### 2024

# Sirvival Survival Gnide

HYTHE, BEAVERLODGE, WEMBLEY, SEXSMITH & THE COUNTY OF GRANDE PRAIRIE



















## TOWN OF BEAVERLODGE



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## FREE INTERNET USE



## Beaverlodge FCSS (Family & Community Support Services)

Phone available for local calls

A: Beaverlodge Town Office 400 10 Street Beaverlodge, Alberta

P: 780-354-4057

H: Monday - Friday 9am - 5pm Closed daily from 12pm -1pm

E: rstockman@beaverlodge.ca

#### Beaverlodge Public Library

Free Wifi Available

A: 406 10 Street
Beaverlodge, Alberta

P: 780-354-2569

H: Monday to Friday - 9am - 5pm

#### **NuVista Energy Centre**

Free Wifi Available

**A:** 1016 4 Avenue Beaverlodge, Alberta

P: 780-354-2203

H: Monday - 6am - 9pm
Tuesday - 7am - 9pm
Wednesday - 6am - 9pm
Thursday - 7am - 9pm
Friday - 6am - 9pm
Saturday - 10am - 6pm
Sunday - 10am - 6pm



## CLOTHING / LAUNDRY

#### Beaverlodge Food Bank

A: 1014 4 Avenue Beaverlodge, Alberta

P: 780-354-4057

H: Monday's 10am - 12pm

(If the Monday is a holiday, Food Bank will be on the Tuesday)

#### Beaverlodge Meals on Wheels

All frozen meals are \$10 each including tax, *SUBSIDY IS AVAILABLE FOR LOW INCOME FAMILIES & SENIORS.*Call FCSS to see if you qualify. Delivery is available for clients living in the Town of Beaverlodge. Pick-up available for those outside of town.

Call 780-354-4057 for more information.

#### Beaverlodge Thrift Store

**A:** 1004 2 Avenue Beaverlodge, Alberta

P: 780-354-2605

H: Tuesday to Thursday 10am - 4:30pm

#### Pure North Laudromat

A: 812 1 Avenue Beaverlodge, Alberta

**P:** 780-354-3549

H: Mon to Sun 9am - 6pm



## RESTROOMS / SHOWERS

## CHURCHES



#### NuVista Energy Centre

Public Washrooms & Shower (\$)

A: 1016 4 Avenue
Beaverlodge, Alberta

H: Monday - 6am - 9pm

Tuesday - 7am - 9pm

Wednesday - 6am -9pm

Thursday - 7am - 9pm

Friday - 6am - 9pm

Saturday - 10am - 6pm

Sunday - 10am - 6pm

#### Beaverlodge Public Library

**Public Washroom** 

A: 406 10 Street
Beaverlodge, Alberta

H: Monday to Friday - 9am - 5pm

#### Beaverlodge Hospital

Public Washroom

A: 422 10A Street
Beaverlodge, Alberta

H: 24 Hours

#### Beaverlodge Alliance Church

780-354-2036

St Mary's Catholic Church

780-354-2415

#### Beaverlodge United Church

780-354-2016

#### Praise & Worship Assembley

780-354-8168

#### St Lukes Anglican Church

780-354-2033

#### Kingdom Hall of Jehovah's

780-354-0104



## HARM REDUCTION



#### Beaverlodge Health & Wellness

**A:** 112 10 Street

P: 780-354-2646

H: Monday - Friday: 9am - 4:30pm

#### West Peace Medical Clinic

**A:** 1030 1 Avenue

P: 780-354-3044

H: Monday - Friday: 9am - 5pm

#### Beaverlodge Public Health Unit

A: 412 10A Street

P: 780-354-2647

H: Monday - Friday: 8:30am - 4:30pm

#### Beaverlodge Hospital

**A:** 422 10A Street

**P:** 780-354-2136

H: 24/7

#### Mint Pharmacy

**A:** 112 10 Street

P: 780-354-2148

H: Monday - Friday: 9am - 5:30pm

#### Rexal Pharmacy

A: 1032 1 Avenue

P: 780-354-2088

H: Monday - Saturday: 9am - 6pm

#### Beaverlodge Counselling Substance Use

Sabrina Ragan 780-882-5749

#### Health Link Alberta

P: 8-1-1 or MyHealth.Alberta.ca

#### Mental Health Help Line

P: (24 hours) 1-877-303-2642

#### PACE Sexual Assault Centre

P: 780-539-6692

#### Sexual Violence Help Line

P: 1-866-403-8000

#### Trans Lifeline's Hotline

**P:** (24 hours) 1-877-330-6366

#### Odyssey House Women's Shelter

P: 780-538-1332

#### Child and Family Services

P: 780-538-5102



## ADDICTIONS / RECOVERY

#### Child Abuse Hotline

P: (24 hours) 1-800-387-5437 or 1-800-638-0715

#### PACE Sexual Assault Centre

P: 780-539-6692

#### Suicide Prevention Resource Centre

P: 780-539-6680 9-8-8 suicide crisis helpline – phone or text

#### Rural Distress Line

P: 1-800-232-7288

#### Beaverlodge Victim Services

P: 780-354-2349

#### Kids Help Phone

P: 1-800-668-6868

#### Alcoholics Anonymous Beaverlodge

Beaverlodge United Church- 922 4th Ave (Sundays at 8:00 pm)

#### Al-Anon Information Line

P: 780-402-8999

#### Northern Addictions Centre

P: 780-532-5210

#### **HIV North**

P: 780-538-3388

#### Addictions Helpline

P: 1-866-332-2322

#### Indigenous Hope For Wellness Helpline

P: 1-855-242-3310



## SHELTER

### SHELTER



#### **Odyssey House**

P: 780-538-1332

**24/7** Crisis Line: 780-532-2672

Safe, secure, and supportive accommodation for women and their children who are victims of domestic violence, are in crisis, or in need of a housing alternative. Odyssey House is open 24 hours a day, 7 days a week.

#### **Wapiti House**

**A:** 10101 97A Street

Grande Prairie, Alberta T8V 6Y1

P: 780-539-6777

24/7, 365 days Emergency Shelter for Adults

#### **Sunrise House**

Youth Emergency Shelter

**A:** 10702 110 Street

Grande Prairie, Alberta

P: 780-539-3287 or 587-783-2463

H: 24/7

Temporary housing for youth 12-17 years. Includes meals, clothing, care items, support, and mediation.



## TRANSPORTATION

## FINANCIAL ASSISTANCE



#### Beaverlodge Community Bus

P: 780-354-4057

H: Wednesday's to Grande Prairie

9am - 2:30pm

Subsidy is available. Bus must be booked by Tuesday at 4pm.

#### Pick up Locations:

- · 9:10 am at the entrance to Parkview Village
- · 9:20 am at the Big Beaver
- · 9:30 am at Amisk Court

#### Y-Drive

P: 587-333-0733

#### Women First Cabs

**P:** 587-818-5330

#### 24-Hour Emergency Income Support

Get emergency financial assistance to help with basic needs like shelter, food, clothing and transportation.

Hours: 24/7

Toll free: 1-866-644-5135 Email: css.iscc@gov.ab.ca

#### Alberta Supports Contact Centre

Hours: 7:30 am to 8 pm (open Monday to

Friday, closed statutory holidays)

Toll free: 1-877-644-9992 Email: css.ascc@gov.ab.ca



## EMERGENCY

#### **County Enforcement**

P: 780-532-9727 or 780-830-5790

#### Beaverlodge RCMP

**P:** Non-Emergency – 780-354-2955

#### Beaverlodge Fire Department

P: 780-354-1017