





**Carpentry**

Barry’s Carpentry & Custom Cabinets

Barry Schaff

Home: 403-625-1552

Cell: 403-625-0936

Judy Van Amerongen

Chef and Owner

Restaurant quality meals served in your home!

CherryApron (403) 682-9903

Cherryapronchef.com

## Personal Chef Service

Claresholm & District FCSS

4925 1st Street West

PO Box 1297

Claresholm AB T0L 0T0

Phone: (403) 625-4417

Fax: (403) 625-4851

<http://www.claresholmfcss.ca>

# Claresholm & Area Home Support Services

Independent Service Providers





  

**Mom2Mom Breastfeeding and Postpartum Support Group**

A free peer-guided support group aimed at helping new mothers with common questions and concerns about breastfeeding and the postpartum period. Drop in every other Thursday beginning February 11 2016 at the High River Parent Link Center 1 – 2:30pm. Facebook: Mom2Mom Breastfeeding and Postpartum Support Group.

Email: Mom2momhighriver@gmail.com

La Leche League Canada

Breastfeeding… and so much more!

### Mother-to-mother breastfeeding support

3 Ways to Connect:

* Local mothers groups
* Phone information and help
* www.LLLC.ca

Got a breastfeeding question? Give us a call!

Lethbridge: 403-331-1003

Calgary: 403-242-0277

Email: ofm@lllc.ca

To become a member go to [www.LLLC.ca](http://www.LLLC.ca) and click on “Membership”

### Universoul

Cindy Hubka B.N.

Clinical Hypnotherapist

Practitioner of Reiki, NLP, EFT

Phone: 403-625-6314

Email: cindy.hubka@gmail.com

  

Housekeeping

 Regular housework

$20/hour

You supply the equipment

Please call Bonnie:

403-468-4000

### Foot Care

“Pamper Your Feet”

In the Comfort of Your Own Home

SC Foot Care – Sonja Caswell

Home: 403-687-3021

Cell: 403-682-9751

   

**Julia M**

Reliable, Responsible, Reasonable

And Available to Help With:

* Paying bills
* Grocery shopping
* Meal preparation
* Light housekeeping
* Filling out forms
* Transportation
* Shopping
* Conversation
* Recreational activities
* Phone: 403-625-3452
* Julia\_meek@hotmail.com

For information on open positions or to submit your resume, please visit our Web site at: www.lucernepublishing.com