

# **FASD RESOURCE GUIDE**

## **South Alberta FASD Service Network**

**Print Date:** April 2013  
**Prepared by:** Rebecca Orr

**Network Contact Information:** Hazel Mitchell, Network Coordinator  
217 Coachwood Point W  
Lethbridge AB T1K 6A7

# FASD Resource Guide

South Alberta FASD Service Network

## Table of Contents

Addiction and Mental Health.....	4
Alternative Measures Program .....	5
Associates Counselling Services Inc.....	6
Assured Income for the Severely Handicapped (AISH) .....	7
Better Beginnings.....	9
Brighter Futures .....	10
Canadian Mental Health Association.....	11
Children and Adolescent Mental Health Program.....	12
Children's C.A.R.E. Services .....	13
Children's Mental Health Program.....	14
Community Conflict Resolution Services .....	15
Community LINKS.....	16
Community Outreach Housing Services .....	17
Edenbridge Family Services .....	18
Family Centre Society of Southern Alberta .....	19
Family Ties Association.....	20
FASD Adult Justice Project.....	21
FASD Assessment and Diagnostic Clinic .....	22
FASD Justice Initiative .....	23
FASD Lifespan Program - Lethbridge.....	24
FASD Lifespan Project - Rural.....	25
Fetal Alcohol Spectrum Disorder Certificate Education Program .....	26
Financial Literacy for Low Income Women .....	27
First Nations, Métis and Inuit Education Program .....	28
First Steps .....	29
Foothills Detox Centre .....	30
Holy Spirit Roman Catholic Regional Division #4 .....	31
Home Care Services, Community Health .....	33
Independent Counselling Enterprises.....	34
Ingrid Hess, Barrister and Solicitor.....	35
Interfaith Chinook Country Kitchen .....	36

Interfaith Food Bank Society of Lethbridge.....	37
Lethbridge Correctional Centre .....	39
Lethbridge Family Services ó DaCapo .....	40
Lethbridge Food Bank Society .....	41
Lethbridge Legal Guidance Society.....	42
Lethbridge School District No. 51 .....	43
Lethbridge Soup Kitchen Association .....	45
Native Counselling Services of Alberta.....	46
Native Women’s Transition Home Society.....	47
Opokaa’sin Early Intervention.....	48
Palliser Regional Schools .....	49
Quest Support Services Inc.....	50
Read On ó Adult Literacy Program .....	52
Rehoboth Christian Ministries .....	53
Sexual Health.....	54
Sifton Family and Youth Services ó Intensive Treatment and Secure Services .....	55
Southern Alberta Community Living Association (SACLA) .....	57
Southern Alberta Individualized Planning Association (SAIPA).....	58
Southwest Alberta Child and Family Services Authority .....	60
Subsidized Housing - Lethbridge Housing Authority.....	62
Trac Youth Outreach Program.....	63
Treaty 7 Urban Indian Housing Authority .....	64
YWCA Lethbridge and District.....	65
Youth Justice Project.....	66

## Addiction and Mental Health

---

Alberta Health Services

Provincial Building  
200 ó 5 Avenue S  
Lethbridge, AB T1J 4L1

Phone: 403-381-5183

Fax: 403-382-4541

Website: [www.albertahealthservices.ca/addiction.asp](http://www.albertahealthservices.ca/addiction.asp)

### Hours of Operation:

Monday-Friday: 8:00 am-Noon, 1:00-4:30 pm

### Description of Services Provided:

#### *Addictions Out-Patient Service*

Provides confidential out patient treatment services to individuals whose lives have been negatively impacted by substance use/gambling and to their family and friends.

We work collaboratively with communities, schools, workplaces and families to implement programs that will build skills to effectively reduce substance use and gambling or the harms associated with them.

### Program Eligibility / Entrance Criteria:

#### *Addictions Out-Patient Service*

Services are focused on substance use/gambling and the impact on family and community. Treatment services include assessment and referrals, individual counseling, information and recovery groups and family and parenting sessions. Referrals are accepted by phone.

### Target Population and People Served:

Addiction and Mental Health serves ages 12 to adult. Specialized treatment services are available for youth, women, family violence and concurrent disorders.

## Alternative Measures Program

---

Community Corrections Branch  
336 ó 200 ó 5 Avenue S  
Lethbridge, AB T1J 4C7

Phone: 403-381-5202

Fax: 403-382-4404

### **Hours of Operation:**

Monday-Friday: 8:15 am-Noon, 1:00-4:30 pm

### **Description of Services Provided:**

- Services provided for people 18 years of age or older in trouble with the law.
- Program accepts police or Crown referred first time offenders to provide an alternative to going to court.
- Offenders work to pay back their victims or the community through compensation payments or community work.
- To encourage offenders to accept responsibility for their actions and to repair any wrong doing.

## **Associates Counselling Services Inc.**

---

239 6 12 B Street N  
Lethbridge, AB T1H 2K8

Phone: 403-381-6000

Fax: 403-381-0229

Website: [www.associatescounselling.ca](http://www.associatescounselling.ca)

### **Hours of Operation:**

Monday-Friday: 9:00 am-5:00 pm

Evening times available.

### **Description of Services Provided:**

- Full service counselling agency, providing counselling to individuals, couples and families.
- Masters degree counselling with extensive experience to address any variety of issues including emotional issues, grief and loss, depression, anxiety, marital, divorce and separation, child related, parenting, workplace, stress and life issues.
- Please see website for more extensive detail on programs and counsellors' bios.

### **Program Eligibility / Entrance Criteria:**

Associates Counselling Services is a private counsellor agency, open to self-referrals and with a variety of funding options offered. Please call for more information.

### **Target Population and People Served:**

This is a full service agency, serving Southern Alberta.

## Assured Income for the Severely Handicapped (AISH)

---

Ministry of Human Services, Employment and Financial Supports

### *Lethbridge*

Lethbridge Provincial Building  
200 ó 5 Avenue S  
Lethbridge, AB T1J 4L1

Phone: 403-381-5186

Fax: 403-388-3136

### *Crowsnest Pass*

Crowsnest Pass Provincial Building

Phone: 403-381-5622

Fax: 403-388-3136

### **Website:**

<http://humanservices.alberta.ca/disability-services/aish.html>

### **Hours of Operation:**

Monday-Friday: 8:15 am-Noon, 1:00-4:30 pm

### **Description of Services Provided:**

#### *AISH Living Allowance*

AS an AISH client, you are eligible to receive a maximum monthly living allowance of \$1,588. The amount you will receive will depend on your and your cohabiting partner's income.

#### *Modified Living Allowance*

If you are an AISH client who lives in a facility (e.g. nursing home), you are eligible to receive a maximum monthly modified allowance (Modified AISH) consisting of an accommodation rate plus a maximum personal allowance of \$315. The amount you will receive each month will depend on your and your cohabiting partner's income.

#### *Health Benefits*

AS an AISH client, you, your cohabiting partner and dependent children will also receive health benefits including dental, optical, prescription drugs, essential diabetic supplies, emergency ambulance services and exemption from the Alberta Aids to Daily Living co-pay fee.

### **Program Eligibility/Entrance Criteria:**

#### *Severe Handicap*

- You must have a severe handicap that substantially limits your ability to earn a living. Your disability must be the main factor limiting your ability to earn a living. Other factors such as age or level of education are not considered in determining eligibility.
- Your disability must be permanent.
- There must be no training, rehabilitation or medical treatment that would help you be able to work enough to earn a livelihood.

### *Income and Assets*

- Your income and the income of your cohabiting partner must not exceed the limits allowed under the program.
- Your assets and the assets of your cohabiting partner must not exceed the limits allowed under the program.
- You must apply for all other income benefits you are eligible for (e.g. Canada Pension Plan Disability benefits).
- You must claim or collect the benefit of any asset you are eligible to receive.

### *Age*

- You must be 18 years or older, and not eligible to receive and Old Age Security pension.

### *Residency*

- You must be a permanent resident of Alberta.
- You must not be residing in an institution (e.g. a correctional centre or a psychiatric hospital).

### **Target Population and People Served:**

The AISH Program will provide financial assistance (living allowance), supplementary assistance (child benefits and personal benefits) and health-related assistance (health benefits) to you if you are an adult with a disability that substantially limits your ability to earn a livelihood. Your disability has to be permanent (e.g. you have exhausted all opportunities for rehabilitation and training).



## Better Beginnings

---

Alberta Health Services

### *Mailing Address*

810 ó 1 Ave S

Lethbridge, AB T1J 4L5

Phone: 403-388-6661

Fax: 403-328-5934

Website: <http://betterbeginningscopy.blogspot.com/>

### *Street Address*

Varies ó Community Offices throughout the Former Chinook Health Region

### **Hours of Operation:**

Monday-Friday: 8:00 am-4:30 pm

Varies by office.

### **Description of Services Provided:**

Better Beginnings is a health promotion initiative for pregnant women living in the former Chinook Health region. The target population is any woman who is at risk of having an unhealthy pregnancy. Each woman may receive monthly food vouchers, vitamin/mineral supplements, cooking skill groups including a slow cooker, pre and post natal classes, and library cards plus print resources.

### **Program Eligibility / Entrance Criteria:**

- Any pregnant woman under 20 years of age
- Pregnant women of any age who are living in poverty or isolation with limited access to resources

### **Target Population and People Served:**

- Pregnant women who are at risk of an unhealthy pregnancy.

## Brighter Futures

---

### *Mailing Address*

PO Box 657

Pincher Creek, AB T0K 1W0

Phone: 403-562-8020

Cell: 403-627-6443

Fax: 403-562-8023

Email: [brighterfutures@shaw.ca](mailto:brighterfutures@shaw.ca)

Website: [www.cnpbrighterfutures.com](http://www.cnpbrighterfutures.com)

### *Bellevue, AB*

2802 ó 222 Street

### *Pincher Creek, AB*

622 Charlotte Street

### **Hours of Operation:**

Monday-Friday: 9:00 am-4:30 pm

### **Description of Services Provided:**

Brighter Futures is a combination of activities and services that provide personal support, social, play and learning opportunities for parents with children 0-6 years old.

### **Program Eligibility / Entrance Criteria:**

Most programs are drop-in, but some classes you need to sign up so we can arrange childcare.

### **Target Population and People Served:**

All families and caregivers with children ages 0-6 years old.

## Canadian Mental Health Association

---

426 ó 6 Street S  
Lethbridge, AB T1J 2C9

Phone: 403-329-4775  
403-327-7905 (Distress Line)

Fax: 403-320-7432

Email: [admin@cmhalethbridge.com](mailto:admin@cmhalethbridge.com)

Website: [www.lethbridge.cmha.ab.ca](http://www.lethbridge.cmha.ab.ca)

### **Hours of Operation:**

Monday-Friday: 8:00 am-4:00 pm

### **Description of Services Provided:**

- Believes in enabling individuals, groups and communities to increase control over and to enhance their mental well-being.
- Provides advocacy, education, recreation, crisis intervention, respite services, independent living skills, workers and transitional housing.
- Direct service delivery in areas of housing, outreach and mental health crisis intervention.

## Children and Adolescent Mental Health Program

---

Alberta Health Services

960 ó 19 Street S  
Lethbridge AB T1J 1W5

Phone: 403-388-6244

### **Description of Services Provided:**

The Child and Adolescent Mental Health Program (CAMP) is offered in partnership with the Family Health Program and Alberta Learning.

The CAMP has five beds operating in the Pediatric Unit at the Chinook Regional Hospital and a partial hospitalization program operating from the Day Treatment Centre.

The CAMP provides:

- Crisis intervention and stabilization
- Observation and assessment
- Consultation
- Treatment (including individual, family and group therapies)
- Discharge planning
- Patient/family education
- Community liaison and referral
- Academic support through a satellite school program

Patient and family care is provided by a skilled multidisciplinary team using a family-centered model.

### **Target Population and People Served:**

- 17 years of age and younger
- People experiencing acute symptoms related to a mental illness and related issues and who are not appropriate to be treated in an alternative community-based or facility-based setting.

### **Program Eligibility / Entrance Criteria:**

Referral is required. Individuals may be admitted through a child psychiatrist.

## Children's C.A.R.E. Services

---

Alberta Health Services

A252, 200 65 Avenue S  
Lethbridge Provincial Building  
Lethbridge AB T1J 4L1

Phone: 403-388-6575  
Toll Free: 1-888-388-6575  
Fax: 403-328-5139

### Hours of Operation:

Monday-Friday: 8:00 am-Noon, 1:00-4:30 pm

### Description of Services Provided:

Children's CARE works in partnership with families and community agencies to support children with developmental challenges. Services may be provided in home, daycare, school or community health sites throughout Southwest Alberta. Children's CARE is a multidisciplinary team including:

- Audiology
- Occupational Therapy
- Physiotherapy
- Speech-Language Pathology

Services provided are free of charge.

### Program Eligibility / Entrance Criteria:

- Parents may self-refer their child, or a professional may refer with parental consent, by simply phoning Children's C.A.R.E. Services.

### Target Population and People Served:

- Any child, birth to 18 years of age, experiencing developmental challenges may be referred to Children's C.A.R.E.

## Children's Mental Health Program

---

Alberta Health Services

200 ó 5 Avenue S  
Lethbridge, AB T1J 4L1

Phone: 403-381-5278

### **Hours of Operation:**

Monday-Friday: 8:00 am-4:30 pm

Walk-In Clinic: Thursday, 12:30-4:00 pm

### **Description of Services Provided:**

- We provide mental health services to children 0 to 18 and their families.
- Our focus is primarily children with a mental illness or those struggling to adjust to an acute event.
- Mental Health Therapists work with the child and family.

### **Program Eligibility / Entrance Criteria:**

- Children 0 to 18 and their families.
- Clients can be self-referred or referred by a school, community agency or health professional.
- Parents are encouraged to phone and speak with the intake worker to determine if this is the best resource for them.

### **Target Population and People Served:**

- Children 0 to 18 and their families struggling with a mental illness or adjusting to an acute event.

## Community Conflict Resolution Services

---

Restorative Justice Programs: Extra Judicial Sanctions (Youth) and Alternative Measures Program (Adults)

1010 ó 4 Avenue S  
Lethbridge, AB T1J 0P5

Phone: 403-329-0220

Fax: 403-320-7758

Website: [www.communityconflictresolution.org](http://www.communityconflictresolution.org)

Email: [info@communityconflictresolution.org](mailto:info@communityconflictresolution.org)

### **Hours of Operation:**

Monday-Friday: 9:00 am-Noon

### **Description of Services Provided:**

We are a non-profit organization that provides mediation services to resolve disputes between parties at no cost to the disputants.

We also have a referral system in place that diverts files to us for Alternative Measures post charge where offenders can be accountable for their crimes without going through the traditional court system. Police Officers and Crown Prosecutors can also divert files pre or post charge when offenders fit or meet certain criteria to go through Alternative Measures or extra judicial sanctions, they may be better served in this manner than the traditional court system.

### **Program Eligibility / Entrance Criteria:**

Restorative Justice: Varies from client to client. An assessment is made based on intake and recommendations from the Crown and Police.

Community Mediations are assessed by Executive Director to make sure they are appropriate for mediation. Both parties must be willing to participate voluntarily.

### **Target Population and People Served:**

In Lethbridge and the surrounding area. Our services are free of charge.

## Community LINKS

---

Canadian Mental Health Association

426 ó 6 Street S  
Lethbridge, AB T1J 2C9

Phone: 403-328-5465

Fax: 403-320-7432

Email: [admin@cmhalethbridge.com](mailto:admin@cmhalethbridge.com)

Website: [www.community-links.ca](http://www.community-links.ca)

### **Description of Services Provided:**

Community LINKS is a program of CMHA, which is a registered charity. Community LINKS provides information; referrals; and connections to government, health, and social services; a housing registry; along with a calendar of events and programs in southern Alberta.



## Community Outreach Housing Services

---

Canadian Mental Health Association

104B ó 920 ó 2 A Avenue N  
Lethbridge, AB

Phone: 403-942-7040

Fax: 403-320-7432

Website: [www.bringinglethbridgehome.ca](http://www.bringinglethbridgehome.ca)

### Hours of Operation:

Monday-Friday: 8:00 am-4:00 pm

### Description of Services Provided:

Providing support to individuals and/or families, who are homeless, to find housing and connect with appropriate resources. Follow-up services are provided for 12-18 months after finding housing.

### Program Eligibility / Entrance Criteria:

- Chronically Homeless
- Experiencing multiple barriers
- Not relocating to Lethbridge
- Would benefit from intensive case management
- Must not be eligible to access any other outreach service

### Target Population and People Served:

Chronically homeless individuals who are having difficulty finding and sustaining housing due to experiencing many barriers, such as substance abuse and/or mental health issues, lack of income, racism, no rental history, etc.

## Edenbridge Family Services

---

100, 316 ó 13 Street S  
Lethbridge, AB T1J 2V6

Phone: 403-320-8887

Fax: 403-320-9887

### **Hours of Operation:**

Monday-Friday: 8:30 am-Noon, 1:00-4:30 pm

### **Description of Services Provided:**

- Disability Services
- Services to Adults with Disabilities
- Services to Adults with FASE/FASD
- Assessment and Testing Services
- Counseling Services for Disordered Eating

### **Program Eligibility / Entrance Criteria:**

- Adults that have a disability and their needs can be met by community services.
- Children or Adults that require Testing and Assessment services.
- Individuals that require Counseling for Disordered Eating

### **Target Population and People Served:**

- Adults with Disabilities.
- Individuals with FASE/FASD.
- Children or Adults that require Testing and Assessment services.
- Individuals that require Counseling for Disordered Eating

## Family Centre Society of Southern Alberta

---

Lethbridge Centre Professional Building  
Suite 225 ó 200 ó 4 Avenue S  
Lethbridge, AB T1J 4C9

Phone: 403-320-4232

Fax: 403-329-7321

Website: [www.famcentre.ca](http://www.famcentre.ca)

Email: [info@famcentre.ca](mailto:info@famcentre.ca)

### **Hours of Operation:**

*September to June*

Monday-Thursday: 8:30 am-8:30 pm

Friday: 8:30 am-4:30 pm

Saturday: 8:30 am-Noon

*July and August*

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

### **Description of Services Provided:**

- Information and referrals to other resources
- Education courses, workshops, presentations
- Parent support: drop-in programs for parents and children
- Counseling Services
- Mediation between parents and teens
- Outreach

### **Program Eligibility / Entrance Criteria:**

None

### **Target Population and People Served:**

Everyone is welcomed.

## Family Ties Association

---

206, 909 ó 3 Avenue N  
Lethbridge, AB T1H 0H5

Phone: 403-320-8888

Fax: 403-320-8878

Website: [www.familyties.ca](http://www.familyties.ca)

### **Hours of Operation:**

*Office:* Monday to Friday: 8:30 am-Noon, 1:00-4:30 pm

*Services:* 24 hours, 7 days/week, 365 days/year

### **Description of Services Provided:**

*Family Preservation and Youth Mentorship* ó In-Home and in the community support teaching life, social, & parenting skills.

*Transports* ó professional transport of high needs situations.

*Supervised Visits* ó professional court ordered supervision of visits between adults and children

*Family Group Conferencing* ó professional facilitation of family decision making and planning.

*Family Supports for Children with Disabilities (FSCD)* ó Hourly Respite, Community Support Aides, Behavioral and Developmental Support Educators and Specialized Services Educators.

*Parenting Assessments* ó Clinical assessments of family functioning and parental abilities to meet the needs of children.

*SAFE Home Assessments* ó Professional assessment of a home for the purpose of adoptions, foster care and Kinship Care.

### **Program Eligibility / Entrance Criteria:**

All services are generally on a referral basis from the local children's Services Authorities however some services can be accessed on a fee for service basis if needed. Please call for more information on criteria for the service needed.

Service areas include from the USA border to Calgary and from Grassy Lake to the BC border.

### **Target Population and People Served:**

Family Ties Association serves all ages of all populations of Southern Alberta.

## **FASD Adult Justice Project**

---

Peak Vocational and Support Service

1804 ó 2 Avenue S  
Lethbridge, AB T1J 0G4

Phone: 403-329-1262

Fax: 403-329-0203

Email: [shacker@peaksupport.ca](mailto:shacker@peaksupport.ca)

### **Hours of Operation:**

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

### **Description of Services Provided:**

Through training, mentorship, education, advocacy, and coordination, the Justice Project will attempt to navigate clients through the justice system and then set up supports within the community in order to reduce recidivism.

### **Program Eligibility/ Entrance Criteria:**

Adults 18 or older who are currently involved in the justice system or who could potentially be facing criminal charges because of their behavior or actions.

### **Target Population and People Served:**

Clients must be 18 years of age or older and be either suspected or confirmed FASD.

## **FASD Assessment and Diagnostic Clinic**

---

Lethbridge Family Services

1107 ó 2 Avenue N  
Lethbridge, AB T1H 0E6

Phone: 403-320-9119

Fax: 403-329-4924

Website: [www.lethbridge-family-services.com](http://www.lethbridge-family-services.com)

Email: [ltaal@lethbridge-family-services.com](mailto:ltaal@lethbridge-family-services.com)

### **Hours of Operation:**

Monday-Friday: 8:00 am-4:00 pm

### **Description of Services Provided:**

A multidisciplinary team will conduct assessments and provide a diagnosis. Clinics will be held approximately 2 times/month assessing 2 children per clinic day. A lifelong program plan will be developed for each child assessed, and a follow-up consultant will stay involved to ensure the plan stays applicable to the child.

### **Program Eligibility / Entrance Criteria:**

- Must be confirmed alcohol use by the birth mother.
- Children aged 7 ó 18 years of age.
- Geographical areas served are: Lethbridge to B.C. border, North to Granum, South to the U.S. border, East to Taber.

### **Target Population and People Served:**

Assessments will be provided to children aged 7 ó 18 years of age. Special cases may be approved for children under the age of 7.

## FASD Justice Initiative

---

Alberta Justice . Lethbridge Crown Prosecutor's Office

1100, 400 ó 4 Avenue S  
Lethbridge Centre Tower, Bag 3014  
Lethbridge, AB T1J 4C7

Phone: 403-381-5211

Fax: 403-381-5760

Email: [robert.coleman@gov.ab.ca](mailto:robert.coleman@gov.ab.ca)

### **Description of Services Provided:**

Work with the LRPS Community Projects Officer to divert Youths with FASD, and who are in conflict with the law, out of the Judicial System.

### **Program Eligibility / Entrance Criteria:**

- Youth aged 18 and under. May consider adults in the near future.
- Depends upon the nature and the seriousness of the offence. Must balance the best interests of the Accused individual against that of the Public.

### **Target Population and People Served:**

City of Lethbridge

## FASD Lifespan Program - Lethbridge

---

McMan Youth, Family and Community Services Association

203 6 517 6 4 Avenue S  
Lethbridge, AB T1J 0N4

Phone: 403-328-2488 ext. 225

Fax: 403-328-2645

Website: [www.mcman.ca](http://www.mcman.ca)

Email: [lethbridge@mcman.ca](mailto:lethbridge@mcman.ca)

### Hours of Operation:

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

### Description of Services Provided:

The *FASD Outreach Program* provides education, information, support, resources, mentoring services, coaching and advocacy to parents and caregivers of children who have (or are suspected to have) Fetal Alcohol Spectrum Disorder (FASD).

The *FASD Life Coach Program* provides one-to-one supportive mentorship and intensive case management for adults suspected of having, or diagnosed with having FASD. This includes assisting in areas of employment, education, living skills, advocacy and building natural and community supports.

The *FASD Transition Program* provides a range of supports to youth ages 16 - 22 who have (or are suspected to have) Fetal Alcohol Spectrum Disorder in order to successfully transition them into adulthood. The Transition Worker also assists these individuals in need of a trustee to help manage their finances.

### Program Eligibility / Entrance Criteria:

*FASD Outreach Program:* Caregiver of any age individual who is suspected or diagnosed with FASD who live within Lethbridge or surrounding area.

*FASD Life Coach Program:* Individuals over the age of 18 who are suspected or diagnosed with FASD who are not eligible for services through P.D.D. who live within Lethbridge.

*FASD Transition Program:* Any individual age 16-22 who is suspected or diagnosed with FASD who live within Lethbridge.



## FASD Lifespan Project - Rural

---

McMan Youth, Family and Community Services Association

McMan at Parent Link Center  
782 Main Street  
Pincher Creek, AB T1K 1W0

Phone: 403-627-2014

Fax: 403-627-2013

Website: [www.mcman.ca](http://www.mcman.ca)

### Hours of Operation:

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

### Description of Services Provided:

The *FASD Outreach Program* provides education, information, support, resources, mentoring services, coaching and advocacy to parents and caregivers of children who have (or are suspected to have) Fetal Alcohol Spectrum Disorder (FASD).

The *FASD Life Coach Program* provides one-to-one supportive mentorship and intensive case management for adults suspected of having, or diagnosed with having FASD. This includes assisting in areas of employment, education, living skills, advocacy and building natural and community supports.

### Program Eligibility / Entrance Criteria:

*FASD Outreach Program:* Caregiver of any age individual who is suspected or diagnosed with FASD who live in the Pincher Creek, Crowsnest Pass, and Piikani Nation Reserve areas.

*FASD Life Coach Program:* Individuals 16-24 years of age who are suspected or diagnosed with FASD who live in the Pincher Creek, Crowsnest Pass, and Piikani Nation Reserve areas.

Funded by the Government of Alberta through the Safe Communities Innovation Fund.

## **Fetal Alcohol Spectrum Disorder Certificate Education Program**

---

Lethbridge College

3000 College Drive S  
Lethbridge, AB T1K 1L6

Phone: 403-329-7253

Fax: 403-317-3542

Website: [www.lethbridgecollege.ca/humanservices](http://www.lethbridgecollege.ca/humanservices)

Email: [kimber.norbury-sulin@lethbridgecollege.ca](mailto:kimber.norbury-sulin@lethbridgecollege.ca)

### **Hours of Operation:**

Online Program

Office Hours: Monday-Friday: 8:30 am-5:00 pm

### **Description of Services Provided:**

This Lethbridge College online program is designed for individuals who plan to directly support children, adults, families, or communities impacted by the effects of Fetal Alcohol Spectrum Disorder. This program is available through Distance Learning and has a fast track option for those professionals or learners with previous post secondary education in Human Services and work or life experience in the field of FASD. This program can be taken on a part time or full time basis. Areas covered, but not limited to, include: introduction to FASD, prevention, intervention strategies, brain and behaviour, family support and intervention, medication administration, multicultural information and case management.

## Financial Literacy for Low Income Women

---

Womanspace Resource Centre

504 ó 740 ó 4 Avenue S  
Lethbridge, AB T1H 2W4

Phone: 403-329-8338

Fax: 403-329-8338

Website: [www.womanspace.ca](http://www.womanspace.ca)

Email: [office@womanspace.ca](mailto:office@womanspace.ca)

### **Hours of Operation:**

Call for dates for the next set of sessions.

### **Description of Services Provided:**

Financial Literacy sessions are designed to help low income women gain financial control of their lives. The sessions are a set of four, two-hour long classes that cover such things as budgeting, dealing with debt, tracking your spending, saving vs investing, wills, power of attorney and personal directives. The sessions are taught by local financial and legal professionals.

### **Program Eligibility / Entrance Criteria:**

Self-declared low income.

### **Target Population and People Served:**

Women

## **First Nations, Métis and Inuit Education Program**

---

Lethbridge School District No. 51

433 ó 15 Street S

Lethbridge, AB T0L 0Z0

Phone: 403-380-5316

Fax: 403-327-4387

Website: [www.lethsd.ab.ca](http://www.lethsd.ab.ca)

### **Hours of Operation:**

Monday-Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-2:00 pm

### **Description of Services Provided:**

To provide staff, students and parents of Lethbridge School District No. 51 with culturally appropriate educational resources of First Nation, Métis and Inuit cultures to enhance understanding, develop pride in, and promote the development of lifelong positive academic, professional and interpersonal relationships. We will also work to foster positive relationships between the Lethbridge School District No. 51 and surrounding Aboriginal communities.

This is done through in-school mentoring, cultural programs, presentations, home visitation and advocacy.

### **Program Eligibility/Entrance Criteria:**

Available to all students of Lethbridge School District No. 51.

### **Target Population and People Served:**

Awareness: 10,000 +

Directly Served: 700

## First Steps

---

Alberta Health Services

2K-156, 960 6 19 Street S  
Lethbridge, AB T1J 1W5

Phone: 403-388-6351

Fax: 403-328-3682

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

### Hours of Operation:

Monday-Friday: 8:15 am-4:30 pm

### Description of Services Provided:

- Intensive three year voluntary home visitation support in accessing community agencies.
- Referrals to community agencies that support the needs of both mother and child.
- Promote age appropriate child development.

### Program Eligibility/Entrance Criteria:

- Client diagnosed with F.A.S.D.
- Client suspected to have F.A.S.D.
- Client has previously given birth to a child with F.A.S.D.
- Client is at risk of giving birth to a child with F.A.S.D.

### Target Population and People Served:

Working with women at risk of having a child exposed to alcohol and/or drugs.

## Foothills Detox Centre

---

810 6 18 Street

P.O. Box 1573

Fort Macleod, AB T0L 0Z0

Phone: 403-553-4466

Website: [www.foothillscentre.ca](http://www.foothillscentre.ca)

### **Description of Services Provided:**

The Foothills Centre is an 11 bed (male & female) non-medical, residential facility that provides an environment in which people can safely withdraw from substance abuse. In addition to our Detox beds, a mat area is available for overnight shelter. All of our services are available to adults only.

#### *Goals:*

- To provide clients with information on substance abuse.
- To provide support during the detoxification process.
- To refer and prepare clients for further treatment.

The Detox Program consists of introducing information on substance abuse in a group setting on a daily basis. Factual information is presented through videos and group lectures. These lectures are designed to assist the client to understand the process of addictions, first steps into recovery and preparation for treatment. Clients have access to a Case Manager for one-on-ones, referral to treatment or discussion on any issues they may have. Clients are also assisted with discharge planning, relapse prevention and support resources. The Case Manager works in close contact with other service providers to insure client needs are being met. Clients may also utilize our services for a mandatory 5 day stay before treatment. Support services are also available on an out-patient basis, past clients or community members may attend group lectures upon request. Short term relapse prevention is offered to those feeling at risk. This service is for people who have had some length of sobriety or non use but are feeling vulnerable to relapse. Usually a two to three day stay is enough to help a person refocus on their recovery. We also provide, by appointment, support and information to family members going through a crisis within their family unit.

### **Program Eligibility/Entrance Criteria:**

Admission procedure requires a phone call in advance.

#### *Detox Program*

- Must require detoxification from alcohol and/or other drugs.
- Abide by resident requirements.
- Attend daily group sessions.

#### *Overnight Shelter*

- This service is available to anyone in need of overnight shelter.
- Clients using this service may be under the influence of alcohol and/or drugs.

## Holy Spirit Roman Catholic Regional Division #4

---

620 ó 12B Street N  
Lethbridge, AB T1H 2L7

Phone: 403-327-9555

Fax: 403-327-9595

Website: [www.holyspirit.ab.ca](http://www.holyspirit.ab.ca)

### Hours of Operation:

Monday-Friday: 8:00 am-4:30 pm

### Description of Services Provided:

Holy Spirit Catholic Schools provides educational programming for children as young as two years and eight months of age to students who are not more than nineteen years of age prior to September 1<sup>st</sup> of the current calendar year. We offer an array of programming which varies according to the needs of the child or student. In addition to school-based staff (teachers, educational assistants, FNMI workers, administrative staff, counselors and other support staff) we have district-based staff with expertise in specific areas (speech language pathology, psychology, early learning programs, behaviour specialist and a team of family school liaison counsellors). Every child or student who is registered in one of our programs has a *Learning Team* comprised of the individuals specifically involved in their program. This team may vary in its structure, but key members are parents (guardians), the Inclusive Education Liaison, the classroom teacher, an administrative designate (principal or associate principal) and others as deemed necessary.

A child or student with a diagnosis of FASD would have an *Individual Program Plan (IPP)* created for them by their Learning Team. Holy Spirit Catholic Schools prides itself on working with community and regional professionals to create, implement, and monitor the most effective educational programming possible for each child or student. To facilitate effective transitioning between home and school, we also offer preschool programming within our elementary schools. In many of our school locations, we also offer Day Care and Before-and-After School Care for children ages two years six months to twelve years. Particularly for children with a diagnosis of FASD, it may be advantageous for parents or caregivers to have access to these additional supports ó at times, staff who work in our school-based programs are also involved with children in these out-of-school programs, or even within their homes. Our speech language pathologists have been trained in assessment and diagnostic practices associated with FASD and are very skilled in participating in assisting Learning Teams in program planning. Many of our teachers have had specific training in programming for students with a diagnosis of FASD. In some of our schools, we have specialized settings that are staffed with very experienced, skilled teachers and educational assistants in working with children who either have a diagnosis of FASD or are presenting with similar strengths and areas of concern.

This year in Holy Spirit Catholic Schools, we've been blessed to have a WRaP Success Coach (Wellness, Resiliency and Partnership). This position is currently supported through funding from Alberta Education.

The WRaP Success Coach works closely with junior and senior high school students who have a confirmed diagnosis of FASD. The main areas of responsibility include (not limited to) providing

- support to small groups of students into FAS Spectrum
- informal coaching and goal setting
- training and innovative strategies to students with FASD during non-instructional parts of the school day
- support to students and their families/ caregivers, schools staff and other community partners.

**Program Eligibility / Entrance Criteria:**

The School Act grants right of access to education to all citizens and landed immigrants who are six years of age and younger than nineteen years of age. Education is compulsory for those who are six, but less than sixteen, years of age on September 1. Each Alberta school board is required to provide educational programs, consistent with the Act, for all of its resident students.

**Target Population and People Served:**

All resident students, whose sixth birthday falls on or before December 31 and whose nineteenth birthday is before September 1, of the current school year.



## Home Care Services, Community Health

---

Alberta Health Services

400 ó 801 ó 1 Avenue S  
Lethbridge AB T1J 4L5

Phone: 403-388-6700

Fax: 403-327-8494

### Hours of Operation:

Monday, Tuesday, Wednesday, Friday: 8:00 am-4:30 pm

Thursday: 8:00 am-6:00 pm

### Description of Services Provided:

Services are provided according to individual need as assessed by a Community Care Case Manager. If needs cannot be effectively met in the home, Community Care will assist you in exploring Supportive Living Options.

All services provided through Community care are based on assessed need. Services that may be provided include:

- Professional nursing services
- Personal care services
- Respite services
- Palliative care
- Referrals to: Acute Geriatric Services, Alberta Aids to Daily Living (AADL), Building Healthy Lifestyles, GCR/Bridgets, Nutritional/Dietician Services, Occupational Therapy, Palliative Care Program, Physical Therapy, Respiratory Therapy, Social Work, Speech Therapy, Volunteer Services, links to community support agencies and community resources

### Program Eligibility / Entrance Criteria:

A referral is needed. All referrals are coordinated through CHINOOK ACCESS CENTRE (403) 388-6380 or 1-866-388-6380. The ACCESS CENTRE is available 7 days a week. After hours call Health Link Alberta at 1-866-408-5464.

## Independent Counselling Enterprises

---

### *Lethbridge*

116B ó 8 Street S

Lethbridge, AB T1J 2J3

Phone: 403-394-7611

Fax: 403-394-7911

Email: [iceleth@icenterprises.com](mailto:iceleth@icenterprises.com)

### *Nanton*

2201 ó 20 Street

P.O. Box 1419

Nanton, AB T0L 1R0

Phone: 403-646-1199

Fax: 866-646-1198

### **Website:**

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

### **Hours of Operation:**

Monday-Friday: 9:00 am-5:00 pm

### **Description of Services Provided:**

Provide services to adults over 18 with PDD funding. Areas include residential, community access, respite, employment support and supported independent living.

### **Program Eligibility / Entrance Criteria:**

- PDD Funding
- Have intake package and interview

### **Target Population and People Served:**

Serve adults between the ages of 18 and 73 years old. Provide services to Lethbridge, Crowsnest Pass, Pincher Creek, Claresholm and Nanton.

## Ingrid Hess, Barrister and Solicitor

---

Phone: 403-329-0272

Fax: 403-329-0277

Email: [ingrid.hess@shaw.ca](mailto:ingrid.hess@shaw.ca)

### **Hours of Operation**

24 hours

### **Description of Services Provided:**

I am a criminal defence lawyer. I defend charges of all types and have appeared in every level of Court in this Province. In my practice I have developed a significant awareness of FASD issues relating to conduct of criminal trials. I have defended many clients who present with varying degrees of FASD issues. In several major trials, I have relied upon expert testimony respecting my client's level of disability in relation to the issues at trial. Two of the murder cases I have acted on where the client suffered from FASD are cited in a learned legal journal by a criminal law professor from the University of Toronto named Kent Roach.

### **Program Eligibility / Entrance Criteria:**

Usually retained by Legal Aid.

### **Target Population and People Served:**

People facing legal problems who have challenges, social problems, and various disabilities including FASD.

## Interfaith Chinook Country Kitchen

---

Interfaith Food Bank/Family Centre

1116 ó 3 Avenue N

Lethbridge, AB T1H 0H6

Phone: 403-320-8138

Fax: 403-328-0521

Website: [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)

Email: [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca)

### Hours of Operation

Monday-Friday: 8:30 am-4:00 pm

### Description of Services Provided:

- Participants learn how to make healthy and nutritious meals on a limited budget.
- Provides opportunities for families to learn about healthy living and parenting.
- Children's programming during cooking sessions.
- Enhances parents' ability to interact and play with their children and to provide support and additional resources.

### Program Eligibility / Entrance Criteria:

None

### Target Population and People Served:

Everyone is welcomed.

## Interfaith Food Bank Society of Lethbridge

---

1116 63 Avenue N  
Lethbridge, AB T1H 0H6

Phone: 403-320-8022 (Client Intake)  
403-320-8779 (Administration)

Fax: 403-328-0521

Website: [www.interfaithfoodbank.ca](http://www.interfaithfoodbank.ca)

Email: [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca)

### Hours of Operation:

#### *Client Intake*

Monday-Friday: 9:30-11:45 am

Monday-Thursday: 1:00-3:30 pm

#### *Administration*

Monday-Friday: 8:00 am-4:00 pm

### Description of Services Provided:

#### *Emergency Food Assistant*

- Food Hampers provide 5-7 days of emergency food assistance and are available to clients once per calendar month.
- Daily Food Supplements are provided once daily to clients. Clients are also welcome to pick up bread, produce, and pick shelf items daily.

#### *Additions to Hampers and Other Services*

- Pregnancy Increase: expecting clients receive a larger hamper during this crucial development period and until the baby is one year old.
- Baby Bundles are available once a month with a hamper until the baby is one year old. There are four sizes of baby bundles: 0-4 months, 5-6 months, 7-9 months, and 10-12 months. Parents are also welcome to pick up formula and diapers with their Daily Supplements.
- Smart Start for Safety Packs provide safety supplies and information to new parents to ensure safety within the home for young children.
- Birthday Bundles include supplies for a birthday celebration and an age/gender specific toy/gift are available during the month of the birthday for children 12 and under.
- Diabetic Bundles are provided with hampers for those who require low sugar diets.
- Clothing Vouchers provide 2 outfits once every three months.
- Backpacks & School Supplies are provided annually before the start of school during August and September.
- Christmas Hampers with toys are provided during the month of December. Supplies are provided for a Christmas meal and gifts for children 12 and under.

*Interfaith Chinook Country Kitchen* holds free cooking sessions to teach individuals and families how to prepare low cost healthy meals while children are supervised by an early childhood educator.

### **Program Eligibility / Entrance Criteria:**

#### *Registration*

There are three areas of information that are required for a client to register and to receive our services:

- Identification - The client is required to provide photo identification and Alberta Health Care Cards for all adults in the home. If there are children in the home, the client is required to provide Alberta Health Care Cards for all children.
- Income - Clients must provide proof of income for each adult in the household. If there are children in the home, the client should also provide the amount they receive for their child tax credit.
- Proof of Address - Clients must provide a current proof of street address to ensure they reside within our service area, and have a permanent residence. Clients who do not have a permanent residence are asked to access services from the shelter. Clients with a box number must provide proof of street address.

#### *Age Restriction*

Clients must be 18 years of age to access the food bank. There are some unique situations where a minor may qualify for services, in which case the Client Intake Supervisor or the Executive Director will determine eligibility.

### **Target Population and People Served:**

We provide emergency food services to those in need. Our mission is to recognize the human dignity of those in need and provide food and access to services and resources generated from within our community.

## Lethbridge Correctional Centre

---

Bag 3001 Old Coaldale Rd  
Lethbridge, AB T1J 3Z3

Phone: 403-388-3000

Fax: 403-388-2968

### **Description of Services Provided:**

Identify inmates with FASD within the inmate population and formulate appropriate caseplans.  
Liaise with outside agencies to gather information and better prepare offenders for release.

### **Target Population and People Served:**

Those inmates identified or suspected of having FASD.

## Lethbridge Family Services – DaCapo

---

1107 6 2 A Avenue N  
Lethbridge, AB T1H 0E6

Phone: 403-320-9119

Fax: 403-329-4924

Website: [www.lethbridge-family-services.com](http://www.lethbridge-family-services.com)

### **Hours of Operation:**

Monday-Friday: 8:00 am-4:00 pm

### **Description of Services Provided:**

Our unique service delivery fosters proactive, innovative results to individuals and families affected by fetal alcohol spectrum disorders.

We are a professional team dedicated to empowering growth, choice and independence. By utilizing community resources and each individual's network, we create opportunities that maximize personal potential.

DaCapo is an Italian "musical" term that means to "repeat from the beginning". The goal of the program is to increase and/or maintain independence and encourage integration within the community. Individuals are assisted as much as possible in assuming and exercising control over their own lives and circumstances.

### *Residential Services*

DaCapo provides a variety of supported living arrangements to individuals who require assistance to live in the community. Following are the residential supports available:

- Tenant Support (Supported Independent Living) - individuals either rent or own their own home. Staffing is based on individual need throughout the day and evening hours. Typically individuals do not require overnight support.
- Contracted Arrangement (Support Homes) - Roommate companion or Approved Home arrangements are typical of this service.
- Respite - this type of support provides primary caregivers with a temporary break from their responsibilities.

### *Supported Employment Services*

DaCapo believes in the value of access to employment for all individuals. Support is provided to individuals interested in attaining and succeeding at an employment position within the community. Job coaches provide a variety of supports including:

- participating in individualized employment planning including career consultation and evaluation
- assisting with job searches
- participating in on the job training to ensure proficient employee performance
- participating in follow up support to provide stability of employment placement(s)



## **Lethbridge Food Bank Society**

---

1016 ó 2 Avenue S  
Lethbridge, AB T1J 0C9

Phone: 403-320-1879

Fax: 403-317-2995

### **Hours of Operation:**

Monday: Noon-5:30 pm

Tuesday, Thursday, Friday: 10:00 am-Noon, 1:00-3:30 pm

Wednesday: 10:00 am-Noon

### **Description of Services Provided:**

- Regular hampers are available one per month, if need requirement is met
- Bread and produce are available twice per week
- Birthday hampers are available to regular clients (minimum of one week notice must be given and proof of birthday)

### **Program Eligibility / Entrance Criteria:**

To obtain service, individuals must show current proof of income, proof of address and one piece of ID. Also each family member must have identification.

## **Lethbridge Legal Guidance Society**

---

423 ó 5 Street S

Lethbridge, AB T1J 2B6

Phone: 403-380-6338

Fax: 403-380-3661

Website: [www.lethbridgelegalguidance.ca](http://www.lethbridgelegalguidance.ca)

Email: [lethbridgelegalguidance@telus.net](mailto:lethbridgelegalguidance@telus.net)

### **Hours of Operation:**

Monday to Friday: 8:30 am-Noon, 1:00-4:30 pm

### **Description of Services Provided:**

Free legal guidance and advice for low income persons in Lethbridge and surrounding areas. Must meet eligibility guidelines. Representation in Court may be possible.

### **Program Eligibility / Entrance Criteria:**

Contact office for more information.

### **Target Population and People Served:**

Lethbridge and surrounding areas.

## Lethbridge School District No. 51

---

95 Mt. Blakiston Rd W  
Lethbridge, AB T1K 6P9  
Phone: 403-381-1500  
Fax: 403-320-1438  
Website: [www.lethsd.ab.ca](http://www.lethsd.ab.ca)

380 Laval Blvd W  
Lethbridge, AB T1K 3Y2  
Phone: 403-381-1244

### Hours of Operation:

Monday-Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-2:00 pm

### Description of Services Provided:

Lethbridge School District No. 51 prides itself in meeting the needs of all its students. To this end, we provide differentiated instruction and programming aimed at building on the strengths and supporting the needs of all students. Identification and programming is the responsibility of the community in collaboration with school. Each student with identified learning needs, including those with FASD, have an Individual Program Plan (IPP) developed based on assessments, that details desired student outcomes and directs instruction, modification and accommodations.

Differentiated instruction is a philosophy and an approach to teaching in which teachers and school communities actively work to support the learning of *all* students through strategic assessment, thoughtful planning and targeted, flexible instruction. A team approach can help classroom teachers better meet the complex needs of students with FASD. Perspectives and programming ideas from various education professionals, as well as from parents, can be helpful in planning comprehensive programs that address student needs. No single individual has all the knowledge and expertise required to understand and meet the complex learning needs of students with FASD. Collaboration, planning and programming are key to successful instruction.

A problem-solving approach is the core of effective collaboration, whether the team is large or small, formal or informal. The problem-solving cycle begins with identifying and clarifying the problem. The team works together to generate solutions and develop a plan of action. Timelines for implementation and a method for evaluation encourage team members to come back together to evaluate the plan and see if it is working. If necessary, the team can revisit the problem-solving cycle and address new or outstanding issues. The collaborative team approach can also be used in the development of individualized program plans (IPPs). IPPs are written commitments of intent by education teams to ensure appropriate planning for students.

### Program Eligibility / Entrance Criteria:

The School Act grants right of access to education to all citizens and landed immigrants who are six years of age and younger than nineteen years of age. Education is compulsory for those who are six, but less than sixteen, years of age on September 1st. Each Alberta school board is required to provide educational programs, consistent with the Act, for all of its resident students.

**Target Population and People Served:**

All resident students whose sixth birthday falls on or before December 31 of the current school year; and whose nineteenth birthday did not occur prior to September 1 of the current school year are the target population for Lethbridge School District 51.

## **Lethbridge Soup Kitchen Association**

---

802 ó 2 A Avenue N  
Lethbridge, AB T1H 0C9

Phone: 403-320-8688

### **Hours of Operation:**

Monday-Saturday: Noon-1:00 pm

### **Description of Services Provided:**

- Hot lunch meals six days a week
- Open all holidays except Christmas Day
- Referrals to agencies
- Volunteer program

## **Native Counselling Services of Alberta**

---

208 ó 324 ó 7 Street S  
Lethbridge, AB T1J 2G2

Phone: 403-329-6140

Fax: 403-380-2562

Website: [www.ncsa.ca](http://www.ncsa.ca)

Email: [lethbridge@ncsa.ca](mailto:lethbridge@ncsa.ca)

### **Hours of Operation:**

Monday-Friday: 8:30 am-Noon, 1:00-4:30 pm

### **Description of Services Provided:**

- Legal information and brochures
- Court Work Services: Criminal/Family/Youth court assistance
- Peacemaking, mediation, Healing Circles
- Family/Youth support/advocate

## **Native Women's Transition Home Society**

---

Box 1448

Lethbridge, AB T1J 4K2

Phone: 403-329-6506

Fax: 403-329-0285

Toll Free: 1-877-777-6077

### **Hours of Operation:**

Office Hours: Monday-Friday, 8:30 am-4:30 pm

Home Hours: 24 hrs a day

### **Description of Services Provided:**

- Transitional housing for 8 families consisting of women and children
- In-House support
- Counselling may be in-house or in the community
- Counselling may be contemporary or traditional
- Training provided for house keeping, budgeting, food preparation, food handling, etc.
- Rent is based on Provincial Income Support Rates

## Opokaa'sin Early Intervention

---

Suite 404, 909 63 Avenue N  
Lethbridge, AB T1H 0H5

Phone: 403-380-2569

Fax: 403-327-6775

Website: [www.opokaasin.org](http://www.opokaasin.org)

### **Hours of Operation:**

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

### **Description of Services Provided:**

- A provincially accredited program that provides services for children and families referred by Alberta Child and Family Services. Services include: family support, youth mentorship, transportation and supervised visits.
- We also provide community accessible programs: Afterschool Program, Parenting programs, Youth mentoring and Summer Camps.
- Persons with Developmental Disabilities (PDD) provides cultural supports/classes for Aboriginal adults with developmental disabilities. Families and caregivers are supported through networking and making connections to available resources.



## Palliser Regional Schools

---

Suite 101, 3305 618 Avenue N  
Lethbridge, AB T1H 5S1

Phone: 403-328-4111

Toll Free: 877-667-1234

Fax: 403-380-6890

Website: [www.pallisersd.ab.ca](http://www.pallisersd.ab.ca)

Email: See "Contact" on our website

### Hours of Operation:

Monday-Friday: 8:15 am-4:30 pm

### Description of Services Provided:

Palliser Regional Schools offers educational programming and supports for children and students aged 2 years, 8 months through 19 years, if required. We provide quality programming through differentiated, engaging instruction. We understand the importance of knowing the students' strengths and interests to aid us in the development of relevant lessons. Ongoing classroom assessment assists teachers in knowing where their students are currently, what they have learned, and what still needs to be taught. Specialized assessments also provide in-depth insights as to how a student learns and what areas of growth are needed. Each child/student with identified needs has an inclusive education plan or individual program plan (IPP) that targets areas where growth is desired. We access the supports from agency partners and collaborate with them to provide a wrap-around service that provides consistency and ease of communication between the agency, school, and home. Each member of this collaborative team, including the parents/guardians, assists in the development of the IPP. This plan utilizes a child's or student's strengths and interests to assist in the areas of growth.

### Program Eligibility/ Entrance Criteria:

The School Act grants right of access to education to all citizens and landed immigrants who are six years of age and younger than nineteen years of age. Education is compulsory for those who are six, but less than sixteen, years of age on September 1. Each Alberta school board is required to provide educational programs, consistent with the Act, for all of its resident students.

### Target Population and People Served:

Children and students in the Palliser geographic boundaries whose sixth birthday falls on or before December 31 of the current school year; and whose nineteenth birthday did not occur prior to September 1 of the current school year are the target population for Palliser Regional Division No. 26.

## Quest Support Services Inc.

---

1245 62 Avenue S  
Lethbridge, AB T1J 0E5

Phone: 403-381-9515

Fax: 403-320-6555

Website: [www.questsupport.com](http://www.questsupport.com)

### **Hours of Operation:**

Monday-Friday: 8:00 am-4:30 pm

### **Description of Services Provided:**

Quest offers a number of different programs to individuals with developmental disabilities. Each program is developed to meet the needs of the individual and designed to fit them and their abilities.

*The Community Access Program (Day Program)* is designed to provide individuals with an opportunity to meet others with similar interests, participate in activities and crafts together, and interact with friends. This facility operates Monday to Friday from 8:00 am to 4:30 pm.

*The Community Living Program (Residential Program)* consists of groups of individuals, no more than three persons in one home, who live together in their home under the operation of Quest. Individuals contribute to everyday decision in addition to whom they live with and where they live. The Community Living Program is based on the ideal of employees supporting individuals with daily living duties and establishing a home that is capable of meeting all of their needs.

*Supported Home Services* consist of a family (various types of family dynamics can be offered) that has been hired by the Agency to care for an individual in a home environment that is contracted through Quest Support Services. The individual is able to prosper in a natural home environment that consists of educated and experienced families that might be able to deal with presenting problems/issues in a manner that is more effective.

*Outreach Services* offer tailored supports to individuals with greater independence. It is designed to focus on assisting individual with independent community living through the development of life skills. Staff are available to these individuals through scheduled supports, or by accessing the Outreach Center where individuals can drop in to request assistance, socialize and have fun.

*Children's Services* consists of three different programs: Children's Outreach Services, Children's Respite Services, and Children's Residential Services.

### *Children's Outreach Services*

Children are provided with an opportunity to have on-to-one (1:1) time with a Quest employee who provides services outside of the child/guardian's home. Supports focus on community participation, skill development, and recreational activities.

### *Children's Respite Services*

Child is placed in the care of a Quest employee at the employee's approved residence to stay for 24 hour respite care. Supports focus on establishing community and family participation as well as building great friendships.

### *Children's Residential Services*

Children live within a Quest operated home. Children are placed in the care of a Quest employee with consistency. Residential services focus on promoting daily living skills along with establishing a behavioral program that will improve the child's development.

### **Program Eligibility/ Entrance Criteria:**

Individuals who meet the criteria for funding as set out by Person's with Developmental Disabilities (PDD) or Southwest Alberta Child & Family Services, Family Supports for Children with Disabilities (FSCD) are eligible for supports. Individuals and guardians go through an intake process that consists of an interview and tour of our program.

### **Target Population and People Served:**

All individuals with Developmental Disabilities are eligible for supports from Quest Support Service. We believe that all individuals who need or want supports have the right to quality services that will help them meet their needs and achieve their goals.

## Read On – Adult Literacy Program

---

Lethbridge Public Library

810 ó 5 Avenue S  
Lethbridge, AB T1J 4C4

Phone: 403-380-7323 or 320-4977

Fax: 403-329-1478

Website: [www.lethbridgepubliclibrary.ca](http://www.lethbridgepubliclibrary.ca)

### **Hours of Operation:**

Monday, Wednesday, Thursday, Friday: 9:30 am-4:30 pm

Tuesday: 9:30 am-8:00 pm

### **Description of Services Provided:**

Will provide assistance in choosing resources for adult FASD clients. These clients will work with their FASD support workers.

### **Program Eligibility/ Entrance Criteria:**

Permanent residents or Canadian Citizens.

### **Target Population and People Served:**

Adult permanent residents or Canadian citizens wishing to improve their reading, writing, spelling, communication and/or basic math skills.

## Rehoboth Christian Ministries

---

Box 1312  
Coaldale, AB T1H 5X8

Phone: 403-345-5199

Fax: 403-345-3483

Website: [www.rehoboth.ab.ca](http://www.rehoboth.ab.ca)

520 ó 4 Avenue S  
Lethbridge, AB T1J 0N5

Phone: 403-320-5199

### **Hours of Operation:**

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

### **Description of Services Provided:**

*Employment Placement* ó Assisting individuals in finding competitive employment in their communities. Our employment services are located in Lethbridge.

*Employment Preparation* ó Assisting individuals to gain employment skills and prepare for competitive employment. We provide job readiness and training opportunities through our Greenhouse, Woodshop, Janitorial and Maintenance services.

*Community Access* ó Provide individuals with opportunities to participate in activities through the Fiber Arts/Crafts, Greenhouse, Woodshop, and Janitorial departments. We encourage, socialization, networking and community involvement.

*Retirement Supports* ó This service is for those individuals looking to retire. We provide individualized retirement planning and activities in a central location in downtown Lethbridge. Activities are both facility and community based and range from swimming to Music and Movement to Literary Exploration.

*Residential Services* ó Provide homes in a variety of settings for individuals requiring supports to live in their communities. Each residential service is designed to encourage individuals to develop abilities and to live as independently as possible. Supports range from 24 hour to Supported Independent Living to Relief and Respite Services.

\*\*Note: All Services provided will be specific to the individual. Person Centered Planning is the basis of our Service Delivery System and is not only person centered, but person driven.

### **Program Eligibility / Entrance Criteria:**

- The individual's primary disability is a developmental disability;
- The individual does not require ongoing medical treatment; and
- The individual, or guardian, will provide consent for services.
- Funding approval has been established.

### **Target Population and People Served:**

Adults 18+ with the primary diagnosis or disability being a developmental disability.

## Sexual Health

---

Alberta Health Services

Lethbridge Professional Building  
300 ó 740 ó 4 Avenue S  
Lethbridge, AB T1J 0N9

Phone: 403-320-0110

Fax: 403-320-0118

### Hours of Operation:

Monday, Wednesday, Friday: 8:00 am-4:30 pm

Tuesday, Thursday: 9:30 am-6:00 pm

### Description of Services Provided:

The Sexual Health Centre provides clinical services to people aged 24 and under. Clinical services include:

- Pregnancy tests
- Pelvic examinations and pap smears
- Testing and treatment for STI/HIV
- Birth control prescriptions and supplies, including Plan B (Emergency Contraception)

The Sexual Health Centre provides sexual health information and counseling to all ages. Topics include:

- Sexual decision making
- Birth control and STI/HIV information
- Pregnancy information and pregnancy options counseling
- Normal stages of sexual development
- Other human sexuality issues
- Referrals to other agencies and resources when appropriate

The Sexual Health Centre provides education programs and presentations to professionals, students, parents, adolescents, schools, communities and special needs groups. All programs are tailored to the needs of the group requesting the session. Staff can also provide support to teachers/educators on sexual health teaching methods, lesson plans/activities and educational materials and resources.

### Target Population and People Served:

Clinical services are available to people aged 24 and under. General information, education, counseling and sexual health promotion services are available to all residents in Southwest Alberta.

## Sifton Family and Youth Services – Intensive Treatment and Secure Services

---

Southwest Alberta Child and Family Services Authority

528 Stafford Drive N  
Lethbridge, AB T1H 2B2

Phone: 403-381-5411

Fax: 403-382-4565

### **Hours of Operation:**

24 hours per day, 365 days per year

### **Description of Services Provided:**

Sifton Family and Youth Services offer two residential programs. These programs consist of an eight bed residential treatment program and a two-bed secure service program that provides a 24-hour interdisciplinary, psychotherapeutic treatment program for youth with behavioural or emotional problems, which manifests as intensive, frequent, continuous and pervasive. Sifton Family and Youth Services program is coeducational, serves clients of all races and religions between the ages of 12-17 years.

The objective of the program is the provision of a multi-disciplinary treatment service for adolescents and their families. The range of treatment services includes the development of therapeutic milieu and individual, group and family counselling, adapted to the youth and family's unique needs.

Mental Health consultation is provided to the program on a monthly basis. Psychological assessments are provided for youth to assist with treatment planning. Consultation is provided to the program for adolescents with sexually intrusive issues. Preparatory education for return to the public school system is available and families are included in all aspects of the treatment process from the time of initial referral. The premise is that a young person leaving the program should have more productive attitudes toward life, better human relationships, improved family relationships, and more ability to deal with the world. Permanency planning and post discharge support measures offered by the program contribute to the maintenance of such gains.

### **Program Eligibility / Entrance Criteria:**

Sifton Family and Youth Services serve youth of all races between the ages of 12-17 years. Youth must have Children's Services status to participate in the residential treatment program. In respect to our secure service program, orders are granted by a Judge and the youth must meet the criteria of being at risk to themselves and/or other and less intrusive measures have been attempted and failed.

The degree of care, supervision, and treatment required to remediate the problem leading to referral is deemed greater than what could be provided in a community setting and/or group home setting. If youth are younger or older than the above mentioned ages, may be considered for admission in exceptional circumstances.

The criteria for admission will be the youth's assessed problems as well as the need for care and maintenance. Youth who would be considered for admission to Sifton Family and Youth Services would be assessed as:

- Having a need for and an ability to benefit from intensive treatment group care
- Likely to adjust to and benefit from, the particular group of youth with whom they would be placed
- Have behavioural or emotional problems, which manifest as intensive or frequent or continuous or pervasive
- Requiring a degree of care or supervision or treatment beyond that which can be provided by basic or remedial group care programs

**Target Population and People Served:**

All youth between the ages of 12-17 who have been referred by Southwest Alberta Child and Family Services Placement Committee will be served if treatment beds are available.

Secure Services are provided to youth either through a certificate and/or order. Youth must be at immediate risk to themselves or others and less intrusive measures have been attempted and failed.



## **Southern Alberta Community Living Association (SACLA)**

---

401 ó 21 A Street N  
Lethbridge, AB T1H 6L6

Phone: 403-329-1525

Contact Person: Marilyn Kertesz, Intake and Employment Coordinator

### **Description of Services Provided:**

- Roommate Companion
- Residential Support (24 hr)
- Community Support (hourly)
- Support to Children and families ó arranged 24 hour weekend respite and full time respite placement

## Southern Alberta Individualized Planning Association (SAIPA)

---

527 6 6 Street S  
Lethbridge, AB T1J 2E1

Phone: 403-320-1515

Toll Free: 1-866-320-1518

Fax: 403-320-7054

Website: [www.saipa.info](http://www.saipa.info)

Email: [mail@saipa.info](mailto:mail@saipa.info)

### **Hours of Operation:**

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

We do flex our hours to meet the needs of those we support.

### **Description of Services Provided:**

#### *Planning*

SAIPA assists people with developmental disabilities and their personal network in a planning session that will help them to develop a vision for the future that can be shared with others such as family, friends, community members, and agencies.

SAIPA staff can assist a person and their personal network in the area of planning by using two primary planning tools, PATH and MAP. We also utilize Solution Circles if a network comes across a situation that is difficult to solve. When planning with a personal network, it may become apparent that the tool may not be conducive to what the planning is for and we can be flexible in modifying the tool or finding a planning tool that meets the network's needs so that the process is meaningful.

At this time, we are looking to develop a fee for service as we do not have a funding source for this service. We will post more information to our website as it becomes available.

#### *Training & Workshops*

SAIPA is a support to people with developmental disabilities, their personal networks, agency staff and the community. Our organization provides workshops and presentations on self advocacy, how to support it, how to make people more aware of the contributions of people with developmental disabilities and leadership courses.

We are currently developing workshops in the following areas:

- Self-advocacy, what is it and how to support it

Available workshops:

- A Needed Boost To Your Self-Esteem
- Board, Committee and Meetings
- Rights, responsibilities and understanding your role

In keeping with the Canadian Charter of Rights and Freedoms, SAIPA believes in the empowerment of individuals with disabilities and their families. SAIPA can provide people with information on the Declaration of Individual Rights and Rights in plain language.

We have developed an Individual Rights DVD for purchase that has embraced many people's voices ~ individuals, staff, and guardians. The power of people's voices was used in creating this resource in which to raise awareness about the rights of individuals as full citizens in their community and to empower individuals to exercise their rights, control and choice. It is a tool that will assist individuals, families/guardians, agency staff and the community to embrace individual's rights and apply them into an individual's everyday life.

Our website has three clips that give a glimpse of the Individual Rights DVD. It provides a little bit of information on what Individual Rights are, how to support individual rights and respecting the rights of others.

Key Benefits of the DVD are:

- Creates awareness on individual rights
- Empowers people to exercise their rights, control and choice
- Is a resourceful tool for people with developmental disabilities, families/guardians, agency staff and the community to become aware of individual's rights and how they can be applied into someone's everyday life.

#### *Advocacy & Resources*

SAIPA provides advocacy support and resources:

1. Advocacy support is provided by a staff member who will support an individual in advocating for themselves.
2. Advocacy resources include printed material that can be viewed from the website, material that can be borrowed or purchased from our office.
3. Support to a regional network, the South Region of Self-Advocacy Network (SRSAN), which is a network for individuals with developmental disabilities who connect with others in the south region and province to promote their vision and mission.

#### **Program Eligibility/ Entrance Criteria:**

SAIPA will provide supports to individuals that have been deemed eligibility by Persons with Developmental Disabilities South Alberta Board.

#### **Target Population and People Served:**

SAIPA will respond to requests for assistance from:

- Any individual with a developmental disability over the age of 18.
- Any member of the personal network of an individual with a developmental disability over the age of 18.
- Any community advocate or community organization acting on behalf of an individual with a developmental disability over the age of 18.

## Southwest Alberta Child and Family Services Authority

---

200, 400 ó 4 Avenue S  
Lethbridge Centre Tower  
Lethbridge, AB T1J 4E1

Phone: 403-381-5555

Fax: 403-382-4277

Website: [www.southwestalbertacfsa.gov.ab.ca](http://www.southwestalbertacfsa.gov.ab.ca)

### **Hours of Operation:**

Monday to Friday: 8:15 am to 4:30 pm

### **Description of Services Provided:**

#### *Parent Link Centres*

Parents can improve their parenting knowledge and skills, access information about community services, obtain referrals and meet other families while taking part in quality early learning activities.

#### *Child Care*

We ensure quality child care is available to families across the region by providing subsidies to eligible families as well as licensing and monitoring child care facilities.

#### *Family Support for Children with Disabilities (FSCD)*

The FSCD program provides a range of child focused and family-centered services to assist families with some of the extraordinary costs and demands of raising a child with a disability, including respite, aide supports, specialized services, child care supports, counseling and out-of-home living arrangements.

#### *Early Intervention*

Programs and services assist families to make healthy decisions for their children to prevent crisis and the need for protection services.

#### *To Reach and Connect (Trac)*

Youth outreach counselors connect with ðyouth at riskð and provide support and information to help them make healthy choices.

#### *Prevention of Family Violence and Bullying*

We work with community groups, agencies and law enforcement organizations to eliminate the cycle of family violence and bullying.

#### *Prevention of Child Sexual Exploitation*

Child and youth sexual exploitation includes child prostitution, Internet luring and child pornography. We're working to protect children and support families through counseling and education.

### *Sifton Family and Youth Services*

Sifton provides a 24-hour broad-based treatment program for young people with behavioural and or emotional problems.

### *Child Intervention Services*

We are mandated to investigate and assess reports of child abuse and neglect. Services are delivered through two streams:

- Family Enhancement Services provide supports to families who are willing to work with us to resolve their issues and keep their children safe in their home.
- Protection Services are provided when it is necessary to remove a child from the care of the guardian to ensure the child's well-being.

### *Foster Care*

Foster parents provide a caring, stable home for children who are unable to remain with their parents/caregivers. Together, CFSA staff and foster parents help children and families resolve their problems with the ultimate goal of reuniting them.

### *Adoption and Permanency Planning*

Our goal is to find permanent homes for children in our care through either private guardianship or adoption. As well as supporting kinship connections, we recruit and match adoptive families with children in permanent care. Inquiries about international adoption are referred to Children's Services.

### **Target Population and People Served:**

Children, youth and families of southern Alberta.

## **Subsidized Housing - Lethbridge Housing Authority**

---

Lethbridge Housing Authority (LHA) and subsidiary company Lethbridge and Region Community Housing Corp. (L&RCHC)

324-B Mayor Magrath Drive S  
Lethbridge, AB T1J 3L7

Phone: 403-329-0556

Fax: 403-327-3906

Website: [www.lethbridgehousing.ca](http://www.lethbridgehousing.ca)

Email: [info@lethbridgehousing.ca](mailto:info@lethbridgehousing.ca)

### **Hours of Operation:**

Monday to Friday: 9:00 am-Noon, 1:00-4:00 pm

### **Description of Services Provided:**

- Government Subsidized Housing for families and seniors
- Affordable Housing
- Rent Supplement Program

### **Program Eligibility / Entrance Criteria:**

- Lower income or those in need.
- Application process according to need and availability.

### **Target Population and People Served:**

The LHA strives to provide safe, secure and affordable housing for people in need, in our region.

## Trac Youth Outreach Program

---

Southwest Alberta Child and Family Services Authority

### *Street Address*

911 ó 3 Avenue N  
Lethbridge, AB T1H 0H5

Phone: 403-381-5160

Cell: 403-308-6633

Fax: 403-381-5882

Website: [www.southwestalbertacfsa.gov.ca/home/582.cfm](http://www.southwestalbertacfsa.gov.ca/home/582.cfm)

### *Mailing Address*

528 Stafford Drive N  
Lethbridge, AB T1H 2B2

### **Hours of Operation:**

Monday, Tuesday, Wednesday: 8:15 am-4:00 pm

Thursday, Friday: 12:45-8:30 pm

### **Description of Services Provided:**

Reaching out and connecting with high risk youth between the age of 12 and 17 who need support and information in making healthy decisions in their lives.

- Assistance in accessing community programs, setting up appointments, problem solving, dealing with family issues, addressing safety issues, addressing concerns around drug, alcohol and inhalant use, supporting youth who are being physically, sexually and emotionally abused.
- Increasing positive choices, decreasing high risk behavior and lifestyle choices
- Providing advocacy

### **Program Eligibility / Entrance Criteria:**

High-risk youth between the ages of 12 to 17. Over the age of 18, clients are dealt with on a case by case basis, depending on need for service.

### **Target Population and People Served:**

- Sexually Exploited youth
- High risk youth
- Young parents, pregnant teens
- Homeless youth and youth at risk of being homeless
- Transiency
- öGroupö/öGangö affiliations
- Youth with criminal charges or legal issues
- Family/ Caregiver/ Guardian of youth, mediation and advocacy

## Treaty 7 Urban Indian Housing Authority

---

200 ó 519 ó 7 Street S  
Lethbridge, AB T1J 2G8

Phone: 403-327-1995  
1-800-567-4256

Fax: 403-327-0849

Website: [www.t7housing.com](http://www.t7housing.com)

### **Hours of Operation:**

Monday to Friday: 8:30 am-Noon, 1:00-4:30 pm

### **Description of Services Provided:**

- Subsidized housing for Urban Native families
- Tenant counselor that works direction with tenants in the areas of homecare, budgeting, nutrition, etc.



## YWCA Lethbridge and District

---

604 ó 8 Street S

Lethbridge, AB T1J 2K1

Phone: 403-329-0088

Fax: 403-327-9112

Website: [www.ywcalethbridge.org](http://www.ywcalethbridge.org)

Email: [inquiries@ywcalethbridge.org](mailto:inquiries@ywcalethbridge.org)

### **Hours of Operation:**

Monday to Friday: 8:00 am to 5:00 pm

Crisis 24 hours a day

### **Description of Services Provided:**

- Women's emergency shelter (YWCA Harbour House), Outreach Services and Crisis Line (Local: 403-320-1881; Rural/long distance: 1-866-296-0447).
- Youth programming ó supported independent living ó must have children's services status, GirlSpace programming and Girls with Tools (no fee ócall for more information).
- Volunteer opportunities
- Women's residence - for women with complex needs (rooms to rent, support)
- Health and Fitness programming
- Chat Room ó supportive programming for single parenting females

### **Program Eligibility / Entrance Criteria:**

Depends on program; call to request information.

### **Target Population and People Served:**

Women, youth, some males (dependent on program).

## Youth Justice Project

---

Lethbridge Regional Police Service

135 ó 1 Avenue S  
Lethbridge, AB T1H 2W4

Phone: 403-330-5051

Fax: 403-328-6999

Website: [www.lethbridgepolice.ca](http://www.lethbridgepolice.ca)

Email: [FASD@lrps.ca](mailto:FASD@lrps.ca)

### **Hours of Operation:**

Monday to Friday: 7:00 a.m. to 4:00 p.m.

### **Description of Services Provided:**

1. Work in collaboration with Community Partners and advocating for those affected with FASD.
2. Provide support to the Community Patrols Division in identifying those individuals with FASD. This is done by obtaining signed medical information release forms, the information itself, then internally flagging and highlighting these individuals as FASD.
3. Once flagged, if the individual has a specialized program plan, an Assistance file is created with details of the disorder, and possible solutions.
4. If the individual is charged, a For Your Information alert is sent to me and I will create an individualized Court Information Plan with recommendations for sentencing. Since there is a release of information signed by the Guardian, the Information Plan can be exhibited; therefore, the Crown, Defense and Judge are aware of the disability.

### **Program Eligibility / Entrance Criteria:**

Individuals diagnosed or suspected with FASD under the age of 18. Adults are referred to the Adult Justice Program.

### **Target Population and People Served:**

Primarily, individuals under the age of 18 are targeted, but as mentioned above, the adults are referred to the Adult Justice project if dealt with by police.