

# ADDICTION RESOURCE GUIDE

Alcohol/Drug/Gambling  
Strathcona County



**“The opposite of addiction is not sobriety –  
it is connection.”**

Hari, Johann (2015). *Chasing the Scream: The First and Last Days of the War on Drugs*.  
New York: Bloomsbury Publishing.

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# Do you or does someone you know have a **drug** or **alcohol** problem?

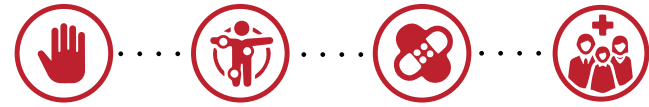


The Addiction Resource Guide Alcohol/Drug/Gambling in Strathcona County offers a variety of programs and services from organizations to help those wanting to be free from addictions.

The **Community Drug Strategy for Strathcona County Committee** is made up of representatives from social and human services organizations who work together to address addiction issues. The committee currently consists of the following agencies:

- Alberta Health Services:
  - Addiction & Mental Health
  - Prevention & Health Promotion
  - Public Health
  - Home Living
- Chimo Youth Retreat Centre CSD
- Children's Services
- Elk Island Catholic Schools
- Elk Island Public Schools
- Hope in Strathcona
- Legislative Assembly MLA for Sherwood Park
- Moms Stop the Harm (MSTH)
- Parents Empowering Parents (PEP)
- RCMP
- RCMP - Victim Services
- Saffron Centre (Sexual Assault Centre)
- Salvation Army
- Sherwood Park Primary Care Network
- Strathcona County:
  - Communications
  - Emergency Services
  - Family & Community Services
- Strathcona County Library

# Community Drug Strategy for Strathcona County



The **purpose** of this Strategy is to provide an evidence-base for a comprehensive, dynamic community conversation about our shared responses to key issues related to substance use in Strathcona County. It outlines an approach for actions needed to address the harmful effects of drug use in our community.

Our **approach** is guided by the **Strathcona County Social Framework** which reflects a shift in the way we think, behave and convene as organizations, community groups and individuals to address complex issues. The intent is that actions taken under this Strategy will contribute to the outcomes in the Social Framework:

1) affordability, 2) safety, 3) access to programs and services, and 4) connectedness and inclusion.

Our **framework for action** is based on four best-practice pillars: **prevention, treatment, harm reduction and community inclusion & safety**. Through these related and interconnected pillars, we will achieve tangible solutions to meet the needs of our community and those who struggle with substance use disorder.

The committee examined underlying structures and existing **mental models** that perpetuate substance use issues in Strathcona County. These include a litany of **fear** and **stigma**, an **attitude** that some people are worth more than others and that abstinence is the only solution.

There are **social** and **systemic causes** that include difficulty navigating systems, short-term solutions, siloed responses, and new treatments not being embraced. There are also **cultural aspects** and **world views** that drive the social and systemic causes which include public shaming, the view that substance use is a moral and criminal issue, and assumptions that substance use is associated with socioeconomic status, homeless or otherwise, and more likely to exist in the inner city.

Substance use exists within a **complex setting** that features multiple systems (e.g. health and social services), jurisdictional divisions, population characteristics and treatment approaches. Within this complex setting, human beings, communities, families, and ecosystems are all complex systems interacting in diverse and variable ways. This complexity often results in **barriers** for those working within systems as well as those trying to access the systems. It creates challenges for systems that have traditionally functioned in linear ways, focusing on single solutions without understanding communities as dynamic systems.

The committee was challenged to reshape the fundamental worldviews and assumptions that have driven our theories of addiction and subsequent actions for decades. What surfaced was a **paradoxical shift in thinking**, recognizing that while existing systems and interventions for addictions/substance use disorders are necessary, a new recipe for change is required if this community is to tackle the issue at its root. This implies a level of uncertainty, risks for new ventures, new skills and knowledge.

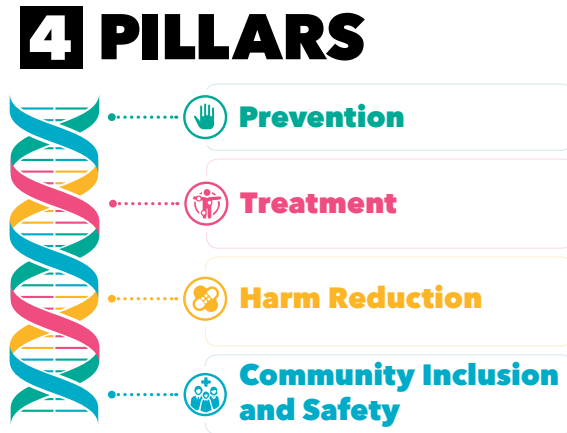
Our **new mental model** is based on collective ownership of the issue; that it is happening in our backyard. It is founded on a journey-based approach to address root causes and recognizes that recovery is at the individual, family and community levels. It is based on the understanding that addictions do not discriminate and that “the opposite of addiction is not sobriety – it is connection.” Research is showing that humans require social connection for optimal brain development and that the neural wiring developed in children cared for in a loving environment leads to increased emotional resilience in life.

Hari, Johann (2015). *Chasing the Scream: The First and Last Days of the War on Drugs*. New York: Bloomsbury Publishing.



# FOUR-PILLARS APPROACH

The four-pillar approach to drug use was first implemented in a number of European countries in the 1990s, followed by several Canadian communities in 1997. This best-practice approach composed of prevention, treatment, harm reduction, and community inclusion and safety pillars supports a comprehensive and multi-system approach to addressing the issue.



The **four pillars** do not stand on their own rather they are closely related, inter-connected and grounded in the principles of the Social Framework. The **double-helix image** above reflects the crucial intertwining of the pillars to support the success of our collective efforts. At the core of the double helix, actions taken will consider the diversity of the community including the factors of sex and gender, race, ethnicity, religion, age, and mental and physical ability.

Implementing the four-pillar approach will require a shift from traditional programmatic responses and results to a **systems approach** which recognizes that all social organizations and the individuals within them are connected and form a **complex whole**. At a systems level, when contributing organizations work together to see beyond silos, they can identify areas for greater, system-wide, collective impact. These become leverage points to drive meaningful change.

# RESOURCES FOR PARENTS (Alberta Health Services)

## Nurture It:

- [How Can I Help My Young Child to Be More Confident?](#)
- [How to Listen Actively to Your Children](#)
- [How Can I Teach My Young Child to Deal With Peer Pressure?](#)
- [Teaching Your Children The Truth About Drugs and Gambling](#)

## Create It:

- [How Can I Help My Young Child Learn To Get Along With Others?](#)
- [If You're a Parent, You're a Role Model: How To Teach Your Children by Example](#)
- [Teaching Your Children to Talk About Their Feelings](#)

## Choose It:

- [Helping Your Teen Work Through Anger](#)
- [How Can I Help My Child if My Partner is Addicted?](#)
- [How Do I Know If My Teen is Using Drugs?](#)
- [How Do I Talk to My Teenager About Drugs?](#)
- [Raves and Club Drugs: How Do I Protect My Kids?](#)
- [The Truth About Popular Drugs](#)

*\* To access the electronic version of the guide and the active links for the above parenting resources, please go to [www.strathcona.ca/opioids](http://www.strathcona.ca/opioids) \**

Alcohol is the most commonly abused drug in Canada. Wondering about your drinking? Over 18? Take the Alcohol & Substance Use Self Check Screening Tool at: [www.foundrybc.ca/resource/alcohol-use/](http://www.foundrybc.ca/resource/alcohol-use/)

# Addiction Check List

Check off statements that are true for you or for someone you know.

- Your drug or alcohol use has increased since you first started using.
- You are having the same drug prescribed by more than one doctor.
- You need to take drugs or alcohol to help you through new situations or social occasions.
- You can't remember things you have said or done while using drugs or alcohol.
- You spend more and more time with people who use drugs or alcohol.
- You cover up or lie about your drug or alcohol use.
- You have problems or miss time at work/school because of your drug or alcohol use.
- You have relationship problems with your spouse/children/parents because of your drug or alcohol use.
- You only go to parties or places where drugs or alcohol are available.
- Your drug or alcohol use is causing financial problems.
- You have legal problems because of your drug or alcohol use.
- You have hurt yourself or someone else while under the influence of drugs or alcohol.
- You have tried to cut down or stop taking drugs or alcohol but couldn't.
- Your risk-taking behavior has increased (e.g. sharing needles, having unprotected sex).
- You break promises to others because of your drug or alcohol use.
- Someone has told you they are concerned about your drug or alcohol use.

**The above are signs that may indicate you or someone you know has a drug or alcohol problem.**

If you checked off any of these boxes, your drug or alcohol use is likely causing problems in your life. The more boxes checked off, the more serious the problem may be.

# Addiction Services For Youth

## Youth Addiction Treatment Services Edmonton Zone (includes Strathcona County)

12325 – 140 Street, Edmonton

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

780-422-7383

### Outpatient Services

This is the initial point of contact for youth and families seeking addiction services where initial intake assessment determines appropriate services. Services include: intake, assessment, individual & group counselling and referrals to other youth services and community agencies. Parents/guardians or other supportive adults are strongly encouraged to attend the intake assessment.

### Family Counselling

Available to all family members connected to the youth who is experiencing issues with their substance use/gambling and can involve any one or all of the family members. Services are tailored to each family's needs. Treatment themes include: communication improvement, rebuilding trust, self-care, conflict resolution, and enhancing relationships.

### Mobile Services **LOCAL**

Mobile counsellors provide intake, referral and counselling services to youth and their families at various community agencies such as schools, inner city facilities, shelters, justice sites and hospitals. A mobile counsellor is available in Sherwood Park.

### Intensive Day Treatment

Six-week, continuous intake program provides individual, group and family counselling, a therapeutic recreation program and an education component. Youth explore how substance use has affected their lives and they learn tools to support them in making changes in their lives.

*Youth Addiction Treatment Services (continued)***Prevention and Health Promotion**

Prevention team builds on strengths and reduces risk factors to prevent the use of and reduce the harms associated with alcohol and other drugs. The team works with communities and agencies through engagement, consultation, collaboration, displays, community capacity building and committee work to raise public awareness around substance use and mental illness and to promote positive mental health outcomes.

**Youth Residential, Stabilization & PChAD Programs****Residential Stabilization**

6-10 day, voluntary social detoxification program is available to youth 12 – 18 years old. The focus is on stabilizing the youth, completing a comprehensive assessment, constructing a treatment plan, and planning for transition to further services. Youth participate in individual, group, and family counselling. Access to available treatment beds can be accommodated within 24 hours of request.

**Residential Treatment**

Three-month voluntary program is for youth 12 – 18 years old, with harmful involvement in substance use that has resulted in significant impairment in several major life areas. Youth and their families are actively engaged in individual, group, leisure and family counselling. Youth participate in school onsite and positively access community based services as part of treatment.

Social isolation affects not only mental health but also life expectancy. The health impact of social isolation has been equated to smoking 15 cigarettes or consuming 6 alcoholic drinks a day.

Source: Holt-Lunstad et al. (2010) Social Relationships and Mortality Risk: A Meta-analytic Review. *PLoS Medicine* 7:7 (1-20).

*PChAD (continued)***PChAD (Protection of Children Abusing Drugs) Act**

Program helps youth under the age of 18 whose substance use has caused, or is likely to cause, significant physical, psychological or social harm to themselves or physical harm to others, and are refusing voluntary treatment. Legal guardians make an application to Family Court for a confinement or an apprehension and confinement order for a confinement period in a Protective Safe House for up to 10 days. Youth complete a comprehensive assessment and detailed recommendations for further voluntary addiction services are made by the treatment team. Guardians must attend a PChAD Pre-Application session prior to applying and family counselling services are an essential component of the treatment plan.

**DID YOU KNOW ?**

Exposure to significant adversity and prolonged stress in early childhood can damage a child's brain producing enduring impacts on: physical and emotional health, educational achievement, economic success, social relationships, susceptibility to stress and overall well-being.

Source: Center for the Developing Child, Harvard University, 2017

Over the last 5 years 3 out of 4 individuals visiting the emergency department for opioid usage were between the ages of 15 to 34.

Source: Alberta Health, 2017

# Addiction Services For Adults

## Alberta Health Services available in Sherwood Park

### Addiction and Mental Health **LOCAL**

*Strathcona Community Hospital*  
 9000 Emerald Drive, Sherwood Park  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

780.342.3373

#### Adult Counselling

Individual counselling for those with alcohol, drug or gambling concerns. This office also provides services to family members who have been impacted by another's substance abuse/addiction. Referrals to other addiction services and community organizations are provided. By appointment only, no walk-ins.

#### Sherwood Park Recovery Support Group

On-going group, please contact above number for more information.

### Opioid Dependency **LOCAL**

*Strathcona Community Hospital*  
 9000 Emerald Drive, Sherwood Park  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

780.405.8193 (leave message with Outreach Nurse)

#### Opioid Dependency Program

This program provides methadone or suboxone maintenance treatment to people who are dependent on opioids and helps them access services they need to live healthy lives.

## Alberta Health Services available in Edmonton:

### Edmonton Addiction Adult Services

10010 - 102A Avenue, Edmonton  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)  
 780.427.2736

#### Adult Assessment and Counselling

Individual, family and group counselling for those with alcohol, drug or gambling concerns.

#### Adult Day Treatment

Structured day counselling programs and other services for people who have substance use or gambling problems.

### Edmonton Adult Detoxification

10302 – 107 Street, Edmonton  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)  
 780.427.4291

#### Adult Detoxification

Assistance with detoxification from alcohol and other drugs in a safe place.

### Henwood Treatment Centre

18750 – 18 Street, Edmonton  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)  
 780.422.9069 (main office)  
 780.422.4466 (admission)

#### Adult Residential

Residential 19 day treatment program for adults seeking help from addictions.

## Adeara Recovery Centre

Box 68169, 162 Bonnie Doon Mall, Edmonton

[www.adeara.ca](http://www.adeara.ca)

780.423.5516

- Residential facility for women in crisis who struggle with drug or alcohol addictions, and other abuses. Women have the opportunity to work through their addiction and have their children live with them.

## Catholic Social Services

6418 – 131 Avenue, Edmonton

[www.catholicsocialservices.ab.ca](http://www.catholicsocialservices.ab.ca)

780.913.5220

### Alpha House Addictions Recovery Support

- Accommodation and support services to men and women with substance abuse issues.

## Hope Mission

10014 – 105A Avenue, Edmonton

[www.hopemission.com](http://www.hopemission.com)

780.429.3470

### Breakout Recovery Community

- Provides men with a supportive community, structure and accountability to help them make positive changes in their lives (Must be clean/sober for admission).

### Herb Jamieson Centre

- Short term and emergency room and board for men with little or no resources (Must be clean/sober for admission).

### Intox Centre (9908 106 Avenue, Edmonton - open 24/7)

- Provides men who are under severe influence of alcohol and drugs a safe overnight stay while their condition stabilizes. Call main number for intake.

## Jellinek Society Recovery House

11229 – 100 Avenue, Edmonton

[www.jellinek.ca](http://www.jellinek.ca)

780.488.1160

- An abstinence-based residence for men recovering from alcoholism and drug addiction who need support transitioning towards independent living. Also offers relapse prevention and transition programs.

## McDougall House Association

11070 – 108 Street NW, Edmonton

[www.mcdougallhouse.com](http://www.mcdougallhouse.com)

780.426.1409

- A residential facility for women who desire to live in a home environment, while working on their recovery from addiction.

## Moms Stop the Harm (MSTH) LOCAL

[www.momsstoptheharm.com](http://www.momsstoptheharm.com)

- Moms Stop the Harm (MSTH) is a volunteer network of Canadian families whose loved ones have died due to substance use or who hope for recovery. MSTH members are active advocates in calling for changes in how drug and alcohol dependencies are treated in Canada.
  - The public website (above) provides resource information by province including treatment resources, grief support, drug safety and research information.
  - MSTH also has a private Facebook page that helps members support each other in finding new resources, survive the grief of losing a loved one, or the pain of supporting a loved one struggling with drug and alcohol dependency and confronting community stigma. Local member groups have the opportunity to meet regularly.
  - Find out on the public website how to join the private group. Applicants are screened to ensure this private resource is the right one for them.



## Our House Addiction Recovery Centre

22210 Stony Plain Road, Edmonton

[www.ourhouseedmonton.com](http://www.ourhouseedmonton.com)

[intake@ourhouseedmonton.com](mailto:intake@ourhouseedmonton.com)

780.474.8945

- This one year recovery housing centre assists men by helping them successfully withdraw from alcohol and other drug use within a structured residential environment. The recovery centre offers extensive programming such as day to day programming, life management skills, and understanding one's anger.

## Oxford House Foundation of Canada

[www.oxfordhouse.ca](http://www.oxfordhouse.ca)

587.783.4711

- Safe and affordable housing for people recovering from alcohol and drug addictions.

## Parents Empowering Parents **LOCAL**

#200 501 Festival Avenue, Sherwood Park

[www.pepsociety.ca](http://www.pepsociety.ca)

780.410.8516 (main office)

780.293.0737 (parent support line)

- **Parents Empowering Parents**
- Education, innovative programming, support and hope for individuals or families dealing with or concerned about substance abuse/addiction. For families with children of any age, including adult children.

People drink alcohol for many reasons and in different settings. Not everyone chooses to drink alcohol, but for those who do, it's important to know how to stay safe.

[www.foundrybc.ca](http://www.foundrybc.ca)

## Parents Empowering Parents (continued)

### U-Turn for Youth

Bi-weekly meeting to support youth and young adults to improve quality of life and self-actualization by addressing issues related to addiction and or substance use.

Meetings are held every second Tuesday from 7:00 p.m. – 9:00 p.m. at Strathcona Community Centre rooms 2 & 5

2001 Sherwood Drive, Sherwood Park.

### MEDD-X

Motivational education/experience for ex-drug dealers. Provides insight into the impact drug dealing has on individuals, families, and the community, as well as a therapeutic opportunity for change.

## Problem Gambling Resource Network

3312 Parsons Road, Edmonton

[www.pgrn.ca](http://www.pgrn.ca)

780.461.1259

- Offers presentations to promote awareness about how gambling can impact the community and individuals.

## Recovery Acres Society

6329 – 118 Avenue, Edmonton

[www.recoveryacresedmonton.org](http://www.recoveryacresedmonton.org)

780.471.2996

### Recovery Acres

A 90 day program that offers life skills, addiction education and on-going support throughout the recovery process.

## The George Spady Centre Society

10015 – 105 Avenue, Edmonton

[www.gspady.ab.ca](http://www.gspady.ab.ca)

780.424.8335

### Adult Detoxification

Assists with detoxification from alcohol and other drugs in a safe place.

### Adult Transitional

Support for those who are transitioning from addiction treatment back into daily life.

## The Salvation Army, Addictions and Residential Centre

9611 – 102 Avenue, Edmonton

[www.edmontonarc.org](http://www.edmontonarc.org)

780.429.4274

### Transformation Program

A 4-month treatment program for adult males who are on their journey to recovery.

## Cornerstone Transitional Housing Program

11838 - 82 Street, Edmonton

[www.salvationarmy.ca](http://www.salvationarmy.ca)

780.938.1611

### Cornerstone House

Cornerstone is a one-year, transitional housing program for adult women with mental health concerns and concurrent disorders. The program is recovery-focused and meant to support participants to develop and refine community living skills that will enhance successful transition to independent living.

# Self Help Groups

## YOU ARE NOT THE ONLY ONE

Group meetings offer men and women an opportunity for fellowship and to share their experiences, strengths and hopes with each other to help solve their common problems and to help others to recover from their addiction. Closed meetings are exclusively intended for those facing addictions. Open meetings are intended for individuals with addictions, their families and friends affected by the addiction.

Al-Anon/Alateen and Alcoholics Anonymous groups may meet in community spaces, such as churches, libraries or community centres. They are not affiliated with these institutions, which offer meeting space at no or a low cost. Please direct any questions related to these groups to Al-Anon/Alateen and Alcoholics Anonymous, as well as to learn about any changes or updates to the meetings listed.

## ALCOHOL SPECIFIC GROUPS

### Al-Anon and Alateen **LOCAL**

[www.al-anon.ab.ca](http://www.al-anon.ab.ca)

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

780.443.6000

Al-Anon is a support program that helps people who have been affected by another person's drinking.

Alateen is for teens to find support and understanding from people their own age who are going through similar difficulties. Alateens are welcome to attend any of the Al-Anon meetings.

\*For all changes or updates to meetings please call **780.443.6000**

### Alcohol Specific Groups (Continued)

#### Alcoholics Anonymous **LOCAL**

[www.edmontonaa.org/find-a-meeting](http://www.edmontonaa.org/find-a-meeting)

- Alcoholics anonymous have various locations in Sherwood Park and surrounding areas where meetings occur daily.
- For all locations and times please call 780.443.6000 or check website above.
- \*For all changes or updates to meetings please call 780.443.6000

## DRUG SPECIFIC GROUPS

#### Cocaine Anonymous **LOCAL**

[www.ca-northab.org](http://www.ca-northab.org)

780.425.2715 (24 Hour Helpline)

#### Narcotics Anonymous

[www.eana.ca](http://www.eana.ca)

780.421.4429 (24 Hour Helpline)

Trillium Centre - Board Room

121 Crimson Drive, Sherwood Park

- Monday 7:30 p.m. (closed meeting)
- Friday 7:30 p.m. (closed meeting)

From 2013 to 2016 there was a 166% increase in the number of emergency department visits by Strathcona County residents for opioid use as compared to 11% increase for other substance misuse.

## GAMBLING SPECIFIC GROUPS

#### Gamblers Anonymous **LOCAL**

[www.albertaga.net](http://www.albertaga.net)

780.463.0892

Sherwood Park Professional Building

912 Ash Street, Sherwood Park

- Wednesday 7:00 p.m. (open meeting)

#### GamTalk

[www.gamtalk.org](http://www.gamtalk.org)

- A Canadian online community for people with gambling issues to share their experiences and ideas. Whether you have a gambling problem, know someone who does, have stopped gambling completely, or want ideas on playing safely, GamTalk can help.

If you are not sure if you are a compulsive gambler, or if you have a gambling problem, please take the time to ask yourself these 20 Questions at: [www.albertaga.net/](http://www.albertaga.net/)

# Related Support Services

## AHS, Addiction and Mental Health Community Clinic **LOCAL**

*Strathcona Community Hospital*  
9000 Emerald Drive, Sherwood Park

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

780.342.3373

### Adult Mental Health Services

Assessment for individuals experiencing significant functional problems related to mental health, and recovery-oriented treatment for people with severe mental disorders or moderate to severe emotional distress.

### Child and Adolescent Mental Health Services

*Intake Number: 780.342.2701*

Mental health and addictions services and support for youth 5-18 years of age, and their families, who require mental health assessment and treatment. Qualified individuals work together with families in the development of treatment goals; focusing on the child/youth strengths, while creating opportunities to experience success.

## A Safe Place **LOCAL**

[www.asafeplace.ca](http://www.asafeplace.ca)

780.464.7233 (24 hour crisis line)

Emergency shelter located in Sherwood Park for women and children experiencing domestic violence or under the threat of abuse, up to a maximum of 21 days. A Safe Place also offers outreach support for Strathcona County residents. It can be accessed through the Crisis Line or 780.416.7043.

## Children's Services – Sherwood Park and Neighbourhood Centre **LOCAL**

121 Crimson Drive, Sherwood Park

[www.humanservices.alberta.ca/services-near-you/edmonton-and-area-child-and-family-services-contact-us.html](http://www.humanservices.alberta.ca/services-near-you/edmonton-and-area-child-and-family-services-contact-us.html)

780.467.5195

Family enhancement, support and counselling to help families in providing better care for their children. Also receives reports of child neglect or abuse and provides follow up services to families where children are in need of protection.

Also under the Collaborative Service Delivery (CSD) model – Chimo Youth Retreat Centre works with all families with an open file with Children's Services. Referral from Children's Services needed.

## Hope in Strathcona **LOCAL**

*Doug Sedore*

780-298-7187

Addictions support and bridging the gap with post recovery programming.

## Primary Care Network **LOCAL**

150 Broadway Crescent, Suite 108, Sherwood Park

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

780.410.8000

Chronic disease management and mental health services through individual appointments and group classes. A team of Exercise Physiologists, Nurses, Psychologists, Registered Dietitians and Specialists are here to support you and your family doctor.

**RCMP Strathcona County Detachment** LOCAL

911 Bison Way, Sherwood Park

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

780.467.7749

**Community Policing**

Presentations on topics such as D.A.R.E., child safety, Crime Stoppers, Crime Watch, drug and alcohol awareness, and impaired driving.

**Domestic Violence Unit**

Follow-up with victims of domestic violence, providing liaisons with community support services such as the shelter, Child and Family Services, and the court system, assisting victims with the judicial process, ensuring judicial compliance by offenders. Presentations on topics such as the impact of domestic violence on children and other domestic-violence related topics.

**SAFFRON Centre Ltd** LOCAL

110, 222 Athabasca Ave, Sherwood Park

[www.saffroncentre.com](http://www.saffroncentre.com)

780.449.0900

One to one counselling and therapeutic services to victims of trauma or abuse as a result of sexual violence. Public education and awareness presentations are also provided to students, parents, educators, other professionals and community members.

**Strathcona County Community Mediation Society** LOCAL

200, 501 Festival Avenue, Sherwood Park

[www.sccm.ca](http://www.sccm.ca)

780.464.8445

Mediation services to create a safe place for people in a dispute to have a discussion to explore how to resolve the conflict.

**Strathcona County Family and Community Services** LOCAL

200, 501 Festival Avenue, Sherwood Park

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

780.464.4044

Provides a wide range of supportive services for Strathcona County residents, including children, youth, adults, seniors, individuals and families.

**Solutions Navigation**

Assist people (children, youth, adults, and seniors) to build skills that increase resiliency, relationship and coping strategies using a walk-in and outreach approach. People are supported to access the services they need in a way that is coordinated and seamless. Workshops and skill building sessions are also available.

**Counselling**

People struggling with everyday challenges want and need useful strategies to help resolve their difficulties can access counselling, on a walk-in basis. This is an opportunity to focus on a concern, challenge or area of life someone wants to change. Group Counselling is a great way to build support systems, strengthen relationship skills and reduce isolation.

**Strathcona County Victim Services** LOCAL

911 Bison Way, Sherwood Park

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

780.449.0153

A volunteer based program that works in conjunction with the RCMP to provide immediate assistance, support, information and agency referral to victims of crime and trauma in Strathcona County.

**Strathcona Youth Justice Committee** LOCAL

200, 501 Festival Avenue, Sherwood Park

780.464.8435

This committee administers the Extrajudicial Sanctions Program to young offenders, affording them the opportunity to make amends for their offence with restorative justice practises.

# HELPFUL NUMBERS

## 24 Hour Service

Emergency.....	911
211 – Community Resource Information.....	211
AHS, Addiction Helpline .....	1-866-332-2322
Alcoholics Anonymous.....	780-424-5900
A Safe Place .....	780.464.7233
Bullying Helpline .....	1.888.456.2323
Child Abuse Hotline.....	1.800.387.5437
Child Mental Health Crisis Team .....	780.427.4491
Children, Youth & Families Addiction & Mental Health Intake.....	825.402.6799
Cocaine Anonymous .....	780.425.2715
Emergency Social Services.....	780.427.3390
Health Link Alberta .....	780.408.5465 (LINK)
Kids Help Phone.....	1-800.668.6868
Narcotics Anonymous .....	780.421.4429
R.C.M.P.....	<b>Complaints: 780.467.7741</b> <b>Victim Services: 780.449.0153</b>
Sexual Assault Crisis Line.....	780.423.4121
Strathcona County Elder Abuse Line .....	780.464.7233
Suicide/Distress Line .....	780-482-4357(HELP)
Urgent Services (Mental Health Crisis) .....	780.342.7777
Youth Empowerment and Support Services (YESS) .....	780.468.7070

# OTHER HELPFUL WEBSITES

## Alberta Justice and Solicitor General

[www.solgps.alberta.ca](http://www.solgps.alberta.ca)

## Bullying

[www.bullyingcanada.ca](http://www.bullyingcanada.ca)

[www.bullyfreealberta.ca](http://www.bullyfreealberta.ca) - Children aged 4-11

[www.b-free.ca](http://www.b-free.ca) - Youth aged 12-17

## Canadian Centre on Substance Abuse

[www.ccsa.ca](http://www.ccsa.ca)

## Centre for Addiction and Mental Health

[www.camh.net](http://www.camh.net)

## Elk Island Catholic Schools

[www.eics.ab.ca](http://www.eics.ab.ca)

## Elk Island Public Schools

[www.eips.ca](http://www.eips.ca)

## Health Canada

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## Inform Alberta – Community Resource Information

[www.informalberta.ca](http://www.informalberta.ca)

## Information and Volunteer Centre for Strathcona County

[www.ivcstrathcona.org](http://www.ivcstrathcona.org)

## Kids Help Phone

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## The Support Network

[www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)



## FOR FURTHER INFORMATION CONTACT:

FAMILY AND COMMUNITY SERVICES

200, 501 Festival Avenue

Sherwood Park, AB

780-464-4044

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

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



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