

## Community Resources Directory

### Preface

The Claresholm & District Family & Community Support Services is pleased to present this updated edition of the Community Resources Directory. This publication is designed to help all residents find their way to the large number of community groups, recreational bodies, government services and helping agencies operating in and around Claresholm. It is through our involvement with these different groups and agencies that we create and find a sense of community.

The Community Resources Directory is provided as part of the FCSS mandate to inform the community of available services in the community. Every effort has been made to include the most current information on the many agencies, organizations and services available in our community at the time of publication. To make additions, changes or corrections to the directory please contact the FCSS office at 403-625-4417.

Data used in compiling the Community Resources Directory has been obtained primarily from information submitted by each organization. The listing of an agency does not necessarily constitute endorsement of its purpose, method or quality of service by the Town of Claresholm. The Directory is only a guide to services.

Claresholm & District Family & Community Support Services



## Community Resources Directory

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## Community Resources Directory

### Agricultural Financing

#### Alberta Agriculture Financial Services Corp (AFSC)

Insurance: 403-625-3534

Lending: 403-625-1462

Fax: 403-625-2862

Website: <http://www.afsc.ca/>

Mailing Address: Box 1227 Claresholm AB T0L 0T0

Location: 109 – 46<sup>th</sup> Avenue West (Provincial Building)

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

Description: Agriculture Insurance lending and income stabilization.

### Alcohol and Drug

#### Claresholm Centre for Mental Health & Addictions (Alberta Mental Health)

Phone: 403-682-3500

Fax: 403-625-4318

Email: [claresholmcentre@albertahealthservices.ca](mailto:claresholmcentre@albertahealthservices.ca)

Mailing Address: PO Box 490 Claresholm AB T0L 0T0

Location: 139 - 43 Avenue West

Hours: Monday to Friday 8am to 4pm

Website: <http://ahs.ca/claresholmcentre>

Description: This facility provides healthcare services for adults with addiction and mental health concerns. There are no emergency services at this location.

#### Lander Treatment Centre (formerly AADAC)

Phone: 403-625-1395

Email: [admissions.lander@albertahealthservices.ca](mailto:admissions.lander@albertahealthservices.ca)

Fax: 403-625-1300

Mailing Address: PO Box 1330, Claresholm AB T0L 0T0

Location: 221 Fairway Drive

Hours: 8 AM- 4:30PM

Website: <http://www.albertahealthservices.ca/default.asp>

Description: Offers an 18-24 day residential addiction treatment program for adult men and women experiencing problems as a result of alcohol, other drug use, tobacco and/or gambling.

(For more Drug & Alcohol related resources, see: Support Groups)

### Apartment Listings Claresholm Area:

## Community Resources Directory

Carlington Apartments 403-625-4125 (Darlene)  
Centennial Apartments 403-625-2475  
Claresholm Apartments 403-331-8157 (Barry Loyst)  
Claresholm Housing Authority-Low Income/Seniors 403-625-4133 (Maxine Middleton)  
Cottonwood Village 403-625-5520  
Kensington Manor 403-468-2485  
Porcupine Hills Lodge & Duplexes 403-625-3988  
Westlynn Apartments 403-625-4125

### Art Clubs & Cultural Organizations

#### Claresholm Potter's Guild

Phone: 403-687-2339

Contact: Carol Thompson

#### Claresholm Arts Society – on Facebook

Email: [cholmartssociety@gmail.com](mailto:cholmartssociety@gmail.com)

**Description:** The Claresholm Society for the Arts was formed in 2013 to create awareness, increase participation, build relationships and facilitate opportunities for the talent that abounds in our community and surrounding area. While the society is only in its infancy, and the specific plans and objectives will expand and evolve with time, the purpose is clear: To build a foundation in our community from where the arts can grow and thrive.

#### Community Singers

Phone: 403-625-4175

Contact: John Vandebeld, Director, or Lorna Musick 403-625-3469

Hours: 10 to 12 week sessions in fall and spring. Meeting times are Thursdays 7:30 to 9:30pm.

Description: Choral experience with a knowledgeable, fun and experienced director John Vandebeld. The end of each session is concluded with a concert performance open to the public.

## Community Resources Directory

### Fort Macleod & District Allied Arts

Phone: 403-557-2443

Address: Box 244, Fort Macleod AB T0L 0Z0 (232 Main Street)

Email: [fmalliedarts@gmail.com](mailto:fmalliedarts@gmail.com)

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

Contact: Tim Ranson

Mission: The Fort Macleod Allied Arts is a non-profit arts advocacy organisation dedicated to the promotion, presentation and preservation of the arts in Southern Alberta. We offer opportunities for learning and participation to people of all ages; are supportive of emerging and established artists working in a range of disciplines; and encourage the enjoyment and appreciation of all arts and cultural activities.

Activities include: Art classes, workshops, exhibitions, pottery, crafts, concerts, education and advocacy.

Annual Events: Children's Arts Festival, Ginormous Xmas Craft Sale, Youth Music Recital, The Art of Food and Wine.

## Children & Youth Clubs & Organizations

### 4-H Beef Club (Claresholm)

Contact: Darcy Blair

Phone: 403-687-2095

Location: Claresholm Lutheran Church

Hours: Meeting is on the 1st Thursday of every month.

Description: Members of the 4-H Beef Club gain knowledge in public speaking, demonstrations, and parliamentary procedure. Year begins in October and ends in May. Projects range from a fed steer to heifer and cow/calf projects.

### 4-H Multi Club

Phone: 403-625-2299

Email: [philipandsophia@hotmail.com](mailto:philipandsophia@hotmail.com)

Mailing Address: PO Box 1978, Claresholm, AB. T0L 0T0

Location: 359 – 49th Ave. West (Church of the Nazarene)

& 4404 – 3<sup>rd</sup> Street West (Baptist Church)

Hours: Meeting (7-8pm) & Project Day (9:30am – 2pm) held once a month

Description: Members learn leadership skills, citizenship, public speaking skills and complete projects such as: sewing, crafts and food. Projects change every year.

Members must be 9 years or older by January 1<sup>st</sup> of the club year (September – August).

## Claresholm & District Family & Community Support Services

### Community Resources Directory

#### Girl Guides of Canada (Sparks, Brownies)

Contact: Wanda Brooks

Phone: 403-625-5462

Contact: Paige Barnard

Phone: 403-625-5257

Mailing Address: PO Box 1987, Claresholm, AB. T0L 0T0

Location: Varies, call for details.

Hours: Call for updates

Description: Sparks, Brownies and Girl Guides are the largest organization for girls and women in Canada and they're also part of a worldwide movement! Explore our Guiding community and learn more about being a Member of Guiding here in Canada and around the world.

#### Scouts of Canada (1st Claresholm Troop)

Phone/Fax: 403-549-2289

Contacts: Ken Lewis [vjlw@hotmail.com](mailto:vjlw@hotmail.com)

Ruth Wallace 625-3159 [ruthie\\_grace@hotmail.com](mailto:ruthie_grace@hotmail.com)

Mailing Address: PO Box 966, Claresholm, AB. T0L 0T0

Location: Mackin Hall

Hours: Call for individual meeting times.

Description: Encourages youth to develop physically, mentally, spiritually, and socially as Individuals. Groups are Beavers, Cubs and Scouts.

#### 3<sup>rd</sup> Claresholm Scout Group for Cubs, Scouts & Venturers

Phone: 403-625-2040

Contact: Jeff Perry

Mailing Address: PO Box 1504, Claresholm, AB. T0L 0T0

Location: TBD

Hours: Call for individual meeting group times.

Description: The aim of scouting is to develop the boy's character as resourceful and responsible members of the community.

### Children & Youth Services

#### Claresholm Child Care Society (Day Care)

Phone: 403-625-4543

Mailing Address: PO Box 271, Claresholm, AB. T0L 0T0

Location: 221 – 45 Ave West. (South side of Town Office)

Hours: 6:30 am to 5:30 pm Monday- Friday. Closed Statutory holidays.

Description: Accredited Child Care Service. Activities, crafts, games, stories, outdoor play, etc. Lunches and snacks provided. Government subsidy is available for those who qualify. Age 0 months to 5 years.

## Claresholm & District Family & Community Support Services

### Community Resources Directory

#### **Kidz Zone Out of School Care Program**

**Phone:** 403- 625-4151

Cell/In Case of Emergency: (403) 625-8894

E-mail: [kidzzone2@hotmail.com](mailto:kidzzone2@hotmail.com)

Mailing Address: PO Box 271 (5625 - 8th Street West) Claresholm, AB T0L 0T0

Location: Grey Modular, North of West Meadow Elementary School

Hours: 6:30am – 5:30pm Monday to Friday (including PD days and week-long school breaks) Closed statutory holidays.

Description: An out of school and after school program focusing on safe, fun activities for children ages Kindergarten to 12 years. Subsidy is available.

#### **Kidz Zone Summer Fun Program**

**Phone:** (403) 625-4151

Cell/In Case of Emergency: (403) 625-8894

E-mail: [kidzzone2@hotmail.com](mailto:kidzzone2@hotmail.com)

Mailing Address: PO Box 271 (5625 - 8th Street West) Claresholm, AB T0L 0T0

Location: Grey Modular, North of West Meadow Elementary School

Hours: 6:30am – 5:30pm Weekdays during the summer months

Description: A summer program featuring daily themes and activities. Age Kindergarten to 12 years. Subsidy available.

#### **Learn-A-lot Playschool**

**Phone:** 403-625-4551

Contact: Carol Van Rootselaar, Teacher

E-mail: [lotplay@telus.net](mailto:lotplay@telus.net)

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

Mailing Address: PO Box 1777, Claresholm, AB. T0L 0T0

Location: 221 – 45 Ave West

Hours: TBD

Description: Provides preschool activities for 3 & 4 year olds. Children learn to socialize, communicate, create, observe, explore, and discover.

#### **MOPS-Mothers of Preschoolers**

**Phone:** 403-808-6125

Contact: Danielle Thomas

[mops.claresholm@gmail.com](mailto:mops.claresholm@gmail.com)

Mailing Address: PO Box 506, Claresholm, AB. T0L 0T0

Location: Faith Community Baptist Church

Hours: Thursdays from 10am to 11:30am. Meetings will alternate weekly between MOPS meetings with child care and snacks provided, and an informal discussion meeting with parents supervising their own children.

Description: Offers support for all mothers with children from birth through ECS.



## Community Resources Directory

### Parent Link Centre

Phone: 403-652-8633

Email: [parentlinkcentre@highriver.ca](mailto:parentlinkcentre@highriver.ca)

Tuesdays in Claresholm at The Station (4925 1<sup>st</sup> Street W)  
9:30 to 11:30am and 1 to 3pm.

Resources and programs for parents, caregivers and their children ages 0 to 6.

### Porcupine Hills Early Childhood Coalition (PHECC)

Mailing Address: PO Box 931 Claresholm AB T0L 0T0

PHECC website: <http://www.phecc.org/>

ECMap website: <https://www.ecmap.ca/Pages/default.aspx>

The Porcupine Hills Early Childhood Coalition was formed to address the information collected from a study completed by Alberta kindergarden teachers about how ready children were to start school. The study was designed to identify early childhood issues and present the statistics regionally.

## Churches & Religious Organizations

**Anglican Church** 403-625-2732 (126- 52Ave West)

**Baptist Church** 403-625-2744 (4404-3st West)

**Catholic Church** 403-625-3147 (344-50Ave West)

**Christian Reformed Church (Granum)** 403-687-2126 (Box 206 Granum)

**Church of Jesus Christ of Latter-Day Saints** 403-625-3610 (4924-3st East)

**Church of the Nazarene** 403-625-2903 (49Ave-4st West)

**Fusion Youth** (Grades 7 – 12, September through June) [www.claresholmyouth.com](http://www.claresholmyouth.com)

**Jehovah's Witness Hall** 403-625-2257 (4807-2A St East) [www.jw.org](http://www.jw.org)

**Lutheran Church** 403-625-3833 (4304-2st West)

**Lutheran Church (Granum)** 403-687-2428

**Pentecostal Assembly** 403-625-3008 (4716-2nd St West)

**Ranchers Church** 403-625-2448

**United Church (Claresholm, Granum & Stavely)** 403-625-3078 (4803-2st West)

**Victory Church of Claresholm** 403-625-2448 (5212-1a St West)

## Community Resources Directory

### Education & Schools

#### West Meadow Elementary School: ECS – Grade 6

Phone: 403-625-4464

Mailing Address: PO Box 130, Claresholm AB T0L 0T0

Location: 5613 – 8<sup>th</sup> Street West

Hours: 8:15am to 4pm Monday – Thursday; 8:15am -2pm Friday (on school days).

Website: <http://www.lrsd.ab.ca/school/westmeadow>

Description: Elementary School, Kindergarten to Grade 6

#### Willow Creek Composite High School – Grades 7 – 12

Phone: 403-625-3387

Mailing Address: PO Box 219, Claresholm AB T0L 0T0

Location: 628 – 55 Avenue West

Hours: 8:15am to 4pm Monday-Thursday; 8:15am to 2pm Friday (on school days).

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

Description: Junior and Senior High School Academics from grades 9 to 12.

#### Lethbridge College Claresholm Campus

Phone: 403-625-4231

Mailing Address: PO Box 2049, Claresholm AB T0L 0T0

Fax: 1-888-858-8517

Location: 5202 – 5<sup>th</sup> Street East

Website: [www.lethbridgecollege.ca/about-us/campuses/claresholm-campus](http://www.lethbridgecollege.ca/about-us/campuses/claresholm-campus)

Hours: 8:30am to 4:30pm Monday – Friday

Description: Academic upgrading courses, limited post-secondary programs, computer courses, student support services.

#### Livingstone Range School Division #68

Phone: 403-625-3356

Mailing Address: PO Box 669, Claresholm AB T0L 0T0

Email: [centraloffice@lrsd.ab.ca](mailto:centraloffice@lrsd.ab.ca)

Location: 5202 – 5<sup>th</sup> Street East

Hours: 8:30am to 4:30pm Monday – Friday

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

Description: Public education, ECS through Grade 12

## Community Resources Directory

### Project Read

**Phone:** 403-652-9533 or 403-625-4168

Mailing address: PO Box 1555, Claresholm, AB T0L 0T0

Location: 211 – 49 Avenue West (Claresholm Public Library)

Contact: Marie Schooten

Email: [marie.schooten@telus.net](mailto:marie.schooten@telus.net)

Description: Free adult literacy and numeracy tutoring, PAL-Books for babies, Rhymes that Bind, Building Blocks (closed for the summer)

### Willow Creek Community Adult Learning Society

**Phone:** 403-553-4106

Mailing Address: PO Box 1300 Fort Macleod AB T0L 0Z0

Location: 257 Main Street Fort Macleod AB T0L 0Z0

Contact: Kate Glover

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

Hours: Times and dates vary for each course. Call for details.

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

Description: Provides programs to learn new skills, optimizing existing ones, boost employability, and cultivate new interests and hobbies.

## Emergency & Protective Services

Ambulance 911

Fire 911

Police 911

AADAC Help Line 1-866-332-2322

Alberta One Call 1-800-242-3477

Crimestoppers 1-800-222-TIPS (8477)

Direct Energy (Gas Emergency) 1-800-511-3447

Distress/Suicide Line 1-888-787-2880

Health Link 811

Family Violence 1-888-354-4868

Food Bank 403-625-7127

Kids Help Phone 1-800-668-6868

Poison Centre 1-800-332-1414

Power Outage/Trouble Fortis 310-9473

Report a Poacher 1-800-642-3800

Red Cross 1-888-800-6493

Volker Stevin - Report a road problem

1-888-VS-ROADS

### Ambulance (Chinook Emergency Services)

**Phone:** 403-625-3219

**911 for emergencies**

Mailing Address: PO Box 307 Claresholm AB T0L 0T0

Hours: 24/7 (emergencies only)

Description: Provides emergency services at a “Basic Life Support” level for the Town of Claresholm and surrounding area.

## Claresholm & District Family & Community Support Services

### Community Resources Directory

#### Disaster Services (Local)

**Phone:** 403-625-3381

**Fax:** 403-625-3869

Mailing Address: PO Box 1000 Claresholm AB T0L 0T0

Location: 221 – 45<sup>th</sup> Avenue West

Hours: Monday to Friday (closed Friday noon to 1pm)

Summer Hours: 8am to 4pm. Winter hours: 8:30am to 4:30pm

Website: <http://www.townofclaresholm.com>

Description: Disaster services for Claresholm are coordinated through the town office.

#### Fire Department (Claresholm Volunteer)

**Phone:** 403-625-3922 (Local Detachment)

**911 for emergencies**

Mailing Address: PO Box 1000 Claresholm AB T0L 0T0

Location: 350 43<sup>rd</sup> Avenue West Claresholm AB T0L 0T0

Hours: Meetings/Training: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday at 7pm

Description: The Claresholm Volunteer Fire Department serves the community by reducing or eliminating the threat of fire, environmental spills, accidents and disasters.

#### RCMP (Claresholm Detachment)

**Phone:** 403-625-4445 (admin)

403-625-4444 (complaint)

**911 for emergencies**

Mailing Address: PO Box 1209 Claresholm AB T0L 0T0

Location: 366 – 48<sup>th</sup> Avenue West

Website: <http://www.rcmp-grc.gc.ca>

Description: K Division RCMP provides federal, provincial, municipal and First Nations policing services in Alberta through 104 detachments.

## Employment & Training Services

#### Alberta Human Services - Alberta Works

**Phone:** 403-625-4457

Mailing Address: PO Box 1650, Claresholm AB T0L 0T0

Location: 109-46<sup>th</sup> Avenue West Provincial Building

Hours: 8:15am – 4:30pm Monday – Friday (closed during lunch hour)

Description: Employment Centre has information related to Education, Student Finance, Career Planning, and Self-Employment.

## Community Resources Directory

### Community Futures Alberta Southwest

**Phone:** 403-627-3020

**Fax:** 403-627-3035

Address: Box 1568 Pincher Creek AB T0K 1W0

Email: [info@cfabsw.com](mailto:info@cfabsw.com)

Website: [www.southwest.albertacf.com](http://www.southwest.albertacf.com)

Hours: Monday to Friday, 8:30am to 12pm & 1pm to 4:30pm

Services: We provide entrepreneur programs for youth and disabled; self-employment program assistance/mentoring for individuals starting a new business; business loans; community development – feasibility studies, strategic planning; assistance with plans for community development projects; small business workshops – bookkeeping, marketing, management, customer service, business planning and consulting.

### McBride Career Group Inc.

Contact: Steven Shwetz

**Phone:** 403-995-4377

Email: [sshwetz@mcbridecareergroup.com](mailto:sshwetz@mcbridecareergroup.com)

or 1-844-601-2660

Address: 211 – 49<sup>th</sup> Avenue West, Claresholm (Claresholm Public Library)

Wednesdays from 10am to 3pm

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

Services: Coaches will offer assistance with resume and cover letter development, job search, interview skills and career assessments. Please make appointments at the Claresholm Library. (403-625-4168) These No Cost services are offered in partnership with the Province of Alberta and the Government of Canada to provide employment support programs and services.

## Environment & Conservation

### Claresholm Fish & Game Association

**Phone:** 403-625-2050

Mailing Address: PO Box 2013 Claresholm, AB T0L 0T0

Description: Objectives are to promote conservation, wildlife, firearm safety, and more

## Community Resources Directory

### Claresholm Ducks Unlimited

**Phone:** 403-625-3821

Mailing Address: PO Box 2013 Claresholm AB T0L 0T0

Location: Indoor Range, Community Centre

Hours: Meetings with Fish & Games 3<sup>rd</sup> Monday of each month at 7:30pm

Website: <http://www.ducks.ca>

Description: The purpose of this organization is to raise funds for wildlife habitat.

Ducks Unlimited is North America's leading conservation organization.

## Facilities

### Agricultural Society/Agriplex

**Phone:** 403-625-2410

403-625-9286

**Fax:** 403-625-2414

Contact: David Hansma

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

Mailing Address: PO Box 1401 Claresholm AB T0L 0T0

Location: 5950 4<sup>th</sup> Street West

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

Hours: Hours vary depending on what event is scheduled

Description: A year-round equine facility which hosts events such as team roping, team penning, cuttings, horse shows, and more.

### Claresholm Aquatic Centre

**Phone:** 403-625-2172

**Pool Schedule:** 625-3071

Mailing Address: PO Box 1000 Claresholm AB T0L 0T0

Location: 212 Fairway Drive

Hours: 6am to 9:30pm daily.

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

Description: Public swimming pool. Swimming lessons for all ages, fitness classes, advanced aquatic courses, public swims, private bookings, diving lessons, etc.

### Claresholm Arena

**Phone:** 403-625-2595

Mailing Address: PO Box 1000, Claresholm AB T0L 0T0

Location: 4918 - 2<sup>nd</sup> Street East

Hours: Ice is available from mid-September to the end of March

Website: <http://www.townofclaresholm.com/visit/arena/>

Email: [rec@townofclaresholm.com](mailto:rec@townofclaresholm.com)

Description: The Arena is used mainly for ice sports during the winter months. The Farmers Market is held in the Arena during the summer months.

## Claresholm & District Family & Community Support Services

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#### Claresholm Ball Diamond Complex

**Phone:** 403-625-3381

Mailing Address: PO Box 1000, Claresholm AB T0L 0T0

Location: 8<sup>th</sup> Street – North of Division Avenue

Email: [clares@telusplanet.net](mailto:clares@telusplanet.net)

Hours: Bookings can be made at the Town Office

Website: <http://www.townofclaresholm.com>

Description: Diamonds are used for regular League play and ball tournaments.

#### Claresholm Centennial Park Campground

**Phone:** 403-625-2751

Email: [clares@telusplanet.net](mailto:clares@telusplanet.net)

Mailing Address: PO Box 1000, Claresholm AB T0L 0T0

Location: Corner of 43<sup>rd</sup> Avenue and 4<sup>th</sup> Street West

Hours: April 15 to October 15.

Website: <http://www.townofclaresholm.com>

Description: The campground has 18 sites. Power/water (Amps 15,30) Tent area. Day-use area. Spray Park.

#### Claresholm & District Museum

**Phone:** 403-625-3131

Mailing Address: PO Box 1000 Claresholm AB T0L 0T0

Exhibit Hall: 403-625-1742

Email: [visitorinfo@townofclaresholm.com](mailto:visitorinfo@townofclaresholm.com)

Location: 5126 Highway #2 (East side of the Highway, North of the traffic lights)

Hours: Daily 9:30am to 5pm (Victoria Day to Labour Day)

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

Description: Established in 1969, the Museum has long been committed to preserving and exhibiting this unique region of Southern Alberta

#### Claresholm Public Library

**Phone:** 403-625-4168

Mailing Address: PO Box 548 Claresholm AB T0L 0T0

Email: [help@claresholmlibrary.ca](mailto:help@claresholmlibrary.ca)

Location: 211 – 49 Avenue West

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

Description: Claresholm's gateway to information. Free internet access.

## Community Resources Directory

### Community Centre Association

**Phone:** 403-625-3774 (Hall)  
403-625-3381 (Bookings)

Mailing Address: PO Box 183 Claresholm AB T0L 0T0

Location: 59<sup>th</sup> Avenue & 8<sup>th</sup> Street West

New online booking! Website: <http://www.claresholmcommunitycentre.com/>

email: [info@claresholmcommunitycentre.com](mailto:info@claresholmcommunitycentre.com)

Description: The Claresholm Community Centre consists of 3 meeting facilities: a large hall with a stage and cooking facilities; a medium sized hall (called the Lodge Room), also with cooking facilities, and a meeting room. These facilities are available to anyone or any organization that has need of them.

### Curling Club

**Phone:** 403-625-3933

Mailing Address: Box 993, Claresholm AB T0L 0T0

Location: 430 – 53<sup>rd</sup> Avenue East (east of the Legion)

Hours: November until March. Call for current season times/schedule.

Description: Recreational League curling. Ladies, Men's Mixed and Junior.

### Golf Course (The Bridges at Claresholm)

**Phone:** 403-625-3500

Mailing Address: PO Box 2080 Claresholm AB T0L 0T0

Location: Highway 2, Southwest side of town

Restaurant: 403-625-3232

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

Hours: [www.golfclaresholm.com](http://www.golfclaresholm.com)

Description: The Claresholm Golf Course is a public 18-hole course. The first 9 holes were constructed in 1980 and the second nine holes were open May 2005.

### The Station

**Phone:** 403-625-4417

Location: 4925 1<sup>st</sup> Street West, Claresholm

The Station is a place where community members can find a variety of services, information, support, learning, advocacy and referrals.

Location for Parentlink on Tuesdays; FCSS Teen Centre; other activities.

Space rentals are available for classes, workshops and more.

Facebook: The Station in Claresholm

### Willow Creek Recycling & Bottle Depot

**Phone:** 403-625-3956

Mailing address: PO Box 1556 Claresholm AB T0L 0T0

Location: 4802 2<sup>nd</sup> Street East

Hours: Tuesday to Friday 10am to 5pm. Saturdays: 10am to 3pm.

Description: Accepts milk jugs, pop bottles, liquor bottles or other items that have a deposit on them.



## Community Resources Directory

**The Town of Claresholm** has a recycling program for items that can be recycled but do not have deposits on them such as plastic, cardboard, paper and tin. Residential recycling is picked up on the same day as garbage pickup, and must be in clear plastic bags on the front street. Commercial customers must deliver their recycling to the Recycling Depot Monday to Friday (excluding statutory holidays) from 12 Noon to 3:00pm to 4122 – 3rd Street East, beside the Town Shop. For further information, please contact the Town Office.

### Willow Creek Regional Landfill Facility

**Phone:** 403-687-2603

**Fax:** 403-687-2606

Email: [wcrwnsc@telusplanet.net](mailto:wcrwnsc@telusplanet.net)

Mailing address: PO Box 2820 Claresholm AB T0L 0T0

Location: 5.5 miles south and 2.5 miles east (Township Road 114) of Claresholm.

Hours: Mon/Tues/Thurs/Fri: 9am to 5pm (closed Wednesdays)

Saturday (2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month from May to October): 8am to 12pm

(Closed Saturdays between November 1 – April 30)

Website: <http://www.mdwillowcreek.com>

Description: The municipality encourages the use of the regional landfill in conjunction with the recycling depots located throughout the district.

## Family Support & Counselling Services

### Alberta Children & Youth Services

#### Calgary & Area Child and Family Service Authority (CFSA)

**Phone:** 403-625-1472 or 310-0000 or 403-652-8360

Toll Free 1-888-652-8922

Fax: 403-652-8365

**Contact:** After hours call 403-297-2995

**Mailing Address:** PO Box 5147 High River AB T1Z 1M3

**Location:** 129 – 4 Avenue West

**Hours:** 8:30am to 4:30pm

**Email:** [calgaryareacfsa.info@gov.ab.ca](mailto:calgaryareacfsa.info@gov.ab.ca)

**Website:** <http://www.calgaryandareacfsa.gov.ab.ca>

**Description:** Child welfare services; daycare licensing and subsidy program. Family violence issues. Call for details on other services.

## Claresholm & District Family & Community Support Services

### Community Resources Directory

#### Canadian Mental Health Association – Community Links

**Phone:** 403-328-5465

Toll Free: 1-866-355-5465

Fax: 403-328-5453

**Address:** #245-200 4th Avenue South, Lethbridge, AB, T1J 4C9

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

**Hours:** Monday to Friday, 10:00 am to 4:00 pm

**Mission:** Community Links is a public service that connects people of Southwest Alberta to current and reliable information and referral to a full range of community health, social and government services in their community. All calls are answered by trained staff that assess each caller's needs and link them to the best available resources. We feel that it is important to inform people about all the options to allow them to make knowledgeable decisions about what programs and services will meet their needs.

**Activities:** Information and referral services to the public.

#### Child and Youth Advocate (Children's Services – Alberta Human Services)

**Phone:** 403-297-8435 or 1-800-661-3446

Contact: Bob Johnson, Community Advocacy Facilitator – South Alberta

Address: 4<sup>th</sup> Fl. Hillhurst Professional Building, 301 – 14 Street NW Calgary, AB T2N 2A1

Location: Same as mailing address.

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

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

Website: <http://www.advocate.gov.ab.ca>

Description: The Child and Youth Advocate exists to provide advocacy for children or youth receiving services under the "Child, Youth & Family Enhancement Act" and the "Protection of Children involved in Prostitution Act."

#### Claresholm & District Family & Community Support Services (FCSS)

**Phone:** 403-625-4417

Fax: 403-625-4851

Contact: Barbara Bell, Director [claresholmfcss@shaw.ca](mailto:claresholmfcss@shaw.ca)

Address: 4925 – 1<sup>st</sup> Street West, PO Box 1297 Claresholm AB T0L 0T0

Office Hours: Monday – Friday 8:30am – 4:30pm.

Description: FCSS is a provincial-municipal partnership that is locally determined based on local needs. It offers programs that are preventive, accessible, and volunteer-driven. The program liaises with a number of community groups and agencies to effectively plan and address community support services.

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

Interagency meeting 3<sup>rd</sup> Thursday of the month, 12pm at the Library.

## Community Resources Directory

### Forward Solutions Counselling

Contact: Brenda Helmer, RPN

Phone or Text: 403-625-0363

Email: [Brenda.helmer@ymail.com](mailto:Brenda.helmer@ymail.com)

PO Box 2692 Claresholm AB T0L 0T0

Description: Offering confidential, goal focused mental health counselling for individuals. Therapy is available on a fee for service.

### Special Needs Association for Parents and Siblings (SNAPS)

Contact Person: Orvella Small, Executive Director

Phone: 403-603-3232

PO Box 5146 335B MacLeod Trail High River, AB T1V 1M3

Toll free: 1-866-507-6277

Email : [office@foothillssnaps.org](mailto:office@foothillssnaps.org)

Fax: 403-603-3233

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

Vision: Community Support Network for Families

Mission: Focusing on inclusive communities by enhancing the lives of individuals with special needs through knowledge and family support.

### Lethbridge Family Services

Phone: 403-327-5724

Fax: 403-329-4924

Address: 1107 2nd Ave "A" North, Lethbridge, AB, T1H 0E6

Website: <http://www.lfsfamily.ca>

Email: [LFSISadmin@lfsfamily.ca](mailto:LFSISadmin@lfsfamily.ca)

Hours: 8:30 am to 4:30 pm, some evening appointments available, Monday thru Friday.

Mission: Lethbridge Family Services has a history of service extending back to the Lethbridge Nursing Mission established in 1910. Lethbridge Family Services provides community-based support to individuals and families to facilitate human potential, choice and independence. Through advocacy, public education, prevention, intervention and community development. Lethbridge Family Services responds to family needs. We believe that family more than any other institution shapes the personality and character of every person.

### McMan Youth Family and Community Services Association

Phone: 403-508-7742

Fax: 403-280-6339

Address: Program Office #80, 6712 Fisher Street SE Calgary, Alberta T2H 2A7

Website: <http://www.mcmancalgary.ca/index.html>

McMan Calgary & Area is a charitable organization that recognizes the strengths and potential of children, youth and families. Our programs and services address issues of safety, overall well-being and permanency adversely affecting children, youth and families in our community. In supporting them, we improve their quality of life and further enrich our community as a whole.

## Community Resources Directory

### Program Contact Information

Program	Telephone Number
FASD Maps	(403) 508-7733
Foster Care ( <i>Foster Parent Line</i> )/Respite Care Connection	(403) 508-7665
Housing & Support Services Hope Homes, Aboriginal Hope Homes	(403) 508-0808
Journey's Family Development Program	(403) 995-5473
KICKSTART/RESTART	(403) 508-0807
Life Skills	(403) 508-7751
Milestones	(403) 508-7733
Pathways	(403) 508-7722
Parent-Child Assistance Program (P-CAP), Parent-Child Assistance Program Rural (P-CAP Rural) & Parent-Child Assistance Program-Expanded Enrollment (P-CAP-EE)	(403) 590-3285
PSECA	(403) 297-4596
CYOC Wraparound	(403) 662-3562

### Wild Rose Community Connections

Phone: 403-601-2910

Contact: Marianne Dickson

Email: [wrcc@live.ca](mailto:wrcc@live.ca)

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

Mailing Address: PO Box 5714 High River AB T1V 1P3

Location: 509 – 1<sup>st</sup> Street SW High River

Office Hours: Monday to Friday, 9am to 5pm

Description: Provides Early Intervention In-Home Family Supports for vulnerable families with children 0-3 years (can stay involved until the child is 6 years old, but need to start before 3 years of age). No cost; referrals can be made by the family or agencies.

### Family Ties Association

Phone: 403-320-8888

Address: #206, 909 – 3 Ave N Lethbridge, AB T1H 0L4

Family Ties Association is a non-profit and nationally accredited agency that has been providing services to children and families of Southern Alberta since 1990. Family Ties assists families and individuals to develop the necessary skills needed to gain independence and experience success within their community. Family Ties provides trained and dedicated staff working in partnership with other professionals to promote the well-being of individuals and families.

### Frequently Used Numbers

## Community Resources Directory

<b>Aquatic Centre Office</b>	Phone: 403-625-2172 <a href="mailto:cac@townofclaresholm.com">cac@townofclaresholm.com</a>
<b>Aquatic Centre Schedule</b>	Phone: 403-625-3071
<b>Arena</b>	Phone: 403-625-2595 <a href="mailto:rec@townofclaresholm.com">rec@townofclaresholm.com</a>
<b>Centennial Park Campground</b>	Phone: 403-625-2751 <a href="mailto:campground@townofclaresholm.com">campground@townofclaresholm.com</a>
<b>Community Centre (Bookings)</b>	Phone: 403-625-3381 (Town Office)
<b>FCSS</b>	Phone: 403-625-4417 <a href="mailto:clarfcss@shaw.ca">clarfcss@shaw.ca</a>
<b>Health Unit</b>	Phone: 403-625-4061
<b>Hospital</b>	Phone: 403-682-3700
<b>Landfill</b>	Phone: 403-687-2603
<b>MD of Willow Creek</b>	Phone: 403-625-3351
<b>Medical Clinic</b>	Phone: 403-625-4484
<b>MLA Constituency Office</b>	Phone: 1-800-565-0962
<b>Museum</b>	Phone: 403-625-3131 <a href="mailto:museum@townofclaresholm.com">museum@townofclaresholm.com</a>
<b>Public Library</b>	Phone: 403-625-4168 <a href="mailto:help@claresholmlibrary.ca">help@claresholmlibrary.ca</a>
<b>Public Works Garage (Shop)</b>	Phone: 403-625-3964
<b>Taxi</b>	Phone: 403-625-0044
<b>Transportation Society</b>	Phone: 403-625-4455
<b>Visitor Information (May-Oct)</b>	Phone: 403-625-3131 <a href="mailto:visitorinfo@townofclaresholm.com">visitorinfo@townofclaresholm.com</a>
<b>Water Treatment Plant</b>	Phone: 403-625-3100
<b>Willow Creek Adult Learning Society</b>	Phone: 403-625-4107

## Government Services

### Claresholm Fish & Wildlife

Phone: 403-625-1450

Head Office Mailing Address: Fish and Wildlife Division, Great West Life Building  
9920 - 108 Street, Edmonton, Alberta T5K 2M4  
Location: 109 – 46 Avenue West, Claresholm  
Hours: Monday to Friday: 8am – 4pm

## Community Resources Directory

### Alberta Human Services – Alberta Works (Claresholm)

Phone: 403-625-4457

Location: 109 - 46 Avenue West

Hours: Monday – Friday, 8am – 4pm

Email: [south.region@gov.ab.ca](mailto:south.region@gov.ab.ca)

Website: <http://humanservices.alberta.ca/working-in-alberta.html>

Human Services' mission is to assist Albertans in creating the conditions for safe and supportive homes, communities and workplaces so they have opportunities to realize potential. Its core business is to work collaboratively with community partners to deliver citizen-centered programs and services that improve quality of life for Albertans.

### Canada Post

Phone: 403-625-2731

Mailing Address: 135-50 Avenue West, Claresholm AB T0L 0T0

Location: Same as above

Hours: Monday to Friday, 9am to 5pm. Saturday: 9am – noon.

Website: <http://www.canadapost.ca>

Description: provides mail service for Canadians. Box numbers are required in Claresholm because mail is not delivered to the door.

### Claresholm Town Office

Phone: 403-625-3381

Fax: 403-625-3869

Mailing address: PO Box 1000, Claresholm AB T0L 0T0

Location: 221 – 45 Avenue West

Hours: Summer – 8am to 4pm. Winter: 8:30am to 4:30 pm. Monday to Friday. (Fridays closed noon to 1pm)

Website: <http://www.townofclaresholm.com>

Description: Municipal government office for the Town: permits, licenses, property assessment/taxes, water, sewer, garbage and general operations.

### MLA Constituency Office

Phone: 1-800-565-0962 or 403-646-6256

Mr. Pat Stier, MLA

Email: [livingstone.macleod@assembly.ab.ca](mailto:livingstone.macleod@assembly.ab.ca)

Location: 2019 – 20 Avenue PO Box 1209 Nanton, Alberta T0L 1R0

Hours: 8:30am – 4:30pm Monday – Friday (closed from noon to 1pm)

Website: <http://www.gov.ab.ca>

Description: The constituency office for the Livingstone-Macleod provincial district. The MLA is our representative in the Alberta Legislative Assembly.

## Community Resources Directory

### MP Constituency Office

Phone: 1-866-636-9437

Honourable John Barlow, MP

Location: 109 – 4<sup>th</sup> Avenue SW High River AB T1V 1M5 Fax: 403-603-3669

Description: The constituency office for the Livingstone Macleod federal district. The MP is our representative in the Federal Parliament.

### Municipal District of Willow Creek #26

Phone: 403-625-3351

Fax: 403-625-3886

Email: [md26@mdwillowcreek.com](mailto:md26@mdwillowcreek.com)

Mailing Address: PO Box 520, Claresholm AB T0L 0T0

Location: Highway 520, West of Claresholm

Hours: 8:30am to 4pm

Website: <http://www.mdwillowcreek.com>

Description: Municipal government office for the MD; permits, licenses, property assessment/taxes and general operations.

## Health Services

### Claresholm Mental Health Clinic

Phone: 403-625-4068

Mailing Address: PO Box 2198, Claresholm AB T0L 0T0

Location: 4901 – 2<sup>nd</sup> Street West

Hours: Monday to Friday, 8am to 12pm & 1pm to 4:30pm.

Website: <http://www.calgaryhealthregion.ca/mh/claresholmclinic.htm>

Description: Accessible mental health services including mental health assessment, treatment, information, referral and follow-up for individuals of all ages and their families.

### Claresholm & District Health Foundation

Phone: 403-682-3739

Fax: 403-682-3831

Mailing address: PO Box 2638 Claresholm AB T0L 0T0

Location: 221 – 43 Avenue West (General Hospital)

Hours: Monday to Friday: 8am to 4pm

Description: To raise funds for equipment which has not been financed through regular Health Region budgets. This equipment helps the doctors and nurses with diagnosis and care

## Community Resources Directory

### **Claresholm & District Transportation Society**

**Phone:** 403-625-4455

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

Mailing address: PO Box 2076 Claresholm AB T0L 0T0

Location: 119 – 49<sup>th</sup> Avenue West

Hours: Monday to Thursday: 8:30am to 4:30pm and Friday 8:30am to 12pm.

Description: To provide transportation for those who are unable to find transportation to medical appointments outside of Claresholm.

### **Claresholm Centre for Mental Health & Addictions (Alberta Mental Health)**

**Phone:** 403-682-3500

**Fax:** 403-625-4318

Email: [claresholmcentre@albertahealthservices.ca](mailto:claresholmcentre@albertahealthservices.ca)

Mailing Address: PO Box 490 Claresholm AB T0L 0T0

Location: 139 - 43 Avenue West

Hours: Monday to Friday 8am to 4pm

Website: <http://www.calgaryhealthregion.ca/mh/claresholmcarecentre.htm>

Description: A community focused psychiatric facility providing treatment, educational, rehabilitation, and supportive services. Services are dedicated to maximizing the ability of mental health consumers to live independently in the environment of their choice.

### **Claresholm General Hospital**

**Phone:** 403-682-3700

**Fax:** 403-625-3789

Mailing address: PO Box 610 Claresholm AB T0L 0T0

Location: 221 – 43 Avenue West

Hours: 24 hour service

Website: <http://www.albertahealthservices.ca>

Description: The Claresholm General Hospital was opened in 1972 and today is an active treatment facility with 16 beds and a 24-hour emergency.

### **Other programs offered by the General Hospital:**

#### **Claresholm Clinical Nutrition**

Description: To provide client/family with nutritional education and promote healthy choices for clients with dietary restrictions.

Hours: Tuesday 8am to 2:30pm

#### **Claresholm Physiotherapy**

Description: Offering individual assessments of physical function. Offering treatment of dysfunction caused by pain, injury, disease, or any other conditions. Offering exercises, prescriptions and fittings of mobility aids.

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



## Community Resources Directory

### Claresholm Public Health Unit

**Phone:** 403-625-4061

Contact: Dyan Lokhurst

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

Website: <http://www.calgaryhealthregion.ca>

Description: The Claresholm Health Unit provides health services for all aspects of life. Prenatal, post natal, immunization, seniors home care, seniors wellness clinics, public health inspector, speech pathologist, etc. Call for more details about specific services.

### Other Programs offered by the Claresholm Public Health Clinic:

#### Claresholm Control of Communicable Diseases

Description: Control communicable diseases through reporting, follow-up, and surveillance. Education and immunization programs. TB surveillance and follow-up treatment within the region.

#### Claresholm Community Home Care

Description: To assist clients to achieve optimal health and well-being by providing services to support personal independence in their homes. Provides services such as the Medication Assistance Program, foot care, blood pressure monitoring, and other services.

#### Claresholm Travel Clinic

Description: Promotes and supports healthy international traveling for community members/groups. Immunization, safe travel, information, etc.

### Claresholm Medical Clinic

**Phone:** 403-625-4484

Contact: Reception

Mailing Address: PO Box 2050 Claresholm AB T0L 0T0

Location: 4215 – 3<sup>rd</sup> Street West (west of the General Hospital)

Hours: 9am to 4:45pm Monday to Friday

Description: Local doctor's offices

### Claresholm Spiritual Care

**Phone:** 403-625-8635

Contact: Stefan Ulrich, Spiritual Care Provider

Mailing Address: PO Box 2050 Claresholm AB T0L 0T0

Location: Willow Creek Continuing Care Centre & Claresholm General Hospital

Hours: 15 hours a week. Call for details.

Website: <http://www.calgaryhealthregion.ca>

Description: Provides clients and families support to cope with hospitalization by utilizing various internal and external resources.

## Community Resources Directory

### Organizations/Service Clubs

#### Appaloosa Horse Club of Canada

**Phone:** 403-625-3326

Contact: Sharon Duncan

Email: [registry@appaloosa.ca](mailto:registry@appaloosa.ca)

Mailing Address: PO Box 940 Claresholm AB T0L 0T0

Location: 4909 1<sup>st</sup> Street West

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

Website: <http://www.appaloosa.ca>

Description: National Registry office for Appaloosa Horses in Canada. Maintains Registry. Information: National Awards and/or points earned. Operates the Canadian Appaloosa Horse Museum.

#### Chamber of Commerce (Claresholm & District)

**Phone:** 403-625-0375  
(call or text)

Mailing Address: PO Box 1092 Claresholm AB T0L 0T0

Location: Meet at various restaurants for lunch meeting

Hours: 3<sup>rd</sup> Tuesday of each month at 12 noon.

Website: <http://www.claresholmchamber.ca>

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

Description: The Chamber is a local, independent, non-profit and non party-political organization, funded by membership subscriptions. They serve as a business advocate association to support local businesses and the community.

#### Claresholm Animal Rescue Society – CAREs

**Phone:** 403-625-5370

Mailing Address: Box 2579 Claresholm AB T0L 0T0

Email: [claresholmcares@gmail.com](mailto:claresholmcares@gmail.com)

Location: 4110 3<sup>rd</sup> Street East (west of the Town Shop)

Hours: Wednesday to Saturday noon – 4pm.

Description: Claresholm Animal Rescue Society (CAREs) operates the community's animal shelter and holds stray and abandoned animals for the Town of Claresholm under the animal control bylaw. CAREs is a no kill shelter and adopts out dogs and cats to loving, forever homes. For more information or to view the animals visit our website at: [www.claresholmcares.com](http://www.claresholmcares.com)

#### Claresholm and District Fair Board

**Phone:** 403-625-2664

Location: Meets at the Library

Hours: 4<sup>th</sup> Tuesday of the month. Call for times.

Description: The board is responsible for setting up the bench show, determining classes to be judged, procure judges, and the pay out of prizes during Claresholm's Fair Day celebrations.

## Claresholm & District Family & Community Support Services

### Community Resources Directory

#### Ducks Unlimited

**Phone:** 403-625-3821

Mailing Address: PO Box 2013 Claresholm AB T0L 0T0

Location: Indoor Range, Community Centre

Hours: Meetings with Fish & Games 3<sup>rd</sup> Monday of each month at 7:30pm

Website: <http://www.ducks.ca>

Description: The purpose of this organization is to raise funds for wildlife habitat.

Ducks Unlimited is North America's leading conservation organization.

#### Farmers Market (Claresholm)

**Phone:** 403-625-2298

Or 403-625-3392

**Contact:** Irene Gladstone or Barb Uhl

Mailing Address: PO Box 1197 Claresholm AB T0L 0T0

Location: Claresholm Arena, Wednesdays 3 to 6pm (July to mid-September)

Description: Look to the Farmers' Markets for nature's best produce, where the food is fresh, high in quality and the next best thing to harvesting it yourself. You will also find baked items and local handicrafts.

#### Fish & Game Association

**Phone:** 403-625-3821

Contact: Les Anderson (President)

Mailing Address: PO Box 2013, Claresholm, AB. T0L 0T0

Hours: 3rd Monday of each month at 7:30p.m.

Description: A non-profit organization that has been around for over 70 years. Promotes conservation, wildlife, firearms safety, marksmanship, and better hunter/landowner relations.

#### Kinettes (Claresholm)

**Phone:** 403-625-0990

Email: [claresholmkinettes@gmail.com](mailto:claresholmkinettes@gmail.com)

Mailing Address: PO Box 2313, Claresholm, AB. T0L 0T0

Location: Lions Room- North end of the Community Centre

Hours: 1st Monday of each month at 6:30 pm

Description: Chartered in 1989 group objectives are to support youth orientated and community causes.

#### Kinsmen (Claresholm)

**Phone:** 403-308-6153

Mailing Address: PO Box 1707, Claresholm, AB. T0L 0T0

Location: Golf Course

Hours: 2nd Wednesday of each month @ 8:00pm

Description: Kinsmen assist with many local clubs such as Golf, Junior Curling, Boy Scouts, Minor Hockey, etc.

## Claresholm & District Family & Community Support Services

### **Community Resources Directory**

#### **Knights of Columbus**

**Phone:**403-625-4889

Mailing Address: PO Box 1662, Claresholm, AB. T0L 0T0

Location: 344 – 50th Ave West

Hours: Meetings: 2nd Tuesday of each month at 7pm

Website: <http://www.kofc.org>

Description: Church Support, Community service, and support many church charities

#### **L.D.S. Relief Society**

**Phone:** 403-625-4989

Contact: Jude Juras

Mailing Address: PO Box 1780, Claresholm, AB. T0L 0T0

Location: 4954 – 3rd Street East

Description: Strengthen women and their families. Classes in homemaking, personal development and self-reliance are offered.

#### **Lions Club (Claresholm)**

**Phone:** 403-625-0558(Secretary)  
or 403-625-3480 (Catering)

Mailing Address: PO Box 222, Claresholm, AB. T0L 0T0

Location: Claresholm Community Centre

Hours: 2nd & 4th Wednesday at 6:30p.m. of each month

Website: <http://www.lionsclubs.org>

Description: The Claresholm Lions Club was chartered into the worldwide organization in 1968 and has been serving the community and surrounding area since. Funding has been provided to new ball diamonds, indoor swimming pool, Community Centre kitchen renovations, Claresholm Public Library, sporting and youth groups, and the CNIB just to name a few.

#### **Ministerial Association (Claresholm)**

**Phone:** 403-625-3833

Mailing Address: PO Box 313, Claresholm, AB. T0L 0T0

Location: Claresholm

Hours: Meet the 1st Wednesday of the month (except July & August) at 9:45 am.

Call Chair first for interests in making presentations to the Ministerial.

Description: Working together with a holistic outlook to meet the spiritual needs of the community.

Joint worship events for ministerial churches, Support role of community Chaplin, Emergency support for transients, provide worship services at local term care facilities.

#### **Porcupine Hills Classic Cruisers**

## Community Resources Directory

Contact: Dave Wasylyshen

Phone: 403-625-6023

Email: [057sky@hotmail.com](mailto:057sky@hotmail.com)

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

Mailing Address: PO Box 2586 Claresholm AB T0L 0T0

Meetings held throughout the year in the library to organize an annual Show'n'Shine event for classic and special interest vehicles held during the August Fair Days weekend.

### Royal Canadian Legion Branch #41

Phone: 403-625-3755

Fax: 403-625-3533

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

Mailing Address: PO Box 807, Claresholm, AB. T0L 0T0

Location: 414 – 53 Avenue East

Hours: Tuesday to Saturday 2:00 to 6:00pm

General Meeting held on the 1st Wednesday of each month (excluding July & Aug.) at 7:00p.m.

Description: A place to go for a drink, a visit, a game of crib or darts. This group strives to help various community and youth projects. They continue to offer assistance to veterans and dependents in need.

### Sons of Norway

Phone: 403-625-3125

Contact: President Alfred Hanson (403-625-3125)

Mailing Address: PO Box 43, Claresholm AB T0L 0T0

Location: Claresholm Community Centre. Lodge Room

Hours: 1st Thursday of each month. Supper is at 6:00 pm Meeting follows at 7:00 pm

Description: Fraternal organization to preserve the heritage of the Norwegian ancestry through culture, baking, sports, music, etc.

### Wildrose Bluegrass & Country Music Association

Phone: 403-625-4864

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

Contact: Joan Miller

## Phone Support Services:

**Arthritis Helpline:** 1-800-321-1433

### Connect Teen:

Being a Teen can be tough. You have more independence than ever before, but you probably have more questions, concerns and responsibility as well. If you ever have a question, a problem or just need someone to talk to – call, email or chat online:

Email: [connectteen@distresscentre.com](mailto:connectteen@distresscentre.com)

Phone: 403-264-TEEN (8336) Website: [www.calgaryconnectteen.com](http://www.calgaryconnectteen.com)

## Community Resources Directory

### **Dial-A-Law 1-800-332-1091**

General information on a wide variety of legal issues in the Province of Alberta.  
8:30am to 4:30pm Monday to Friday.

### **Distress Line of South Western Alberta:**

Someone is always available to talk, anytime – 24 hours a day, 7 days a week, 365 days a year. Crisis doesn't take time off, so neither do we. When you make a call to Distress Centre, you will always get an answer, an open mind and a caring ear.

Phone: 403-327-7905 Toll-Free: 1-888-787-2880

### **Health Link:**

Health Link Alberta provides health advice and information through a toll-free phone number to all Albertans. Access is 24 hours, 7 days a week and support is provided by experienced registered nurses and other healthcare professionals.

**Phone:** Toll-free 1-866-408-5465

### **Kids Help Phone:**

A free phone service providing phone counselling and web counselling for ages 20 and under. Free 24/7 service. It's anonymous, confidential, and non-judgmental.

Phone: 1-800-668-6868

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

**Parent Help Line:** 1-800-603-9100

**Poison Control Centre:** 1-800-332-1414

### **Quit Smoking Help Line:**

Alberta Quit is a free, convenient, personalized support to quit smoking or spit tobacco.

Phone: 1-866-710-7848 Website: [www.albertaquits.ca](http://www.albertaquits.ca)

### **Suicide Prevention Line:**

Are you or someone you know thinking about suicide? Have you lost someone to suicide? Sometimes things can seem so hopeless that you feel there is no way out. We are here to help. Crisis does not take time off, so neither do we.

Phone: 1-800-SUICIDE (1-800-784-2433) Toll-free in Southern Alberta.

**Sports, Recreation & Fitness**

## Community Resources Directory

### **Claresholm Minor Ball**

**Contact:** Chris Dixon

**Email:** [claresholmbaseball@gmail.com](mailto:claresholmbaseball@gmail.com)

**Phone:** 403-625-0296

Location: Claresholm Ball Diamonds

Hours: April to the end of June. Call for different team schedules.

Description: Organized baseball for children ages 5 to 18. T-Ball, Farm Pitch, Minor and Major Leagues for both boys and girls.

### **Slow Pitch Co-Ed League**

**Contact:** Denise Spencer

**Phone:** 403-625-2172

Location: Claresholm Ball Diamonds

Hours: Monday and Wednesday nights from May to July.

Description: Recreational co-ed slow pitch for all who love to play baseball. Weekly practice, games, and tournament.

### **TREK Health and Fitness**

Phone: 403-634-6797

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

Email: [trekhealthandfitness@gmail.com](mailto:trekhealthandfitness@gmail.com)

Address: 139 – 49th Avenue West, Claresholm, AB

### **Resolution Fitness**

Phone: 403-625-9192

Fitness studio offering classes in TRX, TRX HIIT, total barre, Teen TRX and Core

Email: [resolutionfitnessclasses@outlook.com](mailto:resolutionfitnessclasses@outlook.com)

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

### **Curling Club**

**Phone:** 403-625-3933

Mailing address: PO Box 993, Claresholm AB T0L 0T0

Location: 430 – 53<sup>rd</sup> Avenue East (east of the Legion)

Hours: November until March. Call for current season times/schedule

Description: Recreational League Curling. Ladies, Men's Mixed and Junior.

### **Cindy Grey Dance**

Phone: 403-553-4389(am) 403-382-5784(pm)

Ballet, Jazz, Tap & Hip Hop/ Ages 3 & up; Adult Classes; Competition Classes

Email: [tap-jazz@telus.net](mailto:tap-jazz@telus.net)

### **Skye-Anna School of Highland Dancing**

Phone: 403-601-3434

Contact: Louanna MacLeod-Jones

## Community Resources Directory

Email: [dljones@xplornet.com](mailto:dljones@xplornet.com)

Mailing Address: PO Box 55 Nanton AB ToL 1R0

Website: [www.skye-anna.com](http://www.skye-anna.com)

### Dart League

**Phone:** 403-625-3755

Mailing Address: PO Box 807 Claresholm AB TOL OT0

Location: Royal Canadian Legion

### Football (Bantam)

Contact: [mbraun919@gmail.com](mailto:mbraun919@gmail.com)

Location: Willow Creek Composite High School Fields

Hours: Spring training in June. Season from September to November.

Description: Football for ages 12 to 15 or grades 7 to 9. Practices, games, and tournaments.

### Golf League

**Phone:** 403-625-3500

Mailing Address: PO Box 2080 Claresholm AB TOL OT0

Location: The Bridges at Claresholm

Hours: Men's League – Monday & Thursday 6:30pm; Ladies – Tuesday 6pm

Description: Recreational league golf with games and tournaments, some for charity.

### Hockey: Men's Hockey

Location: Claresholm Arena (4918 – 2<sup>nd</sup> Street East)

Cougars Hockey Club: Randy Keller 403-625-0068

Red Dogs Hockey Club: Maury McLeod 403-625-0260

Hours: Call for season's practices, games, and tournaments.

Description: Competitive hockey with tournaments, regular games, practices, etc.

### Hockey: Minor Hockey

Location: Claresholm Arena (4918 – 2<sup>nd</sup> Street East)

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

Email: [claresholmhockey@gmail.com](mailto:claresholmhockey@gmail.com)

Description: Organized Hockey for youth ages 5 to 19. Practices, games, tournaments.

### Claresholm Rockmen Lacrosse Association

Contact: Lisa Darch Vice President 403-625-6446

Email: [jldarch@cciwireless.ca](mailto:jldarch@cciwireless.ca)

### Rodeo Club

Contact: Chad Wilson 403-312-4068/ Tanya Smeltzer 403-682-7995

Location: Claresholm Agriplex (403-625-2410)



## Community Resources Directory

Hours: Friday evening from 7pm to 11pm – Late October until the end of March.

Description: Open to anyone interested in learning or participating in rodeo events at a fun level.

### Skating Club

**Phone:** 403-625-3059

Email: [skate.claresholm@gmail.com](mailto:skate.claresholm@gmail.com)

Mailing Address: PO Box 1573 Claresholm AB T0L 0T0

Location: Claresholm Arena (4918 2<sup>nd</sup> Street East)

Hours: October to March of each year. Call for Specifics.

Description: Recreational and competitive skating for all ages.

Website: <http://www.claresholmskatingclub.ca/>

### Stavelly Archery Lanes

**Phone:** 403-669-2383 (Jill, Administration)  
403-888-5815 (Steve, President)

Monday: FITA (target shooting at 20 yards) must have own equipment

Tuesday: Open practice (open to all archers with own equipment)

Wednesday: Youth night

Achievement levels for youth ages 8-18 (some exceptions made)

In house levels are earned as skills are developed and students can safely and competently join our other nights and join in competitions.

Parents with equipment are welcome to join in these nights as well.

Thursday: 3D night (2 rounds of animal targets up to 50 yards away)

An adult program for the just back into or wanting to learn adult archer as recreation or sport.

Dates to be determined.

More info on times etc. visit our website: [Stavellyarcherylanes.com](http://Stavellyarcherylanes.com)

### Swim Club – Claresholm Krakens

Phone: 403-360-1726

Email: [krakens.claresholm@gmail.com](mailto:krakens.claresholm@gmail.com)

Location: Claresholm Aquatic Centre

Hours: May to August. Team meets 5 times a week for 1.5 hours a day for practice, and once on the weekend for swim meets in the summer.

Description: Established in the early 1960's. Provides paid coaching for children ages 5 and up

### Trap Club (Claresholm)

**Phone:** 403-601-9294

Mailing Address: PO Box 760 Claresholm AB T0L 0T0

## Community Resources Directory

Location: Trap Club – Southwest of Claresholm – Follow 529 to Bridge (Range Road 280) turn South 2 mile town road 120 1 mile west.

Hours: Meeting times are Thursday nights at 6:30pm and Sunday afternoons at 1pm.

Description: Recreational clay target shooting. There are four competitive shoots each year that are attended by trapshooters from across the province.

### Studio Om Lila- Yoga & Nia

Phone: 403-315-3385

Contact: Lise Schulze

Email: [omlilalise@gmail.com](mailto:omlilalise@gmail.com)

Address: 233- 47th Avenue West (enter from the alley, studio is behind the house)

Facebook: <https://www.facebook.com/Studio-Om-Lila-223528854470553/>

## Seniors Services

### Claresholm Housing Authority

Contact: Maxine Middleton

Phone: 403-625-4133

Claresholm Housing Authority serves senior citizens, low-income families, persons with disabilities, other management bodies, community groups, and the public at large.

### Claresholm Senior's Social Centre

Phone: 403-625-2877

Mailing Address: PO Box 1518 Claresholm AB T0L 0T0

Location: Corner of 50<sup>th</sup> Avenue East and 2<sup>nd</sup> Street East.

Hours: Call for details

Description: Activities, entertainment, socialization, crafts, games, teas and suppers for seniors.

### Cottonwood Village

Phone: 403-625-5520

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

Cottonwood Village was thoughtfully designed to deliver the best retirement lifestyle rural Alberta has to offer. Living at Cottonwood Village will make it easy to enjoy every moment while creating new and lasting memories. You can relax knowing that our qualified staff will be there for you when you need them. Inviting ambiance, relaxed dining and pleasurable activities unite at Cottonwood Village.

### Granum Drop in Centre

Phone: 403-687-3840

## Community Resources Directory

To provide a welcoming, relaxing atmosphere for members of the community. (FCSS – to provide information and help for those in need).

### Meals on Wheels

**Phone:** 403-625-3526  
or 403-625-3521

Hours: 5 days a week as needed

Description: Supplying meals for those who cannot provide for themselves. Short-term & long-term clients. Special meals are available upon request by a doctor. VOLUNTEERS are always needed.

### Stavelly Golden Age Centre

**Phone:** 403-549-3933

To provide a welcoming, relaxing atmosphere for members of the community.

### Porcupine Hills Lodge

**Phone:** 403-625-3988

40 Room Main Lodge. Includes: maintenance free housing in secure building, 3 meals/day + snacks, housekeeping & laundry (linen & towels) services. Also 8 Supportive Housing Residence Units with 2 bedrooms & 5 appliances with preference given to couples

### Wandering Willows

**Phone:** 403-625-8613

Mailing Address: PO Box 700 Claresholm AB T0L 0T0

Location: Claresholm Continuing Care Facility

Hours: as needed

Description: A non-profit society made up of residents of the Claresholm Continuing Care Centre. Raises funds for projects not funded by Alberta Health.

## Support Groups & Services

### Alcoholics Anonymous

**Phone:** 403-625-2137

**Location:** Call for meeting location

**Website:** <http://area78.org/home>

**Description:** An international fellowship of men and women who have had a drinking problem.

Nonprofessional, self-supporting, non-denominational, multiracial, apolitical and available everywhere.

## Community Resources Directory

### Al-Anon (Wednesday Freedom Family Group)

Phone: 403-625-4317

Contact: Nina Travis

Location: 126 – 52 Ave West @ St. John the Evangelist Anglican Church

Hours: 8pm every Thurs.

Description: Al-Anon is a recovery program. Groups are a fellowship of relatives and friends of alcoholics who share their experiences, strengths, and hope in order to solve common problems relating to alcoholism. Anonymity of all members is of extreme importance.

### Canadian Cancer Society/Support

Phone: 403-625-4573

Contact: Elaine Goehring

Mailing Address: PO Box 644, Claresholm, AB. T0L 0T0

### Canadian Paraplegic Association (Lethbridge Regional Office)

Phone: 403-327-7577

Contact: Dylan Adkins, Client Services Coordinator

E-mail: dylan.adkins@cpa-ab.org

Mailing Address: #300, 515 7th Street South, Lethbridge AB, T1J 2G8

Hours: 8:30 – 4:30pm

Mission: To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

### Claresholm Low Vision Group

Phone: 403-625-3619

A group for visually impaired persons of all ages and their families who meet on the 2nd Monday of every month (July & Aug) at 3:00pm at the Porcupine Hills Lodge. All Canadian National Institute for the Blind related services

### Clothing Bank

Phone: 403-625-3008

Mailing Address: PO Box 313, Claresholm, AB. T0L 0T0

Location: Pentecostal Church

Hours: Wednesday 10:00 am – 12 Noon

Description: Provides adult clothing – free of charge

### Food Bank – Claresholm

Phone: 403-625-8868

## Claresholm & District Family & Community Support Services

### Community Resources Directory

Mailing Address: PO Box 687, Claresholm, AB. T0L 0T0

Location: 221 – 45 Ave West (East side of Town office)

Hours: Wednesdays 9:00 am to 12:00 pm

Description: To supply food to individuals in need in our Town and surrounding areas. Help clients find solutions for their own needs. Christmas Hampers.

#### **Friendz Closet**

**Phone:** 403-625-3147

Catholic Church

344 – 50<sup>th</sup> Avenue West

Wednesdays, 9:30am to 3pm

Description: Clothing and small household items, free of charge to those in need.

#### **Prairie Winds Clubhouse Society**

**Phone:** 403-625-4975

E-mail: club1@telusplanet.net

Mailing Address: PO Box 1354, Claresholm, AB. T0L 0T0

Location: 4621 – 2nd Street West

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

Description: A restorative safe environment for persons struggling with a severe or persistent mental illness.

#### **Ranchlands Victim Services**

**Phone:** 403-625-4445

email: [ranchlandsvictimservices@gmail.com](mailto:ranchlandsvictimservices@gmail.com)

Mailing Address: PO Box 1209, Claresholm, AB. T0L 0T0

Hours: As required

Website: [http://www.rcmp-grc.gc.ca/ab/prog\\_serv/vsu\\_e.htm](http://www.rcmp-grc.gc.ca/ab/prog_serv/vsu_e.htm)

Description: A local non-profit organization that works with the local RCMP Detachment to provide programs and services that benefit victims of crime during their involvement with the criminal justice processes.

#### **Salvation Army Thrift Store**

Contact: Liz Skierka, Manager,

**Phone:** 403-625-2916

Mailing Address: P O Box 1021, Claresholm, AB. T0L 0T0

Location: 4815 – 2nd Street West

Hours: Monday to Saturday 9:30 am to 5:00 pm

Description: Provides clothing and other household articles for the community at reduced rates. Not open on holidays.

#### **Special Needs Association for Parents and Siblings (SNAPS)**

## Community Resources Directory

Contact Person: Orvella Small, Executive Director  
PO Box 5146 335B MacLeod Trail High River, AB T1V 1M3  
Fax 403-603-3233  
Email : [office@foothillsnaps.org](mailto:office@foothillsnaps.org)  
Website: [www.foothillsnaps.org](http://www.foothillsnaps.org)

**Phone:** 403-603-3232  
**Toll free:** 1-866-507-6277

### **TOPS AB# 5256 (Health Seekers)**

**Phone:** 403-625-3974

Contact: Dorothy Erven, Leader or Marilyn Heyland, co-leader  
Mailing Address: PO Box 2484, Claresholm, AB T0L 0T0  
Location: Claresholm Public Library – Bill Simpson Meeting Room  
Hours: Tuesdays at 11:00 pm  
Description: Healthy weight loss and maintenance at a slow healthy pace. Non profit support group.

### **TOPS AB# 4398 (Claresholm Lite)**

**Phone:** 403-625-4786

Contact: Marcy Hipwell  
Mailing Address: PO Box 2351, Claresholm, AB. T0L 0T0  
Location: St. Johns Anglican Church  
Hours: Thursday Mornings 9:30 a.m.  
Description: Healthy weight loss and maintenance at a slow healthy pace. Non-profit support group.

## Women's Shelters

### **Pincher Creek Women's Shelter**

**Phone:** 1-888-354-4868  
Crisis Line: 403-627-2114

Mailing Address: Box 2092 Pincher Creek T0K 1W0  
Location: Downtown Pincher Creek  
Hours: 24 hours a day/7 days a week  
Description: a 10-bed facility open to all women and children fleeing an abusive or dangerous situation. Provides a full line of outreach services accessible to everyone.

### **Rowan House Emergency Shelter (High River)**

## Community Resources Directory

**24 Hour Crisis Line:** 403-652-3311

Fax: 403-652-3377

Toll Free 24 hour crisis line: 1-855-652-3311

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

Email: [shelter@rowanhouse.ca](mailto:shelter@rowanhouse.ca)

Crisis intervention, long-term support and education for those affected by family violence in rural communities.

Phone the **Alberta toll free number** to locate a shelter that is closest to you:

1-866-331-3933

### **YWCA Harbor House (Lethbridge)**

**Phone:** 1-866-296-0447

Location: Not published (call for location)

Hours: 24 hour crisis line. Office Hours are 7am to 5pm

Description: Safe accommodation, education and support to both clients and community. All basic needs are met in-house. Support groups for women and children, outreach services in community, and referrals. Family violence programming for women and children.

### **Additional Resources:**

Alberta Education: <http://education.alberta.ca/admin/supportingstudent/safeschools.aspx>

Alberta Southwest: [http://www.albertasouthwest.com/event\\_calendar](http://www.albertasouthwest.com/event_calendar)

Regional events calendar

Bully Free Alberta: <http://bullyfreealberta.ca/index.htm>

Cyberbullying: <http://www.cyberbullying.org/>

Junior Achievement: <http://southern-alberta.jacan.org/programs>

Service Canada – Benefits Finder: [www.servicecanada.gc.ca/benefits](http://www.servicecanada.gc.ca/benefits)

Service Canada – Career and education programs and funding for students and youth:

<http://www.servicecanada.gc.ca/eng/audiences/youth/>

The Society for Safe and Caring Schools and Communities: [www.sacsc.ca](http://www.sacsc.ca)

Town of Claresholm Events Calendar: <http://www.townofclaresholm.com/visit/events-calendar/>

### **On Facebook:**

## **Community Resources Directory**

Claresholm Buy & Sell: <https://www.facebook.com/groups/claresholmbuynsell/>

Claresholm Families Play! <https://www.facebook.com/groups/966594256707331/>

Claresholm FCSS: <https://www.facebook.com/pages/Claresholm-Family-and-Community-Support-Services/>

Claresholm FCSS Teen Centre: <https://www.facebook.com/groups/498187973675637/>

Claresholm Local Press: <https://www.facebook.com/ClaresholmLocalPress>

Claresholm Society for the Arts: <https://www.facebook.com/pages/Claresholm-Society-for-the-Arts/>

Discover Claresholm: <https://www.facebook.com/pages/Discover-Claresholm/>

Town of Claresholm: <https://www.facebook.com/pages/Town-of-Claresholm/>

The Station: <https://www.facebook.com/groups/801403283315019/>



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