

BANFF RESOURCE LIST

CRISIS

Emergency – Police/ Ambulance/ Fire911
Distress Line - 24 hour line1-888-787-2880
CCASA (*Sexual Assault*) 24 hour.....403-237-5888
Urgent Mental Health (walk-in counselling) at
Banff Hospital 300 Lynx St. 2:00 - 10:00pm daily

COUNSELLING

Mental Health Clinic.....403-762-2990
YWCA Community Resource Centre 403-760-3200

ADDICTIONS

Alberta Health Services, Addiction & Mental Health
.....403-678-3133
Help Line..... Calgary 1-866-332-2322
Renfrew Recovery Centre Calgary 1-403-297-3337

HEALTH & WELLNESS

Bow Valley Cares Centre.....403-762-0690
Health Link (*health questions*)..... 1-866-408-5465
Mineral Springs Hospital.....403-762-2222
Public Health 403-762-2990

FOOD & CLOTHING

Banff Food Bank403-762-1060
Victory Thrift Store Canmore403-678-9801

SHELTER & EMPLOYMENT

YWCA Hostel.....403-762-3560
Hostelling International403-762-4122
Bow Valley Regional Housing403-678-5922
Job Resource Centre.....403-760-3311
Alberta Employment & Immigration...403-678-2363
24 hour line...1-866-644-5135

SUPPORT SERVICES

Family & Community Support Services (FCSS)
Info & Outreach.....403-762-1251
Bow Valley Victim Services.....403-760-0197
Child & Family Services.....403-609-6414
Wood's Homes403-678-9484
Bow Valley Parent Link 403-762-1116

LEGAL

Legal Aid.....1-403-297-2260
Student Legal Assistance1-403-220-6637

TOB 07/2010

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EVENING & WEEKEND INFO OVERLEAF 

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BANFF EVENING AND WEEKEND SERVICES

Emergency- Police/Ambulance/Fire.....911

EVENINGS

Alberta Employment & Immigration,
800 Railway Ave.

1-866-644-5135 4:30 p.m.- 8:30 a.m. 7 days/ week

- Child Maintenance
- SFI - Support for individuals
- AISH - Income support for the severely handicapped
- Transportation to province of origin

Urgent Mental Health

Banff Mineral Springs Hospital, 300 Lynx St.

2 p.m. - 10 p.m. 7 days/ week

- Walk-in counselling
- An entry point for the full range of social/mental health services

WEEKENDS

YWCA, 102 Spray Ave

403-760-3200 9 a.m.- 5 p.m. (closed noon-1 p.m.)

ACCESS THROUGH FRONT DESK

- Assistance for women and families experiencing violence, including Crisis Counselling, Support and Referral
- Facilitated access to women's shelter

AFTER HOUR HELP LINES (TOLL FREE)

- **Distress Line of SW Alberta** 1-888-787-2880

Confidential 24hr telephone support for individuals needing emotional or mental support or links to community resources

- **Alberta Health Services – Addiction and Mental Health** 1-866-332-2322

Alcohol, other drugs, tobacco and problem gambling, information, support and referral.

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