



Eckville & Area Wellness Coalition

SERVICES AND SUPPORTS DIRECTORY 2025

When asked “How are you feeling?”, we commonly respond with confidence how our physical body feels without considering the effects our mental, financial, nutritional and spiritual health have on physical wellbeing.

The Wellness Coalition has attempted to provide a reference listing groups and organizations that enhance overall well-being. Our sincere apologies to any missed businesses, organizations, groups, or individuals not mentioned in the directory providing these supports.

Please let us know by contacting ecnhp23@gmail.com if you wish to be included in the digital version or the next printed edition.

Eckville and Area Wellness Coalition

2021/08- Reprint & Updated

2025/08- Reprint & Updated

24-Hour Emergency Access

Ambulance, Fire, RCMP (Police)
911

Atco Gas
(gas leaks/gas odors)
403-245-7222 or 1-800-511-3447

Atco Electrical
(power outages and electrical emergencies)
1-800-668-5506

Poison and Drug Information
(Confidential advice on poisons, chemicals, medicines, and
herbal products)
1-800-332-1414

Telephone Linked Resources

211- Information; community/government support referral

411- Directory assistance

511- Alberta road conditions

811- Health Link to speak with a registered nurse

988 - Suicide Crisis Helpline; call or text to connect with
existing services

911- Emergency services: Police, Fire, Ambulance

Always call 911 in any emergency

Crisis Lines

24 Hour Sexual Assault Crisis Line
1-866-956-1099 (call or text)

Red Deer

Suicide Crisis Helpline
988 (call or text)

Children's Services Crisis Unit (after hours)
1-800-638-0715

Kids Help Phone
1-800-668-6868
Text CONNECT to 686868

Calgary Connec Teen
Text 587-333-2724 or 403-264-8336
(online chat <https://calgaryconnecteen.com>)

Mental Health Crisis Help Line
1-877-303-2642

Mountain Rose Women's Shelter Rocky Mountain House
1-877-845-4141

Central Alberta Elder Abuse Emergency Shelter Help Line (HEAR)
1-877-454-2580 or 403-346-6076

Health & Wellness

AHS Health Link
811

Counselling and Support

Addictions Help Line

1-866-332-2322

Central Alberta Sexual Assault Support Centre

(assault or abuse)

403-340-1124

220, 70 College Cir, Red Deer

Central Alberta Child Advocacy Centre

587-272-2233

310, 70 College Cir, Red Deer

Family Violence Help Line

(violence or abuse)

403-310-1818

Alberta Abuse Helpline

(seniors/elder abuse)

1-855-443-5722

Safe Harbour Society

Red Deer

403-347-0181

Central Alberta Women's Emergency Shelter

403-346-5643 or 1-888-346-5643

Red Deer

Mountain Rose Women's Shelter

(programs for male abusers or victims of domestic violence)

403-845-5339

Rocky Mountain House

Women's Outreach

Red Deer

403-347-2480

Financial Assistance

Alberta Supports Contact Centre

1-877-644-9992

Federal Government Programs

1-800-277-9914

Crime & Fraud Prevention

Canadian Anti-Fraud Centre

(marketing fraud and ID fraud complaints)

1-888-495-8501

www.antifraudcentre.ca

Crime Stoppers Tip Line

1-800-222-8477

Protection for Persons in Care

1-888-357-9339

RCMP Complaint Line

403-887-3333

Sylvan Lake

403-845-2881

Rocky Mountain House

RCMP Non Emergency

310-7267; province wide to report property damage, theft, suspicious activity

Local Non-Emergency Services

Eckville Fire Department

(24-hour Volunteer service)

403-746-2551

Eckville Food Bank

403-746-3177

Eckville Public Works

403-396-6931; daytime and after hours

Local Basic Essential Services

Clothing and Household

Thrift Store

Tuesday & Thursday

5104-50 St, Eckville

Gasoline and Diesel

Eckville Gas and Snacks

403-746-3220

5008-48 St, Eckville

Eckville Super Service

403-746-2660

5119-50 St, Eckville

Coop Cardlock

403-746-5135

4804-57 Ave, Eckville

GTI Petroleum Cardlock

403-746-2110

4712-48A St, Eckville

UFA Cardlock

403-746-3112

4804-54 Ave, Eckville

Financial Services

ATB (Alberta Treasury Branch)

403-746-3145

5015-50 St, Eckville

Connect First Credit Union

403-746-2288

5002-50 St, Eckville

Food Services

Alberta Views RV and Golf

780-405-9056 39325 RR 34, Eckville

Box Car

403-746-3050 4825-50 Ave, Eckville

Coop Grocery

403-746-2102 4924-50 Ave, Eckville

Eckville Gas and Snacks

403-746-3220 5008-48 St, Eckville

Family Restaurant

403-746-2050 5012-50 St, Eckville

Insurance and Registration

Westland Agencies

403-746-2151 5102-50 St, Eckville

Mechanical/Tire

Nu Way Auto

403-598-0974 5119 50 St, Eckville

Performance Tire Auto and Car Wash

403-746-3100 5604-48 St, Eckville

Sparrow's Auto Service

403-746-3206 4840-49 Ave, Eckville

TABLE OF CONTENTS

Table of Contents

Senior Services

Dementia Advice and Support	9
Driving Skills	10
Elder Abuse	10-11
Grief Support and End of Life Support	11-12
Financial Services	13-14
Funeral Planning	15-16
Frozen Food.....	17
Guardianship.....	17
Health Care	17
Hearing	18
Housing Options and Support.....	18-22
Senior's Safety Support.....	22-24

General Information

Employment and Government Offices
Educational Schools and Daycares
Frauds and Scams

Financial Supports

Income Supports
Credit Counselling
Money Mentors
Financial Planning

Medical Health Care Services

Health Care Providers, Health Link
Diagnostic Services, Laboratories
Health Centres and Hospitals, Primary Care Network
Medical Clinics, Natural Health Services, Pharmacy
Physiotherapy, Chiropractic, Mobility

TABLE OF CONTENTS

Mental Health and Addiction Supports	35-38
Counselling Services	
Support Resources and Help Lines	
Indigenous Supports	38
Legal Services	39-40
Central Alberta Services	
Legal Counselling and Guidance	
Religious Services	41
Leisure, Social & Volunteer Groups	42-45
Library, social groups	
Non-profit organizations	
Recreation	45-46
Activities, sports, gyms, classes	
Utilities	47
Call Before You Dig	
Utility rates and advice	
Technology/Internet Services	48
Waste Transfer Site	48
Family and Children's Resources	49-50
Family Resource Network (FRN)	
Family Community Support Services (FCSS)	
Youth and Teen Resources	51

SENIOR SERVICES

Senior Services

CRTC National DO NOT CALL List

1-866-580-3625 to register

1-800-282-1376 for complaints

Stop or report unwanted promotional phone calls

Dementia Advice

Health Link

811

24-hour health advice, refer to dementia nurse who can link callers to services in their area

www.myhealth.alberta.ca

Caregivers Alberta

1-877-453-5088

Provides resources, mental health support, and education for people caring for family or friends

Specialized Geriatric Services

403-314-3297

Red Deer Primary Care Network: 5120-47 St, Red Deer or Red Deer Regional Hospital: 3942-50 A Ave
Services for adults age 65 and older with a recent or undiagnosed decline in health or function level; requires doctor's referral

SENIOR SERVICES

Alzheimer Society of Alberta and NWT

1-866-950-5465 G5-5550 45St, Red Deer

Free information, education and support including help navigating the health system

Driving Skills Resources

AMA Mature Driver Course

1-833-374-8733

Classroom instruction and in-car refresher; 2 hours; offered in Red Deer

AMA Brush-Up In-vehicle Lesson

1-833-374-8733

Evaluation of driving ability to identify continuing skill and make recommendation for improvement; 2 hours; in Red Deer

AMA Refresher Lessons

1-833-374-8733

In class lessons to improve areas of concern and increase confidence; 6 hours; offered in Edmonton and Calgary

Elder Abuse

Any action or inaction by self or others that jeopardizes health or well-being, acts of harm or neglect resulting from failure to act; includes physical, financial, sexual, emotional, spiritual, medical and/or neglect

SENIOR SERVICES

Alberta Abuse Helpline 1-855-443-5722

It's Not Right! Neighbors, Friends & Families for Older Adults (INR)

Program to teach people of all ages to recognize warning signs and how to respond safely and effectively to signs of abuse and neglect

<https://itsnotright.ca>

Non-emergency Elder Abuse Telephone Line 1-877-454-2580

Information and resources for abuse by loved ones or care givers including neglect, medical, financial and emotional abuse

Grief Support

Bereavement Support

403- 343-4715 Red Deer Hospital

8 weeks, information and strategies to learn about loss and how to cope with grief. Focus on different topic each week

SENIOR SERVICES

End of Life Support

Ask your physician about Palliative Care and End of Life options available to you and your family.
Bereavement support offered to assist families coping with loss and grief during illness

Red Deer Hospice

403-309-4344 99 Arnot Ave, Red Deer
Admission starts with a conversation with your physician, charge nurse or homecare nurse; meals and medical support; single room accommodation
www.reddeerhospice.com

Compassionate Care Hospice

403-895-4030 5010-B 50 Ave, Rocky
Offers home-like suite with small kitchenette and separate bedroom; meals and medical support.
Suite located at Clearwater Center (5615 60St)

Rural Palliative Care In-Home Funding Program

Funding for direct care to assist in staying at home; contact Home Care for additional information about services covered and payment

SENIOR SERVICES

Financial Services

Alberta Supports Contact Centre

1-877-644-9992

Senior Benefit Program; Property Tax Deferrals
Seniors Home Adaptation and Repair Programs
Includes basic dental, optical and senior's special
needs programs. Apply 3 months prior to 65th
birthday. Offices in Red Deer and Rocky

seniors.alberta.ca

Federal Government Programs

Red Deer Service Canada Centre

1-800-622-6232 101- 4901-46 St Red Deer
Canada Pension Plan (CPP (may start at age 60));
Guaranteed Income Supplement (GIS); Old Age
Security (OAS), Apply 6-10 months prior to 65th
birthday. Disability and Survivor benefits; Dental
Care; Allowance for low-income seniors (age 60-
64).

Canada Revenue Agency (CRA)

1-800-959-8281 (for individual tax enquiries)

Register online to access your tax information
(canada.ca/my-cra-account)

Phone 211 for low income/simple tax reports
prepared by volunteers

SENIOR SERVICES

Disability Tax Credit for Seniors/National Benefit Authority

1-800-959-8281

For severe and prolonged mental or physical impairments, non-refundable tax credit to assist with elder care services; income-based program

Requires Form T2201 – Disability Tax Credit Certificate completed by a qualified medical professional

www.canada.ca

A.C. Warning and Associates Inc “Debt Solutions People”

1-800-463-3328

Free seniors advice for co-signing loans debt repayment plans, bankruptcy, divorce and financial crisis; licensed trustees

www.debtfree.ca

Senior’s Tax Assistance; Ron Blaney

403-746-3328 (Total Health) 5015-51 Ave, Eckville
Local assistance with income tax forms, questions and document submissions; minor fee

Eckville FCSS 5023-51 Ave, Eckville

403-746-3177

Tax assistance for Low Income and Seniors, government benefit program information

Sylvan Lake FCSS

403-316-5900

Free tax assistance for low income, appointment based

SENIOR SERVICES

Funeral Planning

Funeral Homes

Assist with funeral planning, arrangements, grief support; prepare death certificates

Provide checklists, vital statistics forms, document and personal papers recording forms

Parkland Funeral Home and Crematorium

403-746-2024 5014 50 St, Eckville

403-340-4040

www.parklandfuneralhome.com

Alberta Funeral Services Regulatory Board

1-800-563-4652 180 2755 Broadmoor
Blvd, Sherwood Park

Provides information about funeral planning and prearranged funerals to the public

Investigates complaints about funeral service providers

Regional Cemeteries

403-746-2171 Eckville Town Office

Contact information and location of the districts' community cemeteries

SENIOR SERVICES

Executor's Role Following a Death

Informs Canada Revenue Agency (CRA) 1-800-959-8281, death and transfers benefits

Informs Service Canada 1-800-277-9914 to cancel OAS and CPP. Obtains Lump Sum Benefit entitlement form from funeral home

Informs Alberta Seniors Benefit 1-877-644-9992 to cancel health benefits

Informs Employment Insurance 1-800-622-6232 if EI is being received

Contacts Insurance companies (OmbudService for Life and Health Insurance maybe able to assist to locate misplaced policies; 1-888-295-8112)

Cancels Credit cards; closes bank accounts and safety deposit boxes

Informs Alberta Health if death outside Alberta (310-0000 then 780-427-1432) and Alberta Blue Cross 1-800-661-6995 for survivor card replacement

Handles Land Title changes 1-780-427-2742 (Edmonton) or 403-297-6511 (Calgary)

Handles vehicle registration and insurance at registry office and insurance company

Arranges for the Will to be processed

Golden Circle Services

403-343-6074 4620-47A Ave, Red Deer

Individually sealed packaged frozen meals, microwaved; prearrange ordering and pickup.

Order in person, by phone or e-mail

www.goldencircle.ca

SENIOR SERVICES

Guardianship

Office of Public Guardian and Trustee

403-340-5165 203 4920 51 St, Red Deer

Assists families understand the management of another's affairs; administers estates; provides information and resources on personal directives and applications under Adult Guardianship and Trusteeship Act

www.alberta.ca/office-public-guardian-trustee.aspx

Health Care Benefits

Alberta Aids to Daily Living (AADL)

Eckville Health Care Centre or 811

Provides basic medical equipment and supplies to help chronic, disabled or ill individuals remain at home after assessment by health care professional; cost share based on income

health.alberta.ca/services/AADL-benefits.html

The Lending Cupboard

403-356-1678 #1 7803-50 Ave, Red Deer

Lends medical equipment for home use, ages children to seniors; minimal deposit required

Medi-Lend

403-887-9989 5043-50A St, Sylvan Lake

Short term medical equipment loan; accepts donated new or gently used items

SENIOR SERVICES

Hearing

Deaf and Hear Alberta

1-866-471-2805

Services and technology for deaf and hard of hearing; devices available

Canadian Hard of Hearing Association

1-780-428-6622

Home Support

West Country Family Services

403-845-2033

Rocky Mountain House

Home maker assistance/friendly visits for older adults, rates vary, wait times depend on staff availability

Sylvan Lake FCSS

403-887-1188 4725-43 St, Sylvan Lake

Home maker assistance

Housing

Seniors Home Adaptation and Repair Program

1-877-644-9992

Alberta Supports

Provincial assistance for home adaptation and repair

Alberta.ca/seniors-home-adaptation-repair-repair-program

SENIOR SERVICES

Landlord and Tenant Consumer Contact

1-887-427-4088

Landlord and tenant's rights and responsibilities; how to resolve disputes

Seniors' Lodge Program

1-877-644-9992

Alberta Supports

Rooms with meal service, housekeeping, laundry, and recreational services

Functionally independent seniors

Administered by local housing management boards

Rental fee

[www.alberta.ca>affordablehousing](http://www.alberta.ca/affordablehousing)

Continuing Care- Residential Accommodation Charges

Residents are responsible for accommodation and additional support services that are not part of the health care services.

Accommodation charges change annually in August based on Alberta Consumer Index.

Financial assistance is available for eligible low-income residents

<https://www.alberta.ca>

SENIOR SERVICES

Reporting on Supportive Living and Long Term Care Accommodations

1-888-357-9339

Monitoring by Alberta Health for compliance to standards on meals, building maintenance, security and housekeeping

www.standardsandlicensing.alberta.ca

Individuals may make a complaint about the accommodations or services by: contact manager; followed by resident and family council; forward to intake officer 1-888-357-9339 if unresolved

Housing Options in Alberta

Home Living

Live in own home and are able to access publicly funded home care services through Alberta Health Services Home Care Program without help

Seniors Subsidized Housing in Lacombe County

403-782-4118 Lacombe Foundation

Waiting list; placement is determined by need
Smoke free environment; tenants responsible for liability and personal property insurance
Application form located on website under Community Housing “Application Form” (or Rent Assistance Benefit)

Eckville – Golden Villas (8 Suites)

Bentley – Oxford Court (6 Suites)

www.lacombefoundation.ca

SENIOR SERVICES

Supportive Living

403-746-2661 5111-51 Ave, Eckville

Lodge setting; provides basic housekeeping, laundry services, security and common area for meals and social activities. Independent in personal care and medically stable; 24 hour non-medical staffing; may receive Home Care support

Application forms located on website under "Application Form for Eckville Manor House"

35 rooms, applications evaluated for eligibility

www.lacombefoundation.ca

Continuing Care Type B (formerly Designated Suppprtive Living)

403-746-2661

1-855-371-4122

For those who may require 24 hour personal care, occasional and/or scheduled professional care such as Home Care, or are unable to live at home

Eckville Manor House offers this for those who do not qualify for long term placement; 15 beds available. Requires assessment by an Alberta Health Services Case Manager

www.albertahealthservices.ca

SENIOR SERVICES

Continuing Care Type A (formerly Long Term Care)

Accommodation and health services with access to nursing services on 24 hour basis; provide care for those with complex needs, medications, nutrition, extensive assistance or unstable behaviors

Rimbey Hospital and Care Centre 403-843-7807

Good Samaritan Clearwater Centre

Rocky Mountain House 403-845-6033

Bethany Sylvan Lake 403-887-7741

Bentley Care Centre 403-748-4115

www.albertahealthservices.ca

Lifeline

403-887-1137, ext 444

Medical alert system that keeps seniors safe and independent in their homes; 24 hours

Telus Health Medical Alert

1-888-505-8008

In home and mobile support systems, caregiver mobile app allows monitoring; payment plans; 24 hours

SENIOR SERVICES

Medical

Alberta Blue Cross

403-343-7009

103-5002-55 St, Red Deer

Prescriptions, insulin supplies, ambulance, psychology, chiropractic, optical, home nursing care services; pay portion for service

Canadian Dental Care Plan

1-888-888-8110

101-4901-46St Red Deer

All ages (and family members) without dental plans who have filed tax returns and below \$90,000 income may be eligible for some dental services. Coverage varies based on income. Federal program

Office of Alberta Health Advocates

310-0000 then

9th Floor, 106 St Tower

780-422-1812

10055-106St, Edmonton

Listens to health and mental health service concerns and assist in finding ways to address these. Refers people to appropriate programs and services to address concerns. Provide assistance on patient rights and mental health rights

www.albertahealthadvocates.ca

SENIOR SERVICES

Protection for Persons in Care

1-888-357-9339

Responds to reports of abuse involving adults receiving government-funded care in lodges, nursing homes, hospitals and supportive living facilities; failure to report abuse is an offense. May also report to RCMP

www.alberta.ca/protection-for-persons-in-care.aspx

Respite Care

403-746-2201

Contact Home Care at Eckville Health Care Centre

Transportation

West Country Family Service Association

403-845-2033 Rocky Mountain House

Subsidized, volunteer-based community access with emphasis on seniors medically necessary appointments and social activities if space available. Priority to Clearwater County residents. Fees range \$10-\$100 depending on destination, trips must be booked 24 hours in advance

GENERAL INFORMATION

General Information

Employment Office

Lacombe Employment Centre

403-786-0044 5230-45 St, Lacombe Centre Mall, Lacombe
Assist with resumes, cover letters and interview skills; job search
resources; labor market and education information. Free

www.employmentcentre@action-group.org

Government Offices

Member of the Legislative Assembly

403-638-5029

rimbey.rockymountainhouse.sundre@assembly.ab.ca

Member of Parliament

1-587-621-0020

www.blainecalkinsmp.ca

Office of the Ombudsman Alberta

1-888-455-2756

Responds to complaints of unfair treatment by provincial
government agencies/departments and specific professional
organizations

Passport Canada/Passport office

1-800-622-6232 101-4901-46 St, Red Deer

<https://www.canada.ca/passport>

Justice Centre (Provincial Court House)

403-340-5250

4810-48 Ave, Red Deer

www.albertacourts.ca

Service Canada

1-800-622-6232

101- 4901-46 St, Red Deer

SIN, Employment records; Family, children and senior's benefits;
Passports; Low-income grants

www.canada.ca/service-canada-home

Veterans Affairs

1-866-522-2122

Benefits for Veterans, still-serving CF and RCMP

GENERAL INFORMATION

Municipal Offices

Eckville Town

403-746-2171

www.eckville.com

5023-51 Ave, Eckville

Clearwater County

403-845-4444

www.clearwatercounty.ca

4340-47 Ave, Rocky Mountain House

Lacombe County

403-782-6601

www.lacombeounty.com

40403 RGE RD 274, Lacombe County

Red Deer County

403-350-2150

www.rdcountry.ca

38106 RGE RD 275, Red Deer County

Educational Schools and Daycares

Schools

Eckville Elementary

403-746-2297

Eckville Junior/High School

403-746-2236

www.ees.wolfcreek.ab.ca

www.ehs.wolfcreek.ab.ca

Charlotte Small Elementary

403-729-3868

David Thompson High

403-729-3930

charlottesmall.wrsd.ca davidthompson.wrd.ca

Ecole Mother Teresa School

403-887-6371

www.ecolemotherteresa.ca

Ecole Our Lady of The Rosary School

403-343-2568

www.olrschool.ca

Day Cares

ABC Discovery Child Care

403-302-3833

5101-50 St, Eckville

Offers full time for ages 0-6, focus on learning through play, certified staff

Razzle Dazzle Child Care

403-887-3332

220-5028-50A St, Sylvan Lake

Licensed private home settings, mixed age groups

GENERAL INFORMATION

Adult Learning

County of Lacombe Lifelong Learning Association (CLLLA)

403-782-7955

5230-45th St, Lacombe Centre Mall

Adult learning programs in literacy, languages, employment enhancement and community enhancement

www.cllla.com

Campus Alberta Central (CAC)

403-823-8300

Adult training in trades, business, health care and human services in partnership with a college to provide post secondary programs throughout central Alberta

www.campusalbertacentral.com

Facility/Hall Rental

403-746-2171

Information available at Eckville Town Office

Fraud and Scams

The Canadian Anti-Fraud Centre

1-888-495-8501

Frauds include financial schemes or miracle health cures that seem too good to be true; unexpected lottery wins; money transfer requests; telephone requests for personal information (phishing) or identity theft

Report to local RCMP if your property has been stolen or if you have been threatened or assaulted by a scammer

Contact your bank if access to your accounts, credit cards or online services is suspected

FINANCIAL SUPPORTS

Financial Supports

Income Issue Related

GST Credit Checks/Canada Revenue Agency Enquires

1-800-959-8281

Alberta Supports

1-877-644-9992

2nd Floor, 4911 51 St, Red Deer

403-340-5353

Support and financial assistance to parents, families, homeless, job seekers, disabled, abused and family violence prevention

Assured Income for the Severely Handicapped (AISH)

1-877-644-9992

2nd Floor, 4911 51 St, Red Deer

403-340-5353

Monthly living allowance, health, personal benefits for adults with permanent disability that severely limits the ability to earn a living

Income Support Contact Centre (Alberta Supports)

403-340-5353

2nd Floor 4911 51 St, Red Deer

403-845-8590

4919-51 St, Rocky Mtn House

Helps find and apply for family and social supports for those who do not have resources to meet basic needs (clothing, food, shelter); appointment or on-line application

Debt Issue Related

Credit Counselling Canada

1-866-398-5999

Free credit counselling, budget assistance, options for debt; workshops on money management

www.creditcounsellingcanada.ca

Money Mentors

1-888-294-0076

Free financial education and advice, provides Orderly Payment of Debts (OPD) as an option to bankruptcy; personal money coaching

www.moneymentors.ca

FINANCIAL SUPPORTS

Consumer Issue Related

Better Business Bureau
403-517-4222 (complaints)
403-531-8784 (general information)

Provides information to consumers on reliability of a company;
takes customer complaints and provides mediation process
bbb.org

Costumer Contact Centre Service Alberta
1-877-427-4088

Information on door-to-door sales, contracting, cemeteries,
funeral services, charitable fundraising, and landlord/tenant. Also
investigates consumer complaints

Investment Related

Alberta Securities Commission
1-877-355-0585

Free, impartial information on investing; ability to check on
individual or firm selling an investment or make a complaint

www.asc.ca

S.R. (Rick) Anderson, Financial Planning and Insurance

403-746-8160 5108-50 St, Eckville
Short and long term financial planning to determine needs and
ways to achieve and preserve assets including future income and
withdrawal plans; life, group, disability, and travel insurance

HEALTH CARE SUPPORTS

Medical Health Care Services

Goals of Care Designation

Medical order that generally describes the general focus of your medical care; written by doctor or nurse practitioner; forms are available at Physician or Home Care offices

www.myhealth.alberta.ca

Dentists

Available in Bentley, Rimbey, Rocky Mountain House and Sylvan

Denturists

Located in Red Deer, Rimbey, Rocky Mountain House and Sylvan

Health Link Alberta

811

Free nurse advice on general health concerns. Nutritionist available for dietary advice. Assistance in navigating the health system. 24 hour service

www.myhealth.alberta.ca

MyHealth Record

Electronic access to your personal diagnostic tests; requires on-line registration; parents/guardians may be able to access records of minor children

www.myhealth.alberta.ca

Diagnostic Services (Labs, x-ray, Scans, Bone Density)

CAMIS, Red Deer

403-343-6172 115 Beju Industrial Drive, Red Deer

CAMIS, Sylvan Lake

403-864-0130 33 Beju Ind Dr, Sylvan Lake

Sylvan Lake Community Health Centre

1-877-702-4486 (to book an appointment)

X-ray is walk-in

4602-49 Ave, Sylvan Lake

www.albertaprecisionlabs.ca

HEALTH CARE SUPPORTS

Home Care Registration Office

1-855-371-4122

Home Care is eligible to anyone living in Alberta of any age with a valid health care card and can be requested by you, family, friend, neighbor or health professional. Registration required to receive services including after surgery care, short/long term care, palliative, respite or equipment loans.

Hospitals or Health Care Facilities

Eckville Community Health Center

403-746-2201 5120 51 Ave, Eckville

Home Care, Seniors social programs and health care system supports, Public Health from infant to preschool (Immunizations for all ages); Water sample drop off; School Health; Health promotion

www.albertahealthservices.ca/findhealth/facility

Sylvan Lake Community Health Center

1-403-887-2241 4602-49 Ave, Sylvan Lake

Advanced Ambulatory Care

Community Addictions and Mental Health

Lab/x-ray

Seniors Mental Health and Out Reach Programs, Home Care; Public Health; Water sample drop off

www.albertahealthservices.ca/findhealth/facility

Red Deer Regional Hospital

403-343-4422 3942-50A Ave, Red Deer

Red Deer Cancer Clinic

403-343-4526

3942-50A Ave, Red Deer

Rimbey Hospital

403-843-2271 5228-50th Ave, Rimbey

Rocky Mountain House Health Centre

403-845-3347 5016-52 Ave, Rocky Mountain House

HEALTH CARE SUPPORTS

Medical Clinics

Eckville Medical Clinic (Akamihk Health Care Services)

587-742-1244

5120 51 Ave, Eckville

Family practice for all ages from infants to end of life; basic medical services and referrals; drivers' exams; laboratory and diagnostic scan requisitions. Appointment and walk-ins welcomed

Primary Care Network (PCN) Wolf Creek

Speak with your physician to access in person medical and mental health services. Support programs and classes are available virtually to improve quality of life and help manage or prevent various health conditions

<https://wolfcreekpcn.com>

Optical/Optometrists

Available in Rimbey, Rocky Mountain House, Sylvan Lake

Public Health

Central Zone Health Promotion Facilitator

403-356-6356

www.albertahealthservices.ca

Health Associations, Societies and Foundations

Many chronic illnesses offer information and support groups by contacting their respective organizations

The Arthritis Society

1-800-321-1433

Alberta Cancer Foundation

Patient Financial Assistance Program

1-403-355-3207 (Tom Baker Cancer Center, Calgary)

1-780-391-7664 (Cross Cancer Institute, Edmonton)

HEALTH CARE SUPPORTS

Natural Health

Total Health

403-746-3328

5015-51 Ave, Eckville

Full selection of natural foods and supplements; nutrition classes; nutritional counselling; cooking classes focused on vegetarian dishes and natural plant-based seasoning blends

www.totalhealthineckville@gmail.com

Eckville Massage

403-304-8434

5110 50 St, Eckville

Reflexology, massage, relaxation; insurance company direct billing

<https://m.facebook.com/EckvilleMassage>

Pharmacy and Medication Information

Eckville Pharmacy

403-746-2622

5017 50 St, Eckville

Fax 403-746-2585

Prescription and medication services; drug information; immunizations; vitamin and herbal supplements; personal care products. Prescribing, Travel Vaccines, Strep Testing available.

Poison and Drug Information Services (PADIS)

1-800-332-1414

Poison information from pharmacists, nurses and toxicologists; 24 hours

HEALTH CARE SUPPORTS

Physical, Chiropractic and Mobility Therapy

Chiropractors

Back Country Chiropractic

587-378-4243

5604-48 St, Eckville

Diagnosis, treatment and preventative care using therapy combinations related to back, neck, joint pain relief, headache, arthritis, work and sports injury; rehabilitation and exercise programs. Cranial and TMJ, soft tissue therapy. All age groups.

Direct billing available

www.backcountrychiro.ca

Mobility

Legacy Prosthetics and Orthotics

403-227-4445

5-5016-50 St, Eckville

Free consultations. Foot, ankle, knee braces and hand, wrist braces designed to meet needs with fitting session to ensure optimal fit, use and instructions for repair or adjustment. Custom made and designed upper and lower leg prosthetics

www.legacyprostheticsandorthotics.ca

Physiotherapy

Available in Rimbey, Rocky Mountain House and Sylvan Lake

Travel Health

Immunizations required or recommended for those planning on travelling outside Canada obtained by contacting public health, 811, pharmacy or physician six weeks prior to travel.

my.healthalberta.ca

MENTAL HEALTH SERVICES

Mental Health and Addiction Supports

Community Located

Gillespie Psychological

587-701-7647

201-5108-50 St, Eckville

Counselling: therapy to address social, emotional and behavior challenges; psychological assessments and diagnosis consultations for children and adults. In person or virtual. Payment options

www.gillespiepsych.ca

Sylvan Lake Addiction and Mental Health Clinic

1-403-887-6777

Health Centre, 4602 49 Ave, Sylvan

Offers Seniors Out Reach assessment, can be requested by family or care provider, non-urgent planning, lab work required prior. Out Reach Programs for Adults requiring chronic care under referral basis and single self referral on 1st come basis.

Farm Families and Employees

National Farmer Crisis Line

1-866-327-6701

24 hour free support trained in ag specific stressors, ages 16+ (12-15 with guardian consent)

National Farmer Wellness Network

1-866-327-6701

Coping strategies or talking with others on subjects related to weather/yield/markets, burnout/isolation/family tension, substance use/unhealthy strategies; free

AGKNOW Alberta Farm Mental Health Network

Free; webinar and resource Alberta community-based addressing self, family and employee support needs

agknow.ca

AGTALK

Online support and connection, age 16 + access; anonymous
domore.ag/agtalk

Public Access Groups

MENTAL HEALTH SERVICES

Addiction and Recovery Alberta

1-888-594-0211

Adult/Seniors short term program identification screening to identify needs for moderate to severe mental health, self referral. Addiction Counselling screening and referral if appropriate for adults and adolescents, self referral.

Mental Health Helpline

1-877-303-2642

Offers help for mental health; staffed 24 hours

AHS Addiction and Mental Health Access

403-340-5466

49 St Community Health Centre
4733 49 St, Red Deer

Adult non-urgent services including assessment, referral, consultation, short term therapy; walk-in single counselling sessions; substance use or gambling problem treatment programs
www.albertahealthservices.ca

Canadian Mental Health Association (cmha)

403-342-2266

5017-50 Ave, Red Deer

Identifies supports, resources, education and training options available
cmharedder.ca

Rapid Access Counselling

1-897-244-2360

Affordable, single 45-90 minute sessions, phone or video chat counselling sessions with a qualified professional; connect to a counsellor within 3 business days; therapy followed by time to practice and learn skills; payment by affordability; consent required if under 18

www.communityconnectyyc.ca

Recovery College

MENTAL HEALTH SERVICES

403-967-0475 303-4805-48 St Red Deer

Free on-line or in person sessions focused on helping individuals recognize and develop own potential within peer supported experience and educational leaders. Age 16 +

<https://recoverycollegecentralalberta.ca>

Togetherall

Anonymous, age 16 +; on-line peer to peer support for mild mental health concerns; not for 1:1 counselling or crisis situations; access to information and courses; supervised by trained practitioners; 24 hours

<https://togetherall.com>

Mental Health Support (Veterans)

1-800-268-7708

Free, confidential for veterans, former RCMP, families and caregivers

www.veterans.gc.ca

Health Addiction Organizations and Support Groups

Addiction Services Help Line

1-866-332-2322

Supports for the individual and family members where concerns with gambling, alcohol and other drug use: free
myhealthalberta

Alcoholics Anonymous Eckville (Area 78)

Closed meetings, members only or those "having a desire to stop drinking"; Thursdays 7:30-8:30pm at Eckville Friendship Centre

Alcoholics Anonymous Red Deer

587-377-1117 4929-50 St, Red Deer

www.reddeeraa.org

Narcotics Anonymous

1-877-463-3537

MENTAL HEALTH SERVICES

Meetings located in various locations in central Alberta; desire to stop using

www.centralalbertaareana.com

Gambling Help Line

1-866-332-2322

Alberta Quits Helpline

1-866-710-7848

Tobacco cessation counsellors help plan to quit, manage cravings;
8am-8pm

<https://albertaquiets.healthiertogether.ca>

Smoker's Help Line

1-866-366-3667

Virtual Opioid Dependency Program

1-844-383-7688

Medical team supported, in patient stays at various locations in Alberta, applicants and programs vary by location

vodp.ca

Indigenous Supports

Hope for Wellness Help Line

1-855-242-3310

www.hopeforwellness.ca

Indigenous Support Line

1-844-944-4744

Free, family centred health advice with linked cultural supports

www.abertahealthservices.ca

Native Friendship Society

403-340-0020 (Red Deer)

403-845-2788 (Rocky Mountain House)

LEGAL SERVICES

Legal Information and Services

Legal Documents Referred to in Estate Planning

Personal Directive

Legal document that allows you to name an individual you trust to make personal, medical, care decisions on your behalf in the event you are unable; ends at time of death

Enduring Power of Attorney

Legal document that allows you to name an individual you trust to make financial and legal decisions on your behalf either immediately or in the event you are unable; best if prepared by lawyer

Supported Decision Making

Allows you to name an individual to obtain personal information on your behalf that may help you make personal decisions

Will

Legal document where you provide a statement about how to divide your property/estate after death; must be written

www.oaknet.ca

www.alberta.ca/office-public-guardian-trustee.apx

Legal Services

Central Alberta Community Legal Clinic

403-314-9129 106, 4916 50 St Red Deer

Legal advice and assistance in family issues, criminal issues, debt, landlord/tenant, guardianship, and wills; Information to those who can not afford a lawyer and do not qualify for legal aid; appointment only.

LEGAL SERVICES

Legal Aid Society of Alberta

1-866-845-3425

Range of services in family, civil, immigration, and criminal law; may qualify for legal representation through an assigned lawyer

Dial-A-Law (Calgary Legal Guidance)

1-800-332-1091

Basic information on Consumer Law, Criminal Law, Employment Law, Family Law, Real Estate Law, Wills and Estate Law, Youth and the Law

On-line resource listing of provincial and federal published documents to assist in understanding the judicial system in various situations within the law

Resources for lower income, rural Albertans, parents, seniors, teachers, women and youth

www.lawcentralalberta.ca

RELIGIOUS SERVICES

Spiritual/Worship

Apostolic Lutheran Church of Gimlet

403-729-2497, 403-729-2102

Sunday 10:30am

www.facebook.com/gimletalc

Bethel Union Evangelical Free Church

403-729-3763

Check website for service times

www.bethelunion.ca

Eckville Community Church

403-588-4433

Eckville Legion

Sunday, 10:30 am; children's church and nursery

eckvillecommunitychurchefcc@gmail.com

Jesuit Martyrs Catholic Church

403-845-3457

Sunday, 11am

email: stmathew.rhm@caedm.ca

St. Paul's Presbyterian Church

403-746-3131

Sunday, 10am; children's church and nursery

stpauls.eckville@gmail.com

Withrow Gospel Mission

403-729-2018

Sunday, 10:30, children's church

www.withrowgospel.com

LEISURE, SOCIAL AND VOLUNTEER

Leisure, Social and Volunteer Groups

Refer to each group or organization's Facebook pages for additional information

Camping Facilities

Eckville Lions Camp Ground

403-350-6317

Half block south of water tower in town, 15 sites, power and water

Gilby Hall and Campground

587-679-0995

North on Hwy 766, west on Hwy 12 for 2.4 km, 20 sites

Library and Book Access

Eckville Municipal Library

403-746-3240

4855 51 Ave, Eckville

Selection of books, movies; e-books; programs for all ages; wireless internet connection, research and computer help; borrowing through Alberta wide library loans; digital access and alternate formats for print disabilities; free membership cards

www.prl.ab.ca/eckville

Stacy's Happy Place

403-746-2256

5011-50 St, Eckville

Selection of new and used book store for all ages; specialty coffee shop

Volunteer and Not for Profit Groups and Organizations

Volunteering is time you give to strengthen your community and improve others and your own quality of life. Provides opportunities to learn, establish sense of belonging, expand social contacts, stay active, reduce stress and social isolation and provide meaningful and satisfying days during times of change.

LEISURE, SOCIAL AND VOLUNTEER

Contacting Town and County Offices, schools, hospitals or organizations of interest in addition to those listed below may assist involving your family or yourself in volunteering.

Not For Profit Organizations

Fund raising groups who donate and reinvest into the community through various groups and activities hosted by others

Eckville Lions

e-mail: lmkind377@gmail.com

Royal Canadian Legion Branch #156 Eckville 403-746-2456

Eckville Thrift Store 5115 50 St, Eckville
Volunteer information available at the store
Accept gently used clothing and household items on days open

Recreation/Sports Related

Donated time and skills focused groups to assist with various cultural, recreation, and sports activities for all age groups

Eckville Arena Board

403-746-2033

Eckville Minor Hockey

www.blindmanvalleymha.com

Eckville Minor Baseball

www.baseballalberta.com

Eckville Skating Club

<http://eckvillefigureskatingclub.weebly.com>

Eckville Soccer

Locally promoted each spring through Rec Board

Recreation, Arts and Culture Board

e-mail: recreation_eckville@hotmail.com

LEISURE, SOCIAL AND VOLUNTEER

Service Providers

Wide range of groups providing services ensuring community safety at varying events

Eckville Fire Department

e-mail: fire@eckville.com

Condor Fire Department

e-mail: fireadmin@clearwatercounty.ca

Community Hall Boards

Contact County and Town Offices for information

Special Interest Groups

Individuals with like interests and volunteer in varying ways both in and outside of the community

Eckville and Area Wellness Coalition

e-mail: ecnhp23@gmail.com

Eckville Communities in Bloom

403-746-2171 Eckville Town Office

Eckville and District Historical Society

403-318-8206 Helen Posti

Friends of the Library

403-746-3547 Debbie Neal

Eckville Handicraft

403-588-3648

Quilted and woven items donated to various charities in surrounding communities

Eckville Friendship Centre

403-746-2171

Promote regular activities for seniors with invitation for others to join

RECREATION

Learning Opportunities

Eckville Manor

403-746-2661

Applications available through Recreation Coordinator

Eckville and Area Home Care

403-887-6787

Information, requirements, applications and current availability

4-H Provincial Clubs

www.4h.ab.ca

Recreation

Free Recreational Activities

Pedestrian Trail: open year-round, located by Railroad Ave

Skateboard Park: open during summer, located 50 St-50 Ave

Spray Park: open 9am-9pm during summer, 4920-52 Ave

Outdoor Arena: various activities, 55 Ave and 52 St

Fitness Facilities and Training

Coyote Fit

403-358-0240

5016-50 St, Eckville

Group fitness classes

<http://coyotefit-eckville.weebly.com>

Crank Gym

403-404-2765

5109-50 St, Eckville

Youth free style wrestling and kickboxing, improve fitness, strength and strategic thinking skills while improving self confidence

www.crankwrestling.com

RECREATION

Peace In A Pod Yoga

403-358-0027

5604-48 St, Eckville

Yoga and meditation classes for all age groups including family classes. Drop-ins welcomed

www.peaceinapodyoga.com

Phoenix Dance

403-746-3197

5016-50 St, Eckville

Ages 3 to adult; recreational dance

Recreational Equipment

Rainy Creek Powersports

403-746-5000

4845-50 Ave, Eckville

1-855-746-5005 toll free

Polaris, Timbersled dealership; new and pre-owned inventory; on-site financing; manufacturer promotions and discounts. Mechanic service, parts and accessories

www.rainycreekpowersports.com

Recreational Sites

Alberta Views RV and Golf

403-510-7204

Dark Horse Golf Course

403-746-6000

Eckville Curling Rink

403-746-2442

Eckville Indoor Ice Arena

403-746-2033

UTILITIES

Utilities

Call Before You Dig

1-800-242-3447

At least 2 working days prior to starting any outdoor project that involves digging, auguring or driving stakes into the ground,

contact Alberta One-Call

www.albertaonecall.com

EnergyRates.ca

1-855-635-9608

Compare energy rates, free quotes

Utilities Consumer Advocate

310-4822 (in Alberta)

Information and advice; compare gas and electrical utility rates and how to purchase; toll free or access Cost Comparison Tool; Mon-Fri, 8:15am-4:30pm

www.ucahelps.alberta.ca

Atco

1-800-668-2248 Electricity

1-844-687-2826 Natural gas

General enquires, Mon-Fri, 8am-5pm

www.atco.com

Epcor

403-310-4300 or 1-800-667-2345

www.epcor.com

Direct Energy (bundles gas and electricity)

1-866-374-6299

Sign up on-line

www.directenergy.ca

TECHNOLOGY and WASTE TRANSFER

Technology/Internet Services

Missing Link Internet

1-855-887-5465 5031-50 Ave, Rimbey

Rural and urban high-speed internet, 24 hours

www.missinglinkinternet.ca

Powers Enterprises

403-746-0226 5114-50 St, Eckville

Sales, repairs, computer courses

www.powersenterprises.com

Telus Customer Services

1-866-558-2273

Help line, speak with live agent for assistance

www.liveagent.com

Waste Transfer Site

Eckville Site

403-746-5740

North on Hwy 766, east on Rainy Creek Road

FAMILY and CHILDREN SERVICES

Family and Children's Resources

Child Abuse Hotline

1-800-387-5437

Call if you think a child is being abused or neglected by a parent or guardian; 24 hours

Child and Adolescent Mental Health, Addictions and Recovery Alberta

1-888-594-0211

Age 5 and above, requires parent consent; screening to identify needs and referral

Domestic Violence Complainant Program

780-422-0721

Program provides information and emotional support to victims of family violence going through criminal court process; provides court preparation and court accompaniment; free to children, youth, adults, seniors; do not provide legal advice

<https://informalberta.ca>

Family Resource Network (FRN)

403-887-1137, ext 400

5211 52 St, Eckville

5025-49 St, Benalto

Programs and activities to strengthen relationships, well-being in children and youth ages 0-18 and their care givers. Child and youth empowerment programs offered in Eckville and Benalto.

Online learning library and free lending library

www.sylvanlake.ca/frn

403-864-5592 Early Childhood Development; age 0-7

www.earlychildhood@sylvanlake.ca

403-864-5588 Family Enrichment

www.familyenrichment@sylvanlake.ca

403-864-5590 Home Visitation

www.homevisitation@sylvanlake.ca

FAMILY and CHILDREN SERVICES

Gillespie Psychological

587-701-7647 201-5108-50 St, Eckville

Comprehensive Autism assessment including screening, interviews, recommendations and referrals

www.gillespiepsych.ca

FCSS (Family and Community Support Services)

Each community or county offers different FCSS programs and services to the residents within their districts. Please contact the appropriate FCSS office for additional information

Town of Eckville Resident

403-746-3177 5023-51 Ave, Eckville

Information regarding programs and services for seniors and families; assistance in completing federal and provincial application forms

Food Bank

Basic, non-perishable hampers available with 1 days' notice, vouchers for perishable items; identification requirements.

Community donations accepted

Santa's Anonymous

Christmas food hamper and gifts up to age 16; application program

Pet Food

Available through Red Deer program

e-mail: reddeerpetfoodhelp@gmail.com

Contact information for a

Clearwater County resident is:

403-847-5270 5332-50 St, Rocky Mtn House

Lacombe County resident is:

403-782-6637 201 5214 50 Ave, Lacombe

Red Deer County resident is:

403-754-5107 Red Deer County Office

YOUTH SERVICES

Youth/Teen Resources

Bulling Help Line

1-888-456-2323

Advice or support on bullying; 24 hours

www.humanservices.alberta.ca/abuse-bulling.html

www.bullyfreealberta.ca

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

Free, anonymous, confidential telephone and web counselling; 24 hours

www.kidshelpphone.ca

Central Alberta Child Advocacy Centre

587-272-2233 310-70 College Cir, Red Deer

Supports recovery and treatment of abused children, youth and families with strategically identified agencies

www.centralalbertacac.ca

Child and Youth Empowerment (FRN)

1-403-887-1137, Ext 400 to register

Offered in Eckville and Benalto

Calgary Connec Teen

Text 587-333-2724

Online chat: <https://calgaryconnecteen.com>

Togetherall

16+; peer to peer support for mild mental health concerns; not for 1:1 counselling or crisis situations; access to information and courses; supervised by trained practitioners; 24 hours

www.togetherall.com

LOVES ME

Makes me feel safe
Listens to me
Respects me
Values my opinions
Tries to understand how I feel
Is truthful with me
Supports what I want to do in life
Solves conflicts without put downs, cursing or
making threats
Can admit to being wrong
Likes that I have other friends
Understands my need to spend time with friends
and family
Makes me laugh
Respects my family
Accepts me as I am
Have fun together

These are qualities of a healthy relationship.
You deserve to be loved.

LOVES ME NOT

Is jealous
Is possessive
Tries to control me
Loses temper quickly, yells, curses, name calling
Always blames me
Is sexually demanding
Keeps me from seeing friends or family
Makes all of the decisions
Embarrasses me in front of friends or family
Makes me cry
Has hit me
Is constantly “checking up” on me
Takes my money
Bullies/puts me down
Has threatened to commit suicide
Threatens to leave if I don’t do what I’m told

If you recognize any of these warning signs, you or someone you know maybe a victim of abuse.