at various ages and stages of development.

 780-464-4044

 [strathcona.ca/agesandstages](http://strathcona.ca/agesandstages)




**The Family Resource Network** offers Home Visitation, a free weekly in-home support for parents with children aged 0-6. Individuals can address pregnancy concerns, learn about child development, access community resources and more.


**Call 780-464-4044 or visit [strathcona.ca/families](http://strathcona.ca/families)**

# Children and Families

## Triple P


Positive Parenting Program is a toolbox of strategies, skills and knowledge to help parents develop the confidence to handle a range of parenting challenges.


 780-464-4044

 [triplep-parenting.ca](http://triplep-parenting.ca)

## Family Court Counsellors


Get help with preparing for court, accessing the court system and resolving your parenting dispute.


 780-427-8343

 [alberta.ca/family-court-assistance.aspx](http://alberta.ca/family-court-assistance.aspx)

## Robin Hood Association


Offers a wide variety of family-centered programs and respite services to children with disabilities and their families.

 780-467-7140

 [robinhoodassoc.com](http://robinhoodassoc.com)

## Big Brothers Big Sisters Strathcona


Provides positive mentoring relationships for children and youth ages 6-18 in our community and schools. Volunteers spend one hour a week or evening with youth in a one-to-one relationship.

 780-420-6352

 [bbbsstrathcona.ca](http://bbbsstrathcona.ca)

## BGC Strathcona County

Offers affordable programs and opportunities for children and youth.


 780-416-1500

 [scbgc.com](http://scbgc.com)

# Clothing and Household Items


## Coats for Kids & Families

Access winter clothing for children and adults from November to February. Call to find the agency distribution depot closest to you.

 211 or 780-482-4636

## Sleep in Heavenly Peace


Provides beds for children. Application form needed.


 844-432-2337 Ext. 6105

 [shpbeds.ca](http://shpbeds.ca)

## Strathcona Christmas Bureau

Provides qualifying residents of Strathcona County with a gift hamper. Hampers include age-appropriate toys, gift certificates and groceries

 780-918-2521 • Application

 780-449-5353 • Year-round (messages only)

 [strathconachristmasbureau.com](http://strathconachristmasbureau.com)




# Clothing and Household Items

Thrift stores for clothing, toys and household items. Donations accepted.

## County Clothesline


- 201 Athabasca Ave

 780-464-7786

 [countyclothes-line.com](http://countyclothes-line.com)

## Clothing Nook – Our Lady of Perpetual Help

- 13 Brower Drive


 780-467-5470

 [olph.ca](http://olph.ca)

## Habitat for Humanity Restore – Sherwood Park


- 7 Steambank Ave

 780-449-1549

 [habitat.ca](http://habitat.ca)

## Salvation Army Thrift Store


- 10 Main Blvd unit B

 780-416-1303

 [thriftstore.ca](http://thriftstore.ca)

## St. Vincent de Paul

- 13 Brower Drive

 780-461-0931

 [olph.ca](http://olph.ca)


Access to clothing vouchers and food supports through Solutions Navigation in Family and Community Services.

Call **780-464-4044** or come in person to 401 Festival Place on the second floor.

# Employment

## Alberta Support Employment


Employment, financial and social supports for unemployed or low-income individuals – includes employment counselling, workshop referral and work search assistance.

 **1-877-644-9992**

 [alberta.ca/alberta-supports.aspx](http://alberta.ca/alberta-supports.aspx)

## Employabilities Edmonton


Skill development, education, and employment services for adults and youth with medical conditions, mental health challenges, permanent injuries, disabilities and employment barriers. Newcomer services also available.


 **780-423-4106**

 [employabilities.ab.ca](http://employabilities.ab.ca)

## BGS Career Ventures Edmonton

Supports and resources for youth and adults finding employment and career training.


 **780-425-6655**

 [bgscareerventures.com](http://bgscareerventures.com)


## MCG Careers

Career development, training, and human resources services.

 **587-285-8118 Fort Saskatchewan**

 **780-448-1380 Edmonton**

 [mcgcareers.com](http://mcgcareers.com)



**Family and Community Services** offers professional, customized and easy-to-access support for your unique needs. Walk in or call in to receive same-day assistance from Solutions Navigation and Counselling.

**Call 780-464-4044** or come in person to 401 Festival Place on the second floor.




# Financial

## Family and Community Services



Provides help completing forms and applications needed to access financial supports.

- Second floor, East Wing, Community Centre  
401 Festival Lane, Sherwood Park


 780-464-4044

 [strathcona.ca/fcs](http://strathcona.ca/fcs)

## Seniors' Property Tax Rebate



Provides a rebate to eligible low-income seniors who live in their own home in Strathcona County. Apply through Family and Community Services.


 780-464-4044

 [strathcona.ca/affordableservices](http://strathcona.ca/affordableservices)

## Everybody Rides (Transit subsidy)




Provides reduced transit rates for local or commuter bus services for eligible residents with limited income.

 780-464-4044

 [strathcona.ca/affordableservices](http://strathcona.ca/affordableservices)

## Seniors Property Tax Deferral Program


Allows eligible senior homeowners to voluntarily defer all or part of their residential property taxes, including the education tax portion.


 1-877-644-9992

 [alberta.ca/seniors-property-tax-deferral-program](http://alberta.ca/seniors-property-tax-deferral-program)

## Seniors Home Adaptation and Repair Program (SHARP)

Eligible seniors can apply for a low-interest home equity loan to cover repairs, adaptations and renovations to their home.

 1-877-644-9992


 [alberta.ca/seniors-home-adaptation-repair-program](http://alberta.ca/seniors-home-adaptation-repair-program)


# Financial

## Everybody Gets to Play (Recreation subsidy)




Provides a free Active Pass (drop-in recreation activities) and reduced-fee registered recreation programs for eligible residents with limited income.

 780-464-4044

 [strathcona.ca/affordableservices](http://strathcona.ca/affordableservices)

## E4C Free Tax Preparation Clinics


Provides help completing taxes year-round for eligible residents, along with information on provincial and federal subsidies and benefits.

 780-722-9409

 Email: [mttp@ec4alberta.org](mailto:mttp@ec4alberta.org)

## Income Support – Alberta Supports

Access child and adult health benefits, Alberta Child Benefit, childcare subsidies, income support and other financial assistance.

 1-877-644-9992


 [alberta.ca/alberta-supports.aspx](http://alberta.ca/alberta-supports.aspx)



# Financial

## **Assured Income for the Severely Handicapped (AISH)**


Provides financial and health-related assistance to eligible adults with a permanent disability.

 **780-644-9992**

 [alberta.ca.aish.aspx](http://alberta.ca.aish.aspx)

## **Alberta Seniors Benefits – Alberta Supports**


Access financial supports, Special Needs Assistance and federal benefits such as Old Age Security, Guaranteed Income Supplement, Federal Allowance and the GST Credit.


 **1-877-644-9992**


 [alberta.ca/alberta-seniors-benefit](http://alberta.ca/alberta-seniors-benefit)

## **Credit Counselling Society Edmonton**

A non-profit consumer credit and debt counselling service.


 **780-701-0083**

 [mymoneycoach.ca](http://mymoneycoach.ca)


 [nomoredebts.org](http://nomoredebts.org)

## **Money Mentors Edmonton**

Provides money coaching, credit counselling, debt help and financial wellness seminars.

 **1-888-294-0076**

 [moneymentors.ca](http://moneymentors.ca)



Individuals can access support with finances, mental health, addictions, relationships and more. Counselling and Solutions Navigation are here to support you through all of life's challenges.


**Call 780-464-4044** or come in person to 401 Festival Place on the second floor.


# Food

## Strathcona Food Bank

Individuals and families can access emergency food or food hampers once every 30 days.


- 255 Kaska Road

 780-449-6413

 [strathconafoodbank.ca](http://strathconafoodbank.ca)

## WECAN Food Basket Society

Individuals and families can purchase nutritious food at an affordable price. Participants have the choice to order produce, meat or both.


 780-464-4044

 [wecanfood.com](http://wecanfood.com)


 [familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)


## Meals on Wheels

A free hot lunch delivered to residents by volunteers, operated by the **Sherwood Park Care Centre**.

 780-467-2281

For frozen meals contact **Edmonton Meals on Wheels**

 780-429-2020

 [mealsonwheeledmonton.org](http://mealsonwheeledmonton.org)




# Health and Wellness

## Counselling



Counselling support is available when you are ready. Call or walk in for pay what you can afford counselling, starting at \$0.


- Second floor, East Wing, Community Centre  
401 Festival Lane, Sherwood Park

 780-464-4044

 [strathcona.ca/counselling](http://strathcona.ca/counselling)


## Access 24/7

Provides urgent and non-urgent adult addiction and mental health services.

 780-424-2424

## Sherwood Park – Strathcona County Primary Care Network

Find a doctor or clinic as well as access health and wellness programs and classes.

 780-410-8000

 [sherwoodparkpcn.com](http://sherwoodparkpcn.com)

## Health for Two


A free prenatal program that provides support, information and resources to women who require extra support to have a healthy pregnancy.


 780-464-4044 or 780-342-4600

 [familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)

## Adult Health Benefit

Available benefits offered to low-income Albertans.


 780-427-6848


 [alberta.ca/alberta-adult-health-benefit.aspx](http://alberta.ca/alberta-adult-health-benefit.aspx)

# Health and Wellness

## **Aids to Daily Living Edmonton**


Provides individuals with a long-term disability, chronic or terminal illness with support for basic medical equipment and supplies.

 780-427-0731

 [alberta.ca/alberta-aids-to-daily-living.aspx](http://alberta.ca/alberta-aids-to-daily-living.aspx)

## **Seniors Health Benefits – Alberta Blue Cross**


Free basic coverage of dental, prescription drugs, etc. for seniors over 65 years.

 780-498-8000

 [alberta.ca/seniors-health-benefits.aspx](http://alberta.ca/seniors-health-benefits.aspx)


## **Strathcona County Health Centre**

Provides community health services including short-term loan of equipment such as crutches, raised toilet seats and more. Must be a client of the Home Care Program or have a doctor's note.

 780-342-4500

## **Dental Clinic – NAIT Edmonton**


Low-cost dental services for children ages 7-18 are available from January to April. Denture services available from January to June. Services performed by students supervised by registered practitioners.

 780-471-7786

 [nait.ca/dental](http://nait.ca/dental)

## **School of Dentistry – University of Alberta Edmonton**

Discounted fees available for all services for ages four years and older. Services performed by students supervised by registered practitioners.


 780-407-5550

 [ualberta.ca/school-of-dentistry](http://ualberta.ca/school-of-dentistry)

# Housing and Shelters

## Heartland Housing


Affordable housing for individuals, families and seniors in Strathcona County and Fort Saskatchewan.

 780-479-3500

 [heartlandhousing.ca](http://heartlandhousing.ca)

## Civida Housing Edmonton

Near market housing rentals, community housing rentals and rent assistance.


 780-420-6161

 [civida.ca](http://civida.ca)

## Co-op Housing


Provides safe and affordable housing to individuals and families in Strathcona County.


## Davidson Creek

 780-464-1013

 [davidsoncreek.ca](http://davidsoncreek.ca)


## Brittany Lane


 780-467-1379

 [brittanylanecoop.com](http://brittanylanecoop.com)

## Snow and Lawn Busters – Volunteer Strathcona

Volunteers provide free snow removal and lawn maintenance for eligible low-income seniors and people with disabilities.

 780-464-4242

 [volunteerstrathcona.ca](http://volunteerstrathcona.ca)

Access clothing vouchers and food support through **Solutions Navigation in Family and Community Services**.

Call **780-464-4044** or come in person to 401 Festival Place on the second floor.

# Housing and Shelters

Strathcona County Transit is free when heading to emergency shelter when you inform transit driver.  
Call Transit for routes 780-464-RIDE (7433)

## MEN'S SHELTERS

### Hope Mission Edmonton

- 9908-106 Ave, Edmonton

☎ 780-422-2018

### Boyle Street Community

- 10116-105 Ave NW, Edmonton

☎ 780-424-4106

### Mustard Seed

- 10568 114 St NW, Edmonton

☎ 780-424-4106






# Housing and Shelters

## WOMEN'S SHELTERS

### WEAC


- 9611-101A Ave NW, Edmonton


 780-423-5302

## YOUTH'S SHELTERS

### Nova Edmonton John Howard


- 10010 105 St NW, Edmonton

 780-477-0104 or text 587-986-9353

 General: 780-428-7590

### Youth Empowerment and Support Services (YESS)


- 9310 82 Ave NW, Edmonton

 780-468-7070


## FAMILY VIOLENCE SHELTERS

### A Safe Place Sherwood Park

Outreach services available.

 24/7 Crisis line: 780-464-7233

### Alberta Council of Women's Shelters


 Toll free 24/7: 1-866-331-3933


### Sage Safe House Edmonton

Shelter for seniors experiencing elder abuse.

- 15 Sir Winston Churchill Square, Edmonton

 24/7 Senior's Abuse: 780-454-888

 Intake: 780-702-1520

 General: 780-423-5510


# Learning

## Strathcona County Family and Community Services



Offers a wide range of supports, topics, and information sessions on a variety of topics related to wellness, coping strategies, parenting and more.

- Second floor, East Wing, Community Centre  
401 Festival Lane, Sherwood Park


 780-464-4044


 [strathcona.ca/fcs](http://strathcona.ca/fcs)

## Family Resource Network




Offers free educational programs and supports for parents, caregivers, children and youth.


 780-464-4044

 [strathcona.ca/families](http://strathcona.ca/families)

## Community Adult Learning & Literacy Society (CALLS)

Access classes and programs for learning English, reading, writing and math. Free or low-cost programs for newcomers and people who want to improve their literacy and numeracy.


 780-803-8765

 [whatdidyoulearntoday.ca](http://whatdidyoulearntoday.ca)

## Strathcona County Library

Access to workshops, computers, wireless internet, programs and Solaro learning; in-house and through the Bookmobile. Library cards are free to all Strathcona County residents.

- Community Centre, 401 Festival Lane  
Sherwood Park

 780-410-8600


 [sclibrary.ca](http://sclibrary.ca)

# Legal

## Edmonton Community Legal Centre

Legal information and advice for civil claims including landlord-tenant, employment and some family law and immigration. Free educational sessions also available.


Not able to assist in criminal law.

 780-702-1725

 [eclc.ca](http://eclc.ca)

## Legal Aid Alberta Edmonton

Offers legal services at reduced cost to low-income individuals for criminal and civil matters. Legal Aid available in most Youth Criminal Justice and family law matters.

 1-866-845-3425

 [legalaid.ab.ca](http://legalaid.ab.ca)




# Recreation



## Everybody Gets to Play (Recreation subsidy)




Provides a free Active Pass (drop-in recreation activities) and reduced-fee registered recreation programs for eligible residents with limited income.


 780-464-4044

 [strathcona.ca/affordableservices](http://strathcona.ca/affordableservices)

## Kidsport Alberta

Helps families with registration fees and equipment for organized sports for children under 18.

 780-803-8765

 [kidsportcanada.ca/alberta](http://kidsportcanada.ca/alberta)

**Family and Community Services** is connected to a vast network of community supports and resources. If you don't find what you are looking for, a Solutions Navigator can help you find the right support for you.


Call **780-464-4044** or come in person to 401 Festival Place on the second floor.



# Recreation

## Jump Start Canadian Tire


Subsidized registration for sports and physical activities for children ages 4 to 18.

 1-844-937-7529

 [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)

## Sport Central – The Brick

Provides gently used sports equipment. Contact Family and Community Services or a community professional for a referral.

 780-464-4044

 [strathcona.ca/fcs](http://strathcona.ca/fcs)





# Transportation

## Everybody Rides (Transit subsidy)



Provides reduced transit rate for local or commuter bus services for eligible residents with limited income.


 780-464-4044

 [strathcona.ca/affordableservices](http://strathcona.ca/affordableservices)

## Strathcona County Transit Mobility Bus




Accessible transportation for seniors and persons with a disability. Requires application form.

 780-449-9680

 [strathcona.ca/accessibletransit](http://strathcona.ca/accessibletransit)

## Drive Happiness

Matches volunteers with eligible seniors for low-cost transportation.

 780-424-5438

 [drivehappiness.ca](http://drivehappiness.ca)







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