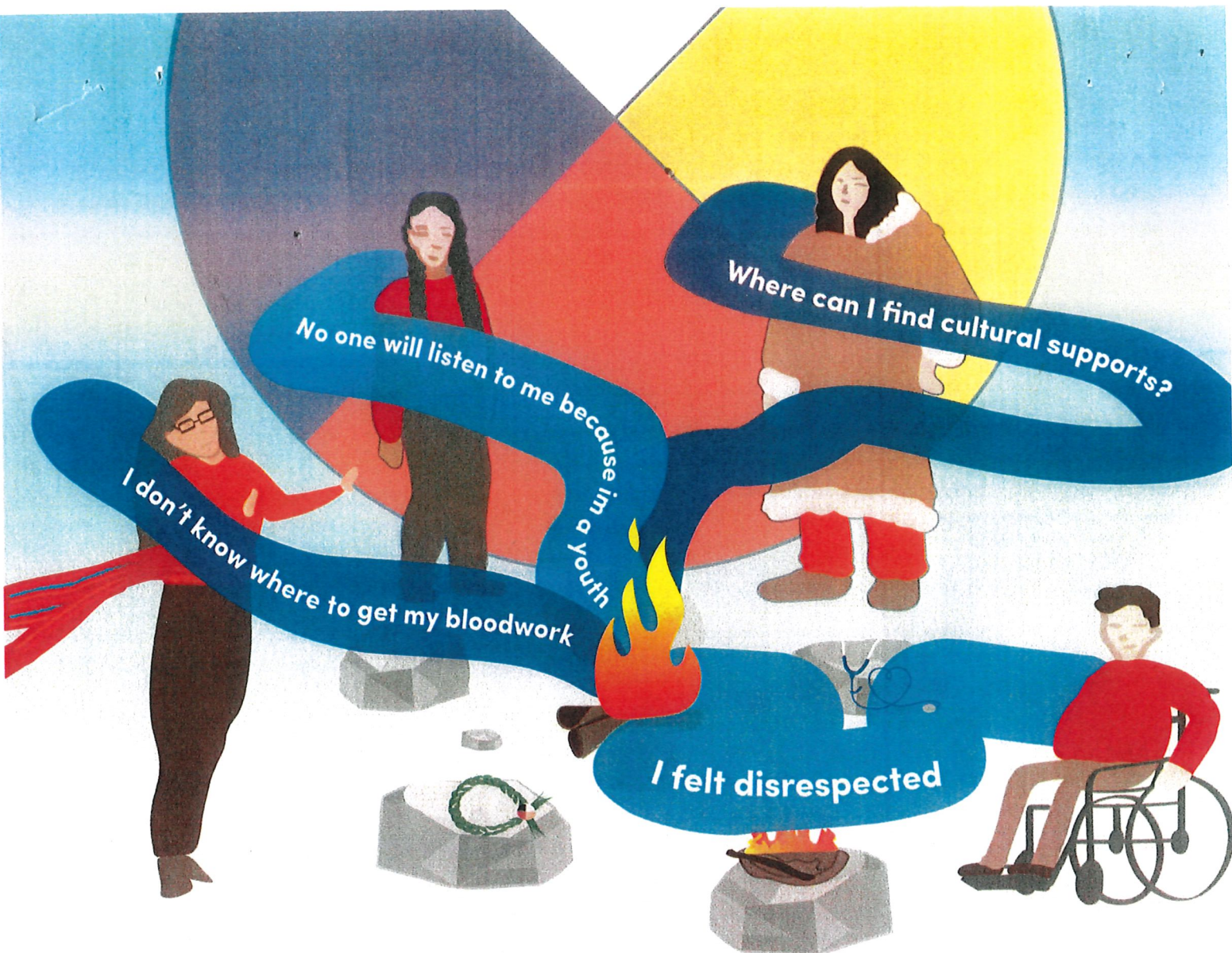




Are you an Indigenous person that has questions about Alberta Health Services, has a concern, or needs to find help or navigation?

- Patient Concerns
- Referrals
- Cultural support
- Primary Care support
- Addiction Mental health support
- General Indigenous AHS support

1-800 Indigenous Support Line:

Walk with me, Talk with me, Learn with me.

Call 1-844-944-4744.

What the Indigenous Support Line is

This toll-free phone service connects Indigenous callers with Indigenous listeners.

You can get help by calling: 1-844-944-4744 from noon to 8 p.m., Monday to Friday.

Our Indigenous listeners will answer your questions and help you get culturally appropriate care. They also help guide you on each step of your healthcare journey.

You can call the support line about any health concern.

You never have to make your healthcare journey alone and help is available to find the right service.

Indigenous Support Line



Call toll-free: 1-844-944-4744
Open: Noon to 8 p.m., Monday to Friday

We acknowledge

Alberta Health Services acknowledges our work is carried out on the traditional territory of many Indigenous peoples. They include the Treaty 6, Treaty 7 and Treaty 8 First Nations and the Métis Settlements of Alberta, the Inuit and the Métis Nation of Alberta, Regions 1-6.

We also acknowledge and respect the treaties made on these territories. As well, we acknowledge the traumatic and painful impact of colonization on Indigenous peoples and recognize eliminating racism in healthcare is a crucial step for reconciliation.

We are dedicated to a collaborative partnership with Indigenous communities, guided by patience, understanding and a commitment to reconciliation.



811 Health Link
Advice 24/7

Indigenous
Wellness Core

Indigenous Support Line



Healthcare advice for Indigenous peoples from Indigenous listeners



811 Health Link
Advice 24/7

Indigenous
Wellness Core

Who the Indigenous Support Line is for

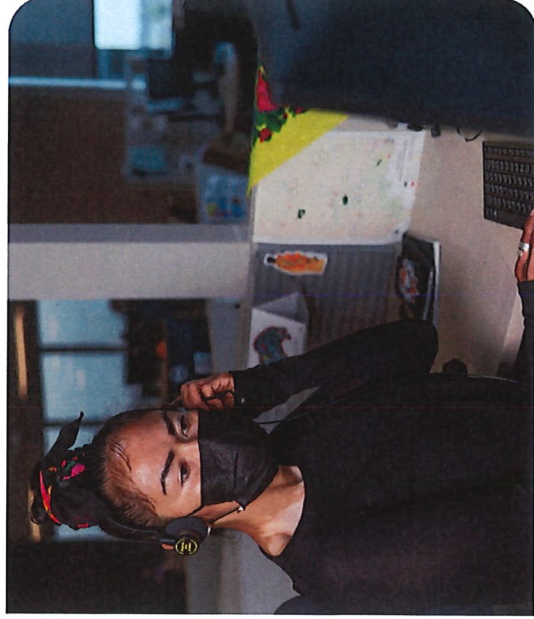
The support line is for First Nations, Métis and Inuit peoples including youth and Elders, living on or off reserve or a settlement or in cities and towns.

Callers can already be getting care, can be starting care or can have had recent care.

Family members can also call the line with their questions or concerns about a loved one loved one.

Who answers the calls

Indigenous listeners are healthcare advisors. They answer and assist all callers to the support line. They can also arrange translators for callers.



Thanks to the Wisdom Council

Alberta Health Services (AHS) thanks the Wisdom Council for promoting the need for the Indigenous Support Line and working with us to offer this help.

The Indigenous Support Line aims to:

- Help Indigenous peoples receive better, easier and quicker healthcare from AHS
- Better connect Indigenous patients, families and communities to other healthcare support such as local community supports, family doctors, Treaty navigators, Métis community wellness advocates, NIHB and transportation.

We will keep working with the Wisdom Council and our Indigenous partners to ensure the support line's success.



Why the Indigenous Support Line was started

Indigenous peoples in Alberta often have trouble trusting the healthcare system.

The Indigenous Support Line is a step towards reconciliation. It is also part of Alberta Health Services' commitment to improving Indigenous peoples' healthcare concerns and experiences.

For more information, email: indigenouswellnesscore@ahs.ca or on our website: ahs.ca/isl

Income Support

Seniors, Community and Social Services

Introduction

Alberta's Income Support program can help with basic living costs and other necessities.

Depending on their needs and situation, individuals may be eligible for assistance.

Benefits

There are three types of benefits:

- **Core Essential:** to assist with essential needs like food, clothing, household needs, personal needs, phone service, laundry and basic transportation.
- **Core Shelter:** to assist with the costs of housing, such as rent, mortgage payments, utilities, property taxes and damage deposit.
- **Supplemental:** to assist with specific one-time or ongoing expenses such as special dietary needs, travel costs, child care and fleeing abuse benefits.

Eligibility

Income Support applicants must:

- live in Alberta,
- be at least 18 years old,
- be a Canadian citizen, permanent resident, refugee or refugee claimant,
- have personal ID and if applicable, information about their spouse/children

Required Documents

Applicants will need:

- identification for themselves, their spouse/partner and any dependent children. Note: applicants leaving an abusive situation are not required to provide spouse/partner information on their application

- bank statements from the past 60 days showing all transactions up to the application date
- a completed Direct Deposit Registration form
- a doctor's letter an applicant is unable to work due to medical reasons

If an applicant is unable to obtain the required documents, they may still submit an application and their situation will be discussed during the assessment process.

How to Apply

Albertans can apply for benefits online or by phone:

- the Alberta Supports Contact Centre
1-877-644-9992, 7:30 a.m. to 8 p.m. M-F
- the Income Support Contact Centre
1-866-644-5135, after hours, 24/7

After applying

- Individuals will be contacted within 7-10 days after their application is submitted.
- Individuals leaving an abusive situation will be contacted within two business days.

Emergency assistance

Emergency benefits may be available, to meet immediate needs such as food, accommodation, clothing and utility disconnections, by contacting the 24-hour Income Support Contact Centre:

- 1-866-644-5135
- Hours 24/7

Contact Us

Alberta Supports Contact Centre: 1-877-644-9992
or visit a local [Alberta Supports Centre](#).

Agency Contact Line

For faster assistance, agency staff
can call the Alberta Supports
Contact Centre at **1-877-644-9992**
and press 6 for immediate
assistance.

Alberta Supports Locations

Airdrie

Email: abworksis-calgary@gov.ab.ca
Phone: 403-297-1907
Fax: 403-297-1954

Athabasca

Email: css.athabascado@gov.ab.ca
Phone: 780-675-2243
Fax: 780-675-2655

Barrhead

Email: css.barrheaddo@gov.ab.ca
Phone: 780-674-8345
Fax: 780-674-8493

Bonnyville

Email: css.bonnyvilledo@gov.ab.ca
Phone: 780-826-4175
Fax: 780-826-8079

Brooks

Email: css.southreg@gov.ab.ca
Phone: 403-362-1278
Fax: 403-793-6595

Calgary East

Email: abworksis-calgary@gov.ab.ca
Phone: 403-297-1907
Fax: 403-297-1954

Calgary North

Email: css.ds-calgary@gov.ab.ca
Phone: 403-297-7200
Fax: 403-297-3115

Calgary South

Email: css.ds-calgary@gov.ab.ca
Phone: 403-297-2020
Fax: 403-592-4291

Camrose

Email: css.ds-central@gov.ab.ca
Phone: 780-608-2525
Fax: 780-672-0861

Canmore

Email: css.ds-calgary@gov.ab.ca
Phone: 403-678-2363
Fax: 403-678-6730

Claresholm

Email: css.ds-calgary@gov.ab.ca
Phone: 403-625-4457
Fax: 403-625-1489

Cochrane

Email: css.ds-calgary@gov.ab.ca
Phone: 403-932-1033

Cold Lake

Email: css.coldlakedo@gov.ab.ca
Phone: 780-594-1984
Fax: 780-594-6402

Crowsnest Pass

Email: css.southreg@gov.ab.ca
Phone: 403-562-3285
Fax: 403-382-3160

Drayton Valley

Email: css.ds-central@gov.ab.ca
Phone: 780-542-3134
Fax: 780-542-4426

Drumheller

Email: css.ds-central@gov.ab.ca
Phone: 403-823-1616
Fax: 403-823-2859

Edmonton City Centre

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778
TTY: 1-780-427-9999

Edmonton Northgate

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778

Edmonton Mill Woods

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778

Edmonton Meadowlark

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778

Edson

Email: css.nwis@gov.ab.ca
Phone: 780-723-8317
Fax: 780-723-8344

Fort McMurray

Email: css.fortmcmurraydo@gov.ab.ca
Phone: 780-743-7428
Fax: 780-743-3056
TTY: 1-800-232-7215

Grande Prairie

Email: css.nwis@gov.ab.ca
Phone: 780-538-6241
Fax: 780-538-5394

High Level

Email: css.nwis@gov.ab.ca
Phone: 780-841-4315
Fax: 780-926-2114

High Prairie

Email: css.nwis@gov.ab.ca
Phone: 780-523-6650
Fax: 780-523-6709

High River

Email: css.ds-calgary@gov.ab.ca
Phone: 403-652-8309
Fax: 403-592-4291

Hinton

Email: css.nwis@gov.ab.ca
Phone: 780-865-8273
Fax: 780-865-8269

Lac La Biche

Email: css.laclabichedo@gov.ab.ca
Phone: 780-623-5215
Fax: 780-623-5489
Leduc Alberta Supports Centre
Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778

Leduc

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778

Lethbridge

Email: css.southreg@gov.ab.ca
Phone: 403-380-2272
Fax: 403-382-3160

Lloydminster

Email: css.ds-central@gov.ab.ca
Phone: 780-871-6480
Fax: 780-871-6487

Medicine Hat

Email: css.southreg@gov.ab.ca
Phone: 403-529-3683
Fax: 403-504-2191

Olds

Email: is.centralregion@gov.ab.ca
Phone: 403-507-8060
Fax: 403-556-4211

Parkland

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778

Peace River

Email: css.nwis@gov.ab.ca
Phone: 780-624-6135
Fax: 780-624-6226

Pincher Creek

Email: css.southreg@gov.ab.ca
Phone: 403-627-1125
Fax: 403-627-3375

Red Deer

Email: is-centralregion@gov.ab.ca
Phone: 403-340-5353
Fax: 403-755-6171

Rocky Mountain House

Email: css.ds-central@gov.ab.ca
Phone: 403-845-8590
Fax: 403-845-8344

Sherwood Park

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778
TTY: 1-780-449-0712

Slave Lake

Email: css.nwis@gov.ab.ca
Phone: 780-849-7290
Fax: 780-624-6212
TTY: 1-800-232-7215

St. Albert

Email: abworksis@gov.ab.ca
Phone: 780-415-4900
Fax: 780-427-4778

St. Paul

Email: css.stpauldo@gov.ab.ca
Phone: 780-645-6473
Fax: 780-645-6487
TTY: 1-800-232-7215

Stettler

Email: css.ds-central@gov.ab.ca
Phone: 403-740-4320
Fax: 403-742-7552

Taber

Email: css.southreg@gov.ab.ca
Phone: 403-380-2272
Fax: 403-382-3160

Vegreville

Email: css.vegrevilledo@gov.ab.ca
Phone: 780-632-8686
Fax: 780-632-8687

Vermilion

Email: is.centralregion@gov.ab.ca
Phone: 780-853-8164
Fax: 780-853-8205

Wainwright

Email: is.centralregion@gov.ab.ca
Phone: 780-842-7500
Fax: 780-842-2535

Westlock

Email: css.westlockdo@gov.ab.ca
Phone: 780-349-7700
Fax: 780-349-8305

Wetaskiwin

Email: css.ds-central@gov.ab.ca
Phone: 780-361-5878
Fax: 780-361-1370

Whitecourt

Email: css.nwis@gov.ab.ca
Phone: 780-778-7149
Fax: 780-778-7137
TTY: 1-800-232-7215

Employment and Financial Services

©2023 Government of Alberta | November 3, 2023 | Seniors, Community and Social Services

Classification: Protected A



Athabasca United Church

Spaghetti supper and silent auction



4817 48 street, Athabasca
Friday November 24th
4:30 to 7 pm \$14/ plate
gluten free spaghetti, vegetarian
and dairy free options





ANFCS Kids Wrap

NOV / 25 / 2023

from 10:00 am – 2:00pm

**Pictures
available**

**for kids ages
5–12**

secret guest

We will be having a concession!

Children can shop on their own and have gifts
wrapped while you wait.

Athabasca Native Friendship Center

Forever **YOUNG** exercise Program

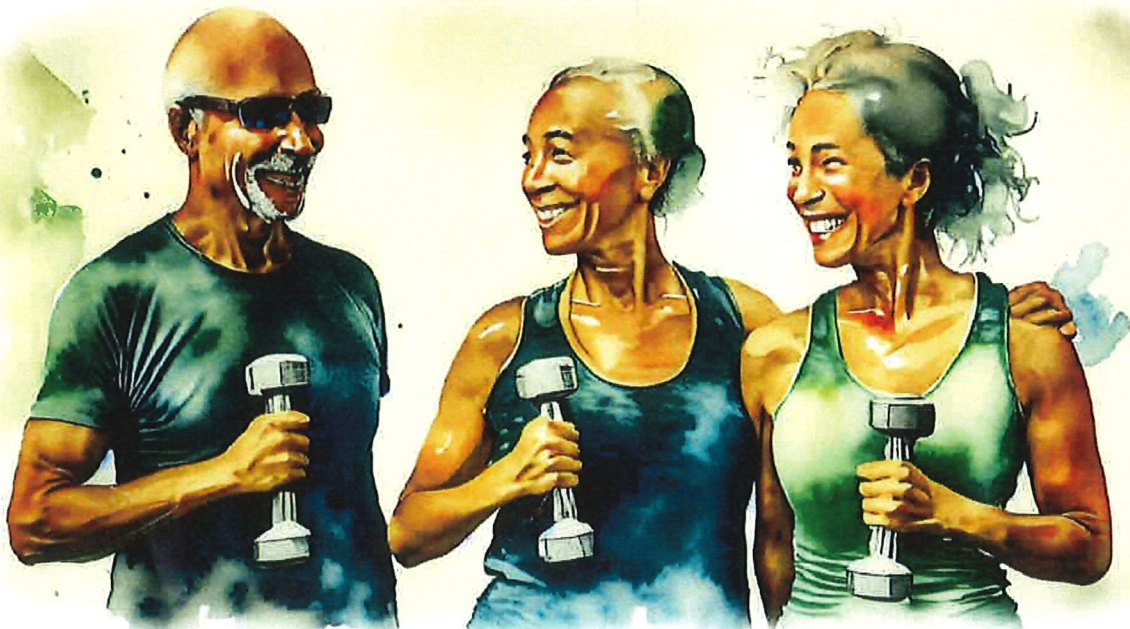
A free program for those
65 and over, focusing on
balance, strength, flexibility,
and aerobic capacity.
All abilities welcome.



Monday/Wednesday
11am - 11:45am
@the Athabasca Senior's Centre
4810 48 Street

Interested?

To ensure it is safe for you to participate, pick up a Get Active
Questionnaire from the Athabasca Health Home at the Aspen PCN,
4919 52 Street - Phone 780-675-9812



Athabasca Family Centre

3598-48 Ave

November 2023

Add us on Facebook: Athabasca Family Centre
780-675-2623



Alberta Provincial Family Resource Networks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
		1. 10:00-11:30am Baby Group 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @EPC pre-register Macrame	2. 10:30am Partners In Time @ Pleasant Valley Lodge Craft 1:30-2:30pm Coffee Chat	3. 10:00-11:00am "Join us at Wandering River Library" (pre-register) Travelling Family Centre 11:30am-1:00pm Wandering River Library Adult Workshop- Journaling Powerful Question (pre-register)	4. 9:00-11:00am Pancakes and Play
6. 9:30-11:00am Sensory Exploring 1:30-2:00pm Coffee Chat 2:00-2:30pm Craft and Shine	7. 10:00-11:00am Bike/Stroller Roller 1:30-2:30pm Coffee Chat	8. 10:00-11:30am Baby Group 1:30-2:00pm Coffee Chat 2:00-2:30pm Craft and Shine	9. 9:00am-12:00pm Home Alone Course *pre-register*	10. 9:00-4:30pm Babysitters Course *pre-register*	11. Centre Closed
13. Centre Closed -in lieu of Remembrance Day-	14. 10:00-11:00am Bike/Stroller Roller 1:30-2:30pm Coffee Chat	15. 10:00-11:30am Baby Group-Baby Yoga/ Massage 1:30-2:30pm Partners In Time @ Extendicare Ball Bingo 3:30-4:30pm Fast Feet@ WHPS school gym 3:30-5:00pm Youth Club @EPC pre-register Board Games/Games	16. 1:30-2:30pm Coffee Chat 11:00am-1:00pm "Join us at Rochester Library" Travelling Family Centre	17. Centre Closed	18. Centre Closed
20. Centre Closed -Staff PD-	21. 10:00-11:00am Bike/Stroller Roller 1:30-2:30pm Coffee Chat 10:30am-12:00pm "Join us at Boyle Library" Travelling Family Centre	22. 10:00-11:30am Baby Group-Public Health Nurse attending 1:30-2:30pm Partners In Time @ Extendicare Nerf shoot 3:30-5:00pm Youth Club @LTIS pre-register Board Games/Games	23. 9:30-10:30am Coffee Chat 10:30-11:00am Craft and Shine 1:30-2:30pm Coffee Chat	24. Centre Closed	25. Centre Closed
27. Centre Closed -Staff PD-	28. 10:00-11:00am Bike/Stroller Roller 1:30-2:30pm Coffee Chat	29. 10:00-11:30am Baby Group 3:30-5:00pm Youth Club @LTIS pre-register Macrame	30. 9:30-10:30am Coffee Chat 10:30-11:00am Craft and Shine 1:30-2:30pm Coffee Chat 9:30am-10:30am "Join us at Grassland Library" Travelling Family Centre		

Baby Group: A time for caregivers with babies under 12 months to meet other caregivers and babies and discuss current topics. Health Nurse in attendance once a month.
Mom/Baby Yoga once a month

Coffee Chat: Let's connect through conversation and discuss topics you are finding challenging

Craft and Shine: Use your creative skills to make a craft. Morning and afternoon craft on the same day will be the same craft

Sensory Exploring: Let your child learn through their senses

Bike/Stroller Roller: Join us as we move and get outside. Meet at the Family Centre and walk/bike around Cornwall. Leave Family Centre at 10:00am ***Weather dependent, check Facebook***

Fast Feet: Join us at WHPS school gym for a fun physical activity program; running, throwing, catching, kicking, movement games and more! Must have indoor shoes.

Partners In Time: Interact with the seniors through a variety of activities (at Extendicare and Pleasant Valley Lodge see calendar for location and times)

Youth Club: See calendar for activity and school location. Please pre-register with Amanda at (780)675-2623

*In the centre

**Outreach

Travelling FAMILY CENTRE

November

Rochester Library
Thurs, November 16, 2023
11:00am to 1:00pm

Boyle Public Library
Tues, November 21, 2023
10:30am to 12:00pm

Grassland Library
Thurs, November 30, 2023
9:30am to 10:30am

Programs

Story Time
Alphabet Detective
Dance & Sing
Caregiver Connection
and more!

FOR MORE INFORMATION
Contact Amanda Potts
Phone: (780) 675-2623 or
apotts@athabascacounty.com



Alberta Provincial Family Resource Networks

Athabasca Family Center YOUTH CLUB LTIS

MUST REGISTER TO JOIN
Limited spots available
3:30 pm to 5:00pm
LTIS Art Room
Wednesday November 22, 2023
Board Games/ Games
Wednesday November 29, 2023
Craft - Macrame
Youth Grade 4 to Grade 6

To register contact FCSS
phone: (780) 675-2623 or
email: apotts@athabascacounty.com

Alberta Provincial Family Resource Networks

Calling Lake Lac La Biche
Athabasca Plamondon
Colinton Caslan
Rochester Wandering River
Boyle Grassland

FAMILY RESOURCE GUIDE

SCAN ME