

Community Resources

Resource	What they do/ Questions	What is currently offered/ Answers	Other information
211 Alberta	Online network of human services Call, text (211), or live chat	Option to find to programs and services in the community	https://www.ab.211.ca/
Autism Society of the RMWB 21B- 10019 MacDonald Ave	Provide a support network for autism communities of the RMWB. Provides information, support, and awareness to families, individuals and professionals	2020/03/19 In person services have been suspended until further notice Resources are being posted on their website and facebook page “Any family who requires assistance or materials to enhance or modify school work can contact us and we will work with families individually to provide that.”	email: community@autismrmwb.org Or programdirector@autismrmwb.org Phone: 780-215-2459 Facebook: https://www.facebook.com/AutismRMWB/www.autismrmwb.org
CMHA- Wood Buffalo	Promotes mental health of all and supports people experiencing mental illness	2020/03/20 Phone and email support still remain available to those who need it, however, in-person services have been suspended until further notice. They are looking at alternative ways to service the mental health of all through online programming.	https://www.facebook.com/CMHAWB/SOS www.woodbuffalo.cmha.ca Phone: 780-743-1053 Email: operations@woodbuffalo.cmha.ab.ca Hours: 8:30am - 4pm

<h2>Emergency Financial Assistance</h2> <p>Phone: 1-877-644-9992 Email: css.ascc@gov.ab.ca</p>	<p>If you are facing an unexpected emergency, you can apply for emergency financial assistance</p>	<p>You can apply for the Emergency Needs Allowance if:</p> <ul style="list-style-type: none"> -You are a current Income Support client -You are an Albertan earning an income, but you do not have enough money to cover this one-time, short-term emergency that will last no longer than a month -You meet the Income Support program eligibility requirements 	<p>https://www.alberta.ca/emergency-financial-assistance.aspx?fbclid=IwAR3Z9d9_wTk616_Dtrucqoji_v2FOB-BhUMWGNX8NvmGyU9_kr14DstnKKs</p> <p>Individuals can also go to the Alberta Supports office in the provincial building to set up an appointment</p>
<h2>EI Sickness Benefits</h2> <p>Phone: 1-833-381-2725 (toll free) *this number is only for individuals who are unable to work due to COVID19; they will not deal with other EI claims</p>	<p>Who do you contact for EI benefits if you are unable to work due to COVID19?</p>	<p>There is a number phone number set up for individuals applying for EI due to COVID19. You must submit your application before calling. If you are unable to work, the one-week waiting period has been waived.</p>	<p>https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html</p>
<h2>Food Bank</h2> <p>1011 King Street Client Services: 780-743-1125 ext. 221</p> <p>Hours: Monday to Friday 10am to 8pm</p>	<p>How does a family access the food bank?</p>	<p>2020/03/18 There is no system in place for COVID19; families will need to apply for services by calling Client services and filling out an application</p>	<p>Application and required documentation needed:</p> <p>https://woodbuffalofoodbank.com/get-assistance/</p>

<p>Government of Alberta</p>	<p>What supports are in place from the Government of Alberta?</p>	<p>2020/03/19 Information is constantly changing Information on the following supports can be found on the Government website -Emergency Isolation Support -Utility payment holiday -Student loans repayment deferral -Banks and credit unions</p>	<p>https://www.alberta.ca/covid-19-supports-for-albertans.aspx</p>
<p>NorthReach (Formerly HIV North)</p>	<p>NorthReach provides community based programs and services to help fight against HIV/AIDS and other sexually transmitted diseases. Focus on Harm Reduction; offers addiction counselling.</p>	<p>2020/03/20 Workers are operating from home. - Still answering calls and emails. - Harm reduction bags are available at regular locations. - Naloxone training through video chat - Condom delivery services available - Addictions counsellor (telephone)</p>	<p>Email: fadmin@northreach.ca https://www.facebook.com/NorthreachYM/ Addictions Counsellor: 587-202-0997</p>
<p>Some Other Solutions (SOS)</p>	<p>Are supports being offered?</p>	<p>2020/03/19 Office is closed to the public but accepting phone calls. - virtual counselling sessions available - SOS mentors are working on doing online session with students - should start next week (ZOOM) - youtube page for kids/parents "SomeOtherSolutions Youth" -Rita and Judith (counselors) - video conferences</p>	<p>24/7 Crisis Line: 780-743-4357 Office phone: 780-743-8605 https://www.facebook.com/SomeOtherSolutions/ 2020/03/20 mentor.isy@someothersolutions.ca ** not taking new mentees however there is a possibility of seeing past mentees since they already have their referral forms and would know the kids</p>

<h2>Stepping Stones</h2>	<p>Short-term place for youth (12-17) who are not living at home for various reasons</p>	<p>2020/03/20 Operating as usual Additional screening for COVID19 on intake</p>	<p>102 McConachie Cres 780-750-2252 stepping.stones@woodshomes.ca</p>
<h2>Waypoints</h2>	<p>What services are being offered?</p>	<p>2020/03/20 Unity House Emergency Women's Shelter is fully operational. All other in-person services have been suspended- offering phone and video conferencing client services</p>	<p>Email: intake@waypointswb.ca Phone: 780-743-4691 ext 216 After hours phone: 780-743-1190</p>
<h2>Wood Buffalo Regional Inclusive Committee</h2>	<p>Supports for individuals with mobility concerns/barriers</p> <p>RIC is a collaborative committee working to create an inclusive community free of barriers.</p>	<p>2020/03/18 If someone requires assistance to prepare or requires some essentials, RIC is available to help; contact on facebook.</p>	<p>Email: regionalinclusivecommittee@gmail.com *Private message on Facebook https://www.facebook.com/pg/WoodBuffaloRIC/</p>
<h2>Wood Buffalo Regional Library</h2>	<p>How can families gain Library access and resources?</p>	<p>Visit wbri.ca, click online resources, sign in with your library card</p> <p>Individuals can register with Libby to have access to ebooks and audiobooks</p>	<p>Families will need to have a library card to access online resources through the WBRL website.</p> <p>www.wbri.ca</p>

Counselling Services

Name	Phone #	Address	Information	COVID19 update
Mental Health at the Hospital (Ask for Crisis Nurse)	780-791-6161	7 Hospital Street	When in crisis and need immediate assistance. 24 hours	
Mental Health Walk-in Clinic (FREE) No appointment necessary	780-793-8360	Beside the dollar store in Timberlea (Powder Drive)	A short-term counselling service. If someone arrives in crisis they may be seen on a priority basis. Counselling sessions are 50 minutes. Monday - Friday 9am - 7pm	2020/03/19 Asking people to call to register; they will have a counselor call you back. Trying hard to stick with tele-counseling as much as possible but they will meet in person if needed and there is no illness reported
Wood Buffalo Primary Care Network (FREE)	780-714-2193	#301, 108 Riverstone Ridge	Sania Dookie - Pediatric Mental Health Therapist *Need doctor referral	
Legacy Counselling (FREE under 19 years old)	780-791-3366 ext. 232	160 Dickens Drive	See website: legacycounsellingcentre.org M, W, Th, F 8:00 AM - 4:30 PM Tuesday 8:00 AM - 8:00 PM	2020/03/18 No change in hours or services offered to clients
Access Counseling	780-790-0200	501 Thicket Drive	See website: http://www.canadacounselling.com/services.html	
Journeys of Life Counseling	780-607-1795	208-9914 Morrison St.	See website: https://journeysoflifecounselling.com/	2020/03/18 Not offering face-to-face services. Will use phone or email sessions; possible video counseling in near future
TLC Therapy Tammy Lockyer	780-713-8693	9912A Manning Ave.	See website: TLCTherapy.ca Email: tlctherapyfortmcmurray@gmail.com	2020/03/18 No change in hours or services at this time.

Pathways Consulting (Brenda Smith)	780-788-5067	9912A Manning Ave.	See website: Pathways-Consulting.ca pathwayscounseling@live.ca	2020/03/18 No change in hours or services at this time; Tele-counselling and video-counselling available
Wellness Solutions (Janene Hickman)	780-972-1650	9912A Manning Ave	wellness.solutions@outlook.com	2020/03/20 Doesn't see kids but accepts adults if needed Online services, in-person if needed
TrueNorth Counselling Alexis Laird	587-806-5793	9912A Manning Ave	See website: https://www.truenorth-counselling-and-support-services.com/	2020/03/18 No change in hours or services at this time. Accepting clients. Tele-counselling services available Email: truenorthcounselling@therapysecure.com
Diane West-Walsh	780-880-2125		Reg. Psychologist	2020/03/18 No change in hours or services at this time
Denise Mannell	780-715-7211	http://www.denisemannell.com/	Reg. Psychologist	
Shanneen Goszulak	780-880-7665	169 Kennedy Crescent	Reg. Psychologist	2020/03/20 On-line Counseling only Additional information available at anchoredsoul.ca
Tamara Austin	780-972-6672	Psychsmith 8219 Fraser Avenue Suite G	Reg. Psychologist	
Dr. Courtney Dookie	587-275-4445	8600 Franklin Ave. #616		
Katie Sauret	780-750-8684	55 8106 Fraser Avenue	MaxWell Medical	
Anna Trillana	780-804-0517	138 Williams Place	Tillana-anna@infinitestrength.ca	

Annette Jim	(780) - 881-7136	118 Millennium Dr #5	Reg. Provisional Psychologist annettejimcounselling@gmail.com	2020/03/18 On-line Counseling only Available by phone, text, email during regular business hours 9am - 5pm Evening and weekend appointments available
Jennifer McWhirter	780-881-7414	118 Millennium Dr #5	Reg. Psychologist macwhirterpsychological@gmail.com	2020/03/18 On-line Counseling only Available by phone, text, email during regular business hours 9am - 5pm Evening and weekend appointments available
Jillian Martin	780-804-1218	118 Millennium Dr #5	Reg. Psychologist Jillian Martin Psychology jillianmartinpsychology@therapyemail.com	