**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

 **Spring 2016**

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**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 – 46th 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:** 403-682-3520

**Fax:** 403-625-4318

Email: 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.

**Lander Treatment Centre (formerly AADAC)**

**Phone:** 403-625-1395

Email: admissions.lander@albertahealthservices.ca **Fax**: 403-625-1300

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

Location: 221 – 42 Avenue West

Hours: Call for details.

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

Description: Provides a 48-bed residential treatment facility for men and women who are recovering from addictions. They offer a three-phase intensive treatment program that includes individual and group counselling, information sessions, skill development, recreation and leisure activities and participation in the self-help groups. Program is 18 days long, at a cost of $40.00 per day for room and board.

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

**Apartment Listings Claresholm Area:**

Carlington Apartments 625-1585 or 625-4125

Centennial Apartments 625-2475

Chinook Estates 995-2810

Claresholm Apartments 331-8157

Claresholm Housing Authority 625-4133 (Low-income Family/Seniors)

Cottonwood Village 625-5520

Green Acres Foundation – Lethbridge 328-1155

Kensington Manor 403-468-2485

Lethbridge Housing Authority 329-0556

Macleod Manor – Fort Macleod 553-3663

Madison Manor – Nanton 646-6428

Marquis Foundation – Vulcan 485-2636

Mosquito Creek Foundation – Nanton 646-2660

Oxley Manor – Stavely 646-2660

Pincher Creek Foundation 627-3833

Porcupine Hills Lodge & Duplexes 625-3988

Westlynn Apartments 625-4125

**Art Clubs & Cultural Organizations**

**Claresholm Potter’s Guild**

**Phone:** 403-687-2339

Contact: Carol Thompson

**Claresholm Society for the Arts** – on Facebook

**Community Singers Phone:** 403-625-4175

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

Mailing Address: PO Box 2895 Claresholm AB T0L 0T0

Location: United Church

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 Vandenbeld. The end of each session is concluded with a concert performance open to the public.

**Fort Macleod & District Allied Arts**

**Phone:** 403-557-2443

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

Email: fmalliedarts@gmail.com

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

Contact: Tim Ranson

Hours: Varied

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 (Claresholm 4-H Nimble Fingers)**
 **Phone**: 403-625-4684

Email: philipandsophia@hotmail.com

Mailing Address: PO Box 1978, Claresholm, AB. T0L 0T0
Location: 359 – 49th Ave. West (Church of the Nazarene)

& 4404 – 3rd 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 (eg. sleepwear, bags, Kleenex pouch), crafts (eg. beaded bookmark, garden stone, knitting, robots, rockets), food (eg. chocolates, cake decorating, buns).  Projects change every year.

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

**Girl Guides of Canada (Sparks, Brownies)**
Contact: Wanda Brooks **Phone**: 403-625-5462

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
Contact: Ken Lewis (Commissioner) vjlw@hotmail.com

or Ruth Wallace 625-3159 Ruthie\_grace@hotmail.com
Mailing Address: PO Box 966, Claresholm, AB. T0L 0T0
Location: Mackin Hall
Hours: Call for individual meeting times. Depends on # of kids.
Description: Encourages youth to develop physically, mentally, spiritually, and socially as Individuals. Groups are Beavers, Cubs and Scouts.

**3rd Claresholm Scout Group for Cubs, Scouts & Venturers**
 **Phone**: 403-625-2040

Contact: Jeff Perry

Mailing Address: PO Box 1504, Claresholm, AB. T0L 0T0
Location: Call for this years locations
Hours: Call for individual meeting group times.
Description: The aim of scouting is to develop the boy’s character as resourceful, 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 5:00 pm
Description: Accredited Child Care Service. Activities, crafts, games, stories, outdoor play, etc. Lunches and snacks provided. Government subsidy available for those who qualify. Age range 0 months to 5 years.

**Kidz Zone Out of School Care Program**
 **Phone**: 403- 625-4151
Cell/In Case of Emergency: (403) 682-6011
E-mail: 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)
Description: An out of school and after school program focusing on safe, fun activities for children ages Kindergarten to 12 years. This is a new building with many toys, crafts, games and materials available for the children to use. Subsidy is available.

**Kidz Zone Summer Fun Program**
 **Phone**: (403) 625-4151
Cell/In Case of Emergency: (403) 682-6011
E-mail: 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. New building located North of West Meadow School, with access to school playgrounds featuring many games, toys, crafts and age appropriate activities. Ages Kindergarten to 12 years, subsidy available.

**Learn-A-lot Playschool**
 **Phone**: 403-625-4551
Contact: Carol Van Rootselaar, Teacher
E-mail: 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 (West side of Town Office)
Hours: To be determined. Classes start in September. Call for details
Description: Provides preschool activities for 3 & 4 year olds. Crafts, puzzles, music and painting. The 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
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. Moms with small children, mothers of preschoolers.

**Parent Link Centre**  **Phone**: 403-652-8633

Email: parentlinkcentre@highriver.ca

Tuesdays in Claresholm at FCSS (4925 1st 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 Reform 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)

**Education & Schools**

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

**Phone**: 403-625-4464

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

Location: 5613 – 8th 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 t0 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:** <http://www.lrsd.ab.ca/school/willowcreek>

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

**Stavely Elementary School** (ECS to Grade 6) **Phone**: 403-549-3757

**Granum School** (ECS to Grade 9) **Phone**: 403-625-3734

**Lethbridge College Claresholm Campus**

**Phone**: 403-625-4231

Mailing Address: PO Box 2049, Claresholm AB T0L 0T0 Fax: 403-625-4266

Location: 5202 – 5th Street East

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

Location: 5202 – 5th Street East

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

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

Description: Public education, ECS through Grade 12

**Project Read**

**Phone**: 403-652-9533

Contact: Marie Schooten

Email: hmarie8@telus.net

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

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

Description: Free adult literacy tutoring (numeracy also). 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: office is in Provincial Building, Claresholm. 109 – 46 Avenue West

Email: ulearn@telus.net

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

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.

**Disaster Services** (Local)

**Phone:** 403-625-3381

**Fax**: 403-625-3869

Mailing Address: PO Box 1000 Claresholm AB T0L 0T0

Location: 221 – 45th Avenue West

Hours: Monday to Friday (closed Fridays 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: 43rd Avenue West

Hours: Meetings/Training: 1st and 3rd 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 – 48th 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: 109-46th 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.

**Alberta Human Services (Lethbridge)**

**Phone:** 403-381-5560 or

403-380-2272

**Fax**: 403-381-5668

**Address:** Canada Alberta Service Centre, 200 – 5th Avenue South, Lethbridge AB T1J 4I1

**Website:** <http://humanservices.alberta.ca>

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

**Mission:** Alberta Works helps people find and keep jobs, helps low income Albertans cover their basic costs of living and helps employers meet their need for skilled workers.

**Services:** Labor Market Information Centre; Employment and Training Services; Income Support; Child Support Services; Health Benefits

**Community Futures Alberta Southwest**

**Phone**: 403-627-3020

**Fax**: 403-627-3035

**Address**: Box 1568 Pincher Creek AB T0K 1W0

**Email:** 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

**Mission**: SWABDC has been established since 1992. Our mission is to work with individuals and communities in our region in the areas of community and economic development; to assist in the creation of additional permanent private sector employment through the provision of advisory and investment services to small businesses.

**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:** Angela Milner **Phone**: 403-995-4377

Email: amilner@mcbridecareergroup.com or 1-844-601-2660

**Address**: 211 – 49th Avenue West, Claresholm (Claresholm Public Library)

Wednesdays from 10am to 3pm

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

**Services:** McBride Career Group has been offering Career Services to Albertans in rural communities for the past 7 years.  We are pleased to be able to offer these services to the Claresholm community every Wednesday at the Claresholm Library 403-625-4168.  Coaches will offer assistance with resume and cover letter development, job search, interview skills and career assessments.  Please make appointments at the Claresholm Library.  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**: 403-625-3821

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

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

**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 3rd 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

**Fax:** 403-625-2414

Contact: David Hansma, Manager

Email: clhmagriplex@telus.net

Mailing Address: PO Box 1401 Claresholm AB T0L 0T0

Location: Claresholm Agriplex

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

Hours: Hours vary depending on what event is scheduled

Events listing: <http://www.townofclaresholm.com/visit/events-calendar/>

Description: The Claresholm Agriplex was built in 1976 by the Willow Creek Agricultural Society, by a group of volunteers. It has developed into a year-round equine facility which hosts events such as team roping, team penning, cuttings, horse shows, and more. It is run by a volunteer board of directors.

**Claresholm Aquatic Centre**

**Phone**: 403-625-2172

**Pool Schedule**: 625-3071

Mailing Address: PO Box 1000 Claresholm AB T0L 0T0

Location: 212 – 41 Avenue West

Hours: 6am to 9:30pm daily.

Website: <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 - 2nd Street East

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

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

Email: 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 Ball Diamond Complex**

**Phone**: 403-625-3381

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

Location: 8th Street – North of Division Avenue (North of the Community Centre)

Email: 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

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

Location: Corner of 43rd Avenue and 4th 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.

**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

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

Location: 211 – 49 Avenue West

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

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

**Community Centre Association**

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

403-625-3381 (Bookings)

Mailing Address: PO Box 183 Claresholm AB T0L 0T0

Location: 59th Avenue & 8th Street West

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

email: 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 – 53rd 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

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 1st 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 2nd Street East

Hours: Tuesday t0 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.

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

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 (2nd and 4th 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

**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.

**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

**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: 4th 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

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

Address: 4925 – 1st 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 3rd Thursday of the month, 12pm at the Library.

**Forward Solutions Counselling**

Contact: Brenda Helmer, RPN **Phone** or Text: 403-625-0363

Email: 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.

**Real Consulting (Counselling & Mediation Services)**

**Phone**: 403-601-3088

Cell: 403-601-5183

Contact: Kim Rieger

Email: kim@realconsulting.ca

Address: 1844 High Country Drive NW High River AB T1V 1Z7

Description: Real Consulting offers support to individuals, couples, parents, children, and families. Real Consulting office hours are flexible, offering daytime, evening and Saturday appointments. Please see website for more information:

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

**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 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

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.

Services: The emphasis is on service to all families utilizing the resources within the individual

or family unit, the larger support system and the community. The goal is to increase family and community support, encourage self-help, and provide a services continuum based on individual and family needs. Regardless of disability or need, emphasis is based on normal community living with ordinary working and socializing situations.

Activities: Counseling & education programs, Immigrant Services, DACAPO Program (Provides

services to adults with developmental disabilities, fetal alcohol syndrome and/or individuals who have sustained a brain injury), Home Services Program (Provides in home support to enable seniors, individuals with physical disabilities and chronically and terminally ill to remain in their home as long as possible at a level of optimal independence).

**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.

**Program Contact Information**

|  |  |
| --- | --- |
| **Program** | **Telephone Number** |
| FASD Maps | (403) 508-7733 |
| Foster Care*(Foster Parent Line)*/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-ChildAssistance 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

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

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

Location: 509 – 1st 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.

**Willow Creek Psychology Phone:** 403-625-5500

Contac t:Patricia Lett

Address: 307 Fairway Vista, Claresholm. Willow Creek Psychology aims to create “wrap-around” psychological services geared towards helping the individual or child develop a healthy and adaptive set of life skills, in the context of a healthy and functional family. Please call for further information and fee scale.

**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**

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

**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

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

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.

**MP Constituency Office Phone:** 1-866-636-9437

Honourable John Barlow, MP

Location: 109 – 4th 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

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 – 2nd 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

**Claresholm & District Transportation Society**

**Phone**: 403-625-4455

Email: cltransp@telus.net

Mailing address: PO Box 2076 Claresholm AB T0L 0T0

Location: 119 – 49th 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:** 403-682-3520

**Fax:** 403-625-4318

Email: 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: Individual assessments of physical function. Treatment of dysfunction caused by pain, injury, disease, or a condition. Exercises, prescriptions and fittings of mobility aids. Hours: Monday to Friday: 8am to 4:15pm

**Claresholm Public Health Unit**

**Phone**: 403-625-4061

Contact: Patti MacOdrum

Email: patti.macodrum@calgaryhealthregion.ca

Mailing Address: PO Box 1391 Claresholm AB T0L 0T0

Location: 5221 – 2 Street West

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, new moms, 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 – 3rd Street West (west of the General Hospital)

Hours: 9am t0 4:45pm Monday to Friday

Description: Local doctors 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 available to them.

**Organizations/Service Clubs**

**AKINA – Grandmothers to Grandmothers Phone:** 403-625-4573

2nd Wednesday of the month for March, June, September & December; 4:30pm at the Library. New members welcome.

**Appaloosa Horse Club of Canada**

**Phone**: 403-625-3326

Contact: Sharon Duncan

Email: registry@appaloosa.ca

Mailing Address: PO Box 940 Claresholm AB T0L 0T0

Location: 4909 1st 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

Mailing Address: PO Box 1092 Claresholm AB T0L 0T0 (call or text)

Location: Meet at various restaurants for lunch meeting

Hours: 3rd Tuesday of each month at 12 noon.

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

Email: 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

Location: 4110 3rd 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: 4th 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 prices during Claresholm’s Fair Day celebrations.

**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 3rd 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

**Contact**: Irene Gladstone or Barb Uhl Or 403-625-3392

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.

**Garden Club (Claresholm)**

**Phone:** 403-625-5226

Mailing Address: PO Box 2547 Claresholm AB T0L 0T0

Location: Claresholm Public Library – Bill Simpson Meeting Room

Hours: 3rd Tuesday of each month at 7:00pm

Description: Facilitates the monthly meeting of plant enthusiasts to share their ideas, knowledge and plants. Encourages community beautification through gardening practices.

**Independent Stampin’ Up!**

**Phone**: 403-625-3722

Mailing Address: PO Box 386 Claresholm AB T0L 0T0

Contact: Karen Uhl
Location: Meeting locations vary. Call for details
Hours: Call for details
Description: Anyone is welcome to attend this stamping club. Create beautiful cards, scrapbooks and other projects. Supplies can be purchased or you can bring your own.

**Kinettes (Claresholm)**
 **Phone**: 403-625-0990

Email: 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. Some examples are the Christmas Craft Fair, Area Skating Clubs, Jr. & High School Rodeo, Jr. Curling, Minor Hockey, Backpack program, Christmas Hamper & Food Bank, Claresholm Fine Arts Society, Hal Rogers Bursary and many more.

**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.

**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**

Contact: Dave Wasylyshen **Phone:** 403-625-6023

Email: 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
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.

**Rug Hookers Club Phone:** 403-625-4272

Meet and work on projects 1st and 3rd Wednesday of the month at the library. Everyone welcome!

**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
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: connecteen@distresscentre.com

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

**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**

**Ball:**

**Claresholm Minor Ball**

**Email:** **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**

**Phone**: 403-625-3381

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.

**Body Integral Fitness, Health & Wellness Center**

**Phone:** 403-625-3141

Website:<http://www.bodyintegral.com/index.html>

Email: info@bodyintegral.com

Address: 121 – 49th Avenue West Claresholm AB

**Cassandra Navratil – Spring Point Dance Studio**

 **Phone:** 403-687-2125

Dance instruction for children ages 1 to 12 or 780-953-1937

Email: springpointstudio@gmail.com

Website: <http://springpointstudio.wix.com/claresholm>

**Cindy Grey Dance Phone:** 403-553-4389 (Daytime)

 403-382-5784 (Evening)

Ballet, Jazz, Tap & Hip Hop

Ages 3 & up; Adult classes; Competition classes

Email: tap-jazz@telus.net

**CottonCandy Belly Dance Phone:** 403-625-9506

Children’s classes ages 6 to 17, Moms & Tots class, Adult classes and Prenatal Bellydance.

Email: info@cottoncandybellydance.com Website: [www.cottoncandybellydance.com](http://www.cottoncandybellydance.com)

**Curling Club**

**Phone**: 403-625-3933

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

Location: 430 – 53rd 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.

**Dance (Skye-Anna School of Highland Dancing)**

**Phone:** 403-646-2707

Contact: Louanna MacLeod-Jones Email: dljones@explornet.com

Mailing Address: PO Box 55 Nanton AB ToL 1R0

Website: <http://www.skye-anna.com/>

**Dart League**

**Phone:** 403-625-3755

Mailing Address: PO Box 807 Claresholm AB T0L 0T0

Location: Royal Canadian Legion

**Football (Bantam)**

**Phone:** 403-625-0466

Mailing Address: PO Box 774 Claresholm AB T0L 0T0

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 T0L 0T0

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 – 2nd Street East)

Cougars Hockey Club: Brad Burns 403-625-4330

Red Dogs Hockey Club: Greg Gozikz 403-625-4959

Old Thunder Hockey Club: Todd Heggie 403-625-4541

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

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

**Hockey: Minor Hockey**

Phone:403-625-2559

Mailing Address: PO Box 1933 Claresholm AB T0L 0T0

Location: Claresholm Arena (4918 – 2nd Street East)

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

Email: cindees@pedersentransport.com

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

**Lacrosse Phone:** 403-625-4102

**Claresholm Rockmen Lacrosse Association**

**& Claresholm Minor Lacrosse Association**

President Lyle Franz

Email: rockmenpresident@gmail.com

Website: <http://rockmenlacrosse.webs.com/>

**Rodeo Club**

**Phone:** 403-687-2993

Contact: Dave Penner

Location: Claresholm Agriplex (403-625-2410)

Hours: Every Friday evening from 7pm to 11pm – early January until the end of March.

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

**Silhouettes Dance Studio Phone:** 403-359-4359

Email: info@silhouettesdancestudio.ca

2113 - 2nd Avenue, Fort Macleod Alberta T0L 0Z0

**Skating Club**

**Phone:** 403-625-3059

Email: skate.claresholm@gmail.com

Mailing Address: PO Box 1573 Claresholm AB T0L 0T0

Location: Claresholm Arena (4918 2nd 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/>

**Stavely 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: [Stavelyarcherylanes.com](http://Stavelyarcherylanes.com)

**Swim Club – Claresholm Krakens**

**Phone:** 403-625-3083

Mailing Address: PO Box 226 Claresholm AB T0L 0T0

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

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.

**Walking Indoors**

**Phone**: 403-625-2253

Contact: Hazel Perrier

Mailing Address: PO Box 2797 Claresholm AB T0L 0T0

Location: Claresholm Community Centre

Hours: Tues, Wed, & Thurs from 9am to 10am mid-October to mid-March (break for Christmas Holidays).

Description: Great for keeping in shape during the winter months. Walk in a safe environment. Great social time for everyone.

**Yoga & Nia**

**Phone:** 403-625-3959

Contact: Lise Schultz (Instructor)

Studio Om Lila 233 - 47th Avenue West (enter from alley, studio is behind house).

[www.nia-lise.com](http://www.nia-lise.com)

**Seniors Services**

**Claresholm Housing Authority**

Contact: Maxine Middleton **Phone**: 403-625-4133

 Claresholm Housing Authority serves senior citizens, low-income families, persons with disablilities, 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 50th Avenue East and 2nd 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

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.

**Stavely 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**](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.

**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**: 403-625-7127
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 – 50th 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

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
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)**

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
Fax 403-603-3233
Email : office@foothillssnaps.org
Website: [www.foothillssnaps.org](http://www.foothillssnaps.org)

**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

Contact: Julie Coleman, Exec Director 403-627-4868 or David Apperson 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)

**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

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>

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:**

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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