

HUMAN SERVICES AND HELPING AGENCIES

Alberta Health Services - Addiction Services

101 – 743 Railway Avenue, Canmore, AB T1W 1P2

Tel: 403-678-3133, Fax: 403-678-3138

Banff and Lake Louise – by appointment only – call 403-678-3133

Banff Office : Suite 320, Cascade Plaza, 317 Banff Avenue, Banff, AB

Lake Louise Office : 200 Hector, Lake Louise, AB

Addiction Help Line: 1-866-332-2322

Web:www.albertahealthservices.ca

Addiction Services offers workplace training, community education and prevention services as well as confidential treatment to individuals with substance abuse or gambling problems, and to their family members or friends. Appropriate referrals can be made to one of a number of available inpatient treatment programs. The Canmore office provides a wide range of written and audio/visual resources on alcohol, other drugs, tobacco and gambling issues for use by professionals and the general public.

Alberta Health Services - Banff Mental Health

Box 1266, 303 Lynx St. Banff, Alberta T1L 1B3

Tel: 403-762-4451, Fax: 403-762-5570

Website: amhb.ab.ca

Offers free, confidential therapy to people of all ages experiencing personal or family difficulties in daily living. Regular hours 8:30- 4:30 Monday to Friday. Urgent Care Mental Health, walk-in basis available at Mineral Springs Hospital Emergency Department 7 days/week. Services are provided free of charge.

Alberta Health Services - Canmore Mental Health Clinic

302 – 800 Railway Avenue, Canmore, AB T1W 1P1

Tel: 403-678-4696 Fax: 403-678-1951

Calgary Health Link 1-866-408-5465

Alberta Health Services – Canmore Mental Health Clinic provides a range of community based mental health services, including assessment, treatment, referral and consultation for individuals and families of all ages who are experiencing a range of mental health problems. Urgent walk-in counseling is also offered after hours at Canmore Hospital. Services are provided free of charge.

Banff Action Group (BAG)

Contact Ruth Pryor - Town of Banff Community Development Coordinator

Tel: 403-762-1254

Email: community.services@banff.ca

The Banff Action Group meets four times a year to proactively look at opportunities, issues, gaps and partnerships in Banff. This group is facilitated by the Town of Banff FCSS.

Banff Food Bank Association

Banff Park Church, back entrance, 455 Cougar Street,

Box 4373, Banff, Alberta T1L 1E7

Tel: 403-762-1060 Fax: 403-762-1060

Email: banff_food_bank@yahoo.ca

Requests for assistance by appointment only. Call 403-762-1 060

The Banff Food Bank's food distribution policy is aligned with the guidelines of the Canadian Association of food banks: an individual may receive assistance one a week, up to 6 times a year. Proper identification is necessary.

Number of volunteers: 12

Volunteer opportunities: Picking up food donations, sorting, shelving, and serving clients.

Banff LIFE

302 Buffalo Street (Banff Rotary Community Hub)

Box 1260, Banff, Alberta T1L 1A1

Tel: 403-762-2423 Fax: 403-762-1 264

Contact: Christine LaRoque

Email: banfflife@banff.ca

Website: www.banfflife.com

To enhance Banff life for young adults, the businesses they work for, and the unique environment in which they live. This is accomplished by providing accessible opportunities for participation in programs that promote community awareness, healthy lifestyles and personal development. BanffLIFE includes The Living Room and the Mountain Adventure Program (MAP).

Volunteer opportunities: The Living Room, recreational programming, fundraising events and occasionally Board of Director positions.

Banff Volunteer Centre

302 Buffalo Street, (Banff Rotary Community Hub)

Box 5148, Banff, Alberta T1L 1G3

Tel: 403-762-4466 Fax: 403-762-4463

Email: info@volunteerbanff.ab.ca

Website: www.volunteerbanff.ab.ca

A resource for the enhancement of community volunteer programs and provides a central location for the registry, recruitment and placement of volunteers. Assists organizations and committees with their volunteer needs, from recruiting assistance to volunteer management.

Volunteer opportunities: Make an appointment or visit the website.

Bar Watch Society

Tel: 403-760-5300 Joe Gregory

Bar Watch oversees a program with the bars, taxis, hotels & RCMP providing 'eyes on the street', connected by 22 radios, making Banff a safer place for residents & visitors

Bow Valley Community Care Program (Home Care)

Alberta Health Services Home Care

Canmore General Hospital, 1100 Hospital Place, Canmore, AB T1W 1N2

Tel: 403-678-7200, Fax: 403-678-0093

Community Care services persons with chronic, acute, rehabilitative or palliative needs. Services include occupational therapy, physiotherapy, speech language pathology, recreational therapy, nursing and respiratory therapy as well as home support, personal care, volunteer coordination and medical care. Health professionals work with clients, their families and friends to coordinate and/or provide disease and injury prevention strategies, rehabilitation and care. Day Support Program for seniors available. Individuals may be self-referred.

Bow Valley Christmas Spirit Society – Canmore, Exshaw & Morley

Box 8053, Canmore, AB T1W 2H9

Tel: 403-609-3536 (available only from November 1st)

Number of Volunteers each year: 200+

Number of Volunteer work hours: 2000+

The Bow Valley Christmas Spirit Society coordinates local initiatives that demonstrate community caring during the Christmas Season. In particular, it coordinates the provision of Christmas hampers to those in need. Anyone wanting to apply for a hamper should contact the campaign office after Nov 1st.

Bow Valley Food Bank

Box 8071, Canmore, AB T1W 2T8

20 Sandstone Terrace, Canmore, AB

Tel: 403-678-9488

Email: bowvalleyfoodbank@telus.net

Website: www.bowvalleyfoodbank.ca

Number of Volunteers each year: 33 – 35

Number of Volunteer work hours: 1375

The Food Bank assists people experiencing financial crisis with emergency basic food needs. Applicants can call anytime and leave a message with a contact number. Pre-approved hampers are picked up Tuesdays between 12 – 1 p.m. or 6 – 7 p.m. and Thursdays between 6 – 7 p.m.

Bow Valley Interagency

Tel: 609-3743

Interagency is a group of agencies and volunteer organizations that meet regularly to share information about social programs, projects, issues and concerns affecting the lives of Bow Valley residents. Our network helps agencies, organizations, residents and visitors receive informed, coordinated, unduplicated and often collaborative services in the community. We identify gaps in service delivery and advocate for enhanced service and or programming. This formal network supports caregivers in the community with professional development news and opportunities.

Bow Valley Parent Link

Tel: 403-678-7128,

Fax: 403-609-8271

www.canmore.ca/parentlink

Bow Valley Parent Link is a collaborative inter-municipal community program that operates in Banff, Canmore, Exshaw and Lake Louise and managed by the Town of Canmore's Community Enrichment Service Area. Provincially funded, Bow Valley Parent Link provides programs and services for families with children 0-6 years of age in the following 5 core areas: Parent Education, Early Childhood Development, Family Support, Information & Referral, and Developmental Screening. We also provide Triple P or the Positive Parenting Program, various workshops, groups, toy and resource lending library and more.

The BVPL program is designed to be a practical resource for parents, caregivers and children in a hands-on, child-centered environment. No fees apply for Bow Valley Parent Link programs.

Banff Site, 101 B Bear St (in the senior's centre)

Phone: 403-762-1116

Mon, Tues, Wed & Fri 9am-11:30am play / 11 :30am-11:45am circle time

Thurs 1 pm-3:30pm play / 3:30-3:45 circle time

Canmore Site, 600 9th St

Tel: 403-678-2529

Mon, Wed 1 pm-3:30 pm play / 3:30-3:45 circle time

Tue, Thurs, Fri, Sat: 9am-1 1:30 am play / 11 :30am-11:45am circle time

Exshaw Site, Exshaw School portable – 27 Mt. Allen Dr

Tel:403-678-2529

Mon 1:00 pm-2:45 pm play / 2:45-3:00 circle time

Thurs 9:30am-11:30 am play / 11:30-11:45 circle time

Lake Louise

Seasonal events in Lake Louise.

Phone 403-678-7149 for upcoming times and dates

Bow Valley SPCA

Box 8154, Canmore, AB T1W 2T9

Tel: 403-609-2022

Website: www.bowvalleyspca.org

Number of Volunteers each year: 200

Number of Volunteer work hours: 1000

For more information about the Carla Cumming Sojonky Adoption Centre, available animals, events, volunteer opportunities, donations, and much more, log on to our website.

Bow Valley Victim Services Association

Box 959, Banff, AB T1 K 1 K3

Tel: 403-760-0197, Fax: 403-762-3120

Website: www.bowvalleyvictimservices.org

The BVVSA promotes and advocates the rights and entitlements of victims of crime and trauma in the Bow Valley through information, support, referral, assistance, community liaison and education. Working from the Canmore, Banff, Lake Louise, and Kananaskis RCMP detachments, and through the utilization of volunteers and paid staff, BVVSA services include: 24 hour crisis intervention, trauma education, assistance with Victim Impact Statements, claims for restitution, court preparation and accompaniment, information on the Criminal Justice System, information on financial benefits for victims, crime prevention awareness, and the facilitation of Critical Incident Stress Debriefings.

Canadian Red Cross Society

1305 – 11 Ave SW, Calgary, AB T3C 3P6

Tel: 403-541-6100, Fax: 403 541-6129

Emergency After Hours 1-888-800-6493

Medical Equipment Loan Service 403-273-4426

First Aid Training & Water Safety 1-888-307-7997

Website: www.redcross.ca

Cancer Connection

Tel: 1-800-263-6750

Toll free peer support program. People living with cancer can call (Mon – Fri, 8:30 am – 4:30 pm – closed holidays) to access peer support. We match clients with a trained volunteer that has been through a similar cancer journey. Program is for cancer patients or caregivers.

Canmore Seniors Association

600B – 9th Street, Canmore, AB T1 W 2T9 Tel/Fax:

403-678-2457

Email: csassoc@telus.net

Website: www.canmoreseniorsassociation.org

CAUSE Canada

Box 8100, Canmore, AB T1W 2T8

Tel: 403-678-3332, Fax: 403-678-8869

CAUSE Canada is a Canmore-based, Christian motivated, non-profit international relief and development organization working in Central America and West Africa that specializes in children's education, reforestation, potable water projects, women's projects, primary health care, and postwar rehabilitation.

Number of Volunteers per year: 120+

Number of Volunteer work hours: 500+

Calgary & Area Child and Family Services

Canmore -301 -800 Railway Avenue, Canmore, AB T1W 1P1

Tel: 403-609-6414

To report a concern about a child or obtain program information, call the Social Services Response Team at 310-0000 followed by 403-297-2995 (24 hours/7 days a week). This office delivers and provides information on a range of provincial Children's Services such as child protection services, the Family Support for Children with Disabilities Program, and Child Care Subsidy.

Child Find Alberta

3751 – 21 Street NE, Calgary, AB T2E 6T5

Tel: 403 270-3463, or 1-800-561-1733 Toll Free Fax: 403 270-8355

Email: info@childfind.ab.ca

Website: www.childfind.ab.ca

Child Find Alberta's purpose is to assist in the location of missing children, to increase awareness of the issue of missing children in Canada, to educate children, parents and communities in the prevention of abduction and exploitation of children, to provide general assistance and emotional support to parents undergoing the trauma of a missing child, and to refer parents to appropriate professional resources as required.

Number of Volunteers each year: 250

Number of Volunteer work hours: 6,725

Job Resource Centre

Banff

Box 2039, 314 Marten Street, Banff, Alberta T1L 1B8

Tel: 403-760-3311 Fax: 403-760-3386

Email: banff@jobresourcecentre.com

Canmore

#3, 714 – 10 Street, Canmore, AB T1 W 2A6

Tel: 403-678-6601, Fax: 403-678-6630

Website: www.jobresourcecentre.com

For the job seeker, the Job Resource Centre provides the following programs and services to help find employment; resume writing and cover letter assistance, interview skills, job search tips, one-on-one career planning assistance, training and educational information, training on the job, financial assistance, and use of computers and internet access for employment related needs.

KidSport

Box 40007 Canmore AB T1W 3H9

Tel: 1877-636-5328 Fax: 403-451-1738

Email: kidsportbv@gmail.com

Website : kidsport.ab.ca

We provide grants to children facing financial barriers so they can participate in organized sport programs.

Money Mentors

#150, 1200 – 59 Avenue SW, Calgary, AB T2H 2M4

Tel: 1-888-294-0076 Toll Free 403 265-2201, Fax: 403-265-2240

Website: www.creditcounselling.com

Money Mentors is a not-for-profit organization educating Albertans on how to budget, get out of debt, use credit wisely and get the most from their money. For those who need it, Money Mentors also offers a variety of unbiased debt-counselling services and alternatives. Services include: group workshops and individual counselling, a free telephone information line, brochures, workbooks, information sheets and web site. Exclusive Alberta provider of the Orderly Payment of Debts program.

Positive People Placement Inc.

202, 802 Main Street, Canmore, AB T1W 2B7 Tel: 403-678-0782, Fax: 403-678-0785

Email: info@positivepeopleplacement.com Website:

www.positivepeopleplacement.com

PPP is an employment services agency that provides job placement at no charge to their employee clients. Range of positions from entry-level to professional-level are available on a daily, weekly, project or permanent basis. For those new to town, folks between jobs or semi-retired.

Santa's Anonymous Christmas Hamper Program - Banff

Box 1 260, Banff, Alberta T1 L 1 A1

Tel: 403-762-1 251 Town of Banff Email:

communityservices@banff.ca

To provide assistance to those in need during the December holiday season by means of a food hamper.

Number of members: 1 00

Volunteer opportunities: Hamper packing, delivery, committee

Town of Banff Family and Community Support Services (FCSS) - Community Development

Tel: 403-762-1254 Nancy Lewis, Sharon Oakley & Ruth Pryor

Fax: 403-762-1 264

Email: communityservices@banff.ca

The Family and Community Support Services, Community Development Program plays an important role in helping residents achieve a higher quality of life. Community Development Coordinators support others in coming together to address a common cause by fostering connections, developing partnerships and acting as a catalyst for new projects or programs. Our programs fall into four areas: Non-Profit Support, Individual & Family Support/ Capacity Building, Community Collaboration & Assessment, & Community Grants.

Town of Canmore Family and Community Support Services

902 – 7 Avenue, Canmore, AB T1W 3K1

Tel: 403-609-3743, Fax: 403-609-8271

FCSS provides early intervention; prevention and solution focused counselling to individuals and families.

The Vocational and Rehabilitation Research Institute (VRRRI)

#209, 703 Main St. Canmore, AB T1W 2B2

Ph: (403) 678-0715 Fax: (403) 678-4715

anapoli@vrri.org

www.vrri.org

The Vocational and Rehabilitation Research Institute (VRRRI) is a leading-edge, registered not-for-profit charitable research and service agency that has been meeting the needs of persons with disabilities and the community-at-large since 1969. Affiliated with the University of Calgary, the VRRRI is recognized as a leader in the field of disability services and research.

At the VRRRI we believe that people with disabilities have the right to live with dignity as contributing and valued members of the community. We offer a variety of supports that includes, but is not limited to: community access, supported employment, supported independent living, and respite services.

We believe each individual is unique in their strengths, capabilities, areas of need, personalities, social skills, etc., and is entitled to the same rights and opportunities as any other member of society. Supports are customized to each person's unique needs and provided in a seamless, holistic manner.

Victory Thrift Store

3 Industrial Place, Canmore, AB T1W 1Y1

Tel: 403-678-9801, Fax: 403-609-9809

Email: victorythriftstore@telus.net

Victory Thrift Store part of a non-profit foundation, offers gently used clothing, furniture, household and other unique items at very affordable prices. Proceeds are used to assist Bow Valley individuals and families of low-income in times of need. Donations are greatly appreciated and can be dropped off Tuesday through Saturday, 10:00 am – 5:00 pm only please! Pick up of large items is available free of charge. Store hours for shoppers are Monday through Saturday, 10:00 am to 5:30 pm. Number of Volunteers each year: 30
Number of Volunteer work hours: 1 400+

Woods Homes – Home Connections Program

301 – 800 Railway Avenue, Canmore, AB T1W 1P1

Tel: 403-678-9484, Fax: 403-678-9485

Website: www.woodshomes.ca

This program offers intensive in-home family support services for children (0-18) and their families. Practical, hands-on training is provided on topics such as parenting strategies, child development, anger management, and communication skills. Hours of service are flexible to meet family needs. After hours support can be accessed through the Community Response Team at 1-800-564-6103.

YWCA Community Resource Centre – Banff

102 Spray Avenue, Box 520, Banff, AB T1L 1A6

Tel: 403-760-3200, Fax: 403-760-3234

Website: www.ywcabanff.ab.ca

Phone or drop by for information and referral services on social issues, community courses and programs, landlord and tenant information, employment issues, crisis intervention, child care registry and women's issues. YWCA also strives to provide reasonably priced entry-level accommodation on a daily, weekly and monthly basis. A volunteer program is available on a limited basis, designed for emergency situations. Depending on availability individuals can volunteer to cover accommodation. Meeting rooms are available for nonprofits at discounted rates. We also offer relationship classes for both man and woman, contact us to learn more.

Volunteer opportunities: Special events and programs.

YWCA Family Violence Prevention Centre & Sheriff King Home

2003 – 16 Street SE, Calgary, AB T2G 5B7

Tel: 1-403-266-0707 (24 Hour Crisis Phone)

1-403 266-4111 Information/Registration

Fax: 1-403 262-1743