



# Handbook of Youth Resources in the Foothills Region

Provided by attendees of May 2022 Foothills Youth Mental Wellness Summit



## **SUPPORTS TO THE ON-RESERVE SCHOOL, CHIEF JACOB BEARSPAW MEMORIAL SCHOOL**

### **Girl's Youth Group**

A teen psychoeducational group for students in Grades 7-12 (age has extended beyond 18 if they are enrolled in grade 12). The group is facilitated through an integrative care approach, and is participant led as much as possible (varies depending on the engagement of the students). Subject matter generally includes – healthy relationships, distress tolerance/emotional regulation skills, psychoeducation re: holistic health. Interactive/varied styles of learning are incorporated as possible, and both informal and formal learning approaches are utilized.

### **Boy's Youth Group**

This is a youth group for students at the school from ages 13 to 18 from Grades 7 through to Grade 12. The purpose of the group is to provide an opportunity for the boys to discuss concerns around growing up in Eden Valley, to develop positive coping, and to learn about resources on and off reserve that support their development and future plans. The group is organized around presentations from the two male facilitators and visitors. Arts and crafts are used as well group discussion. The boys are encouraged to share aspects of their culture and the group begins with a ceremony.

### **Individual Counselling for Youth**

Youth throughout the school, ages 13 to 18, are referred to IMH counsellors to discuss personal challenges and situations. These sessions are confidential and available throughout the school year.

### **Supports to younger children in the school**

Service to the younger students from Kindergarten through to Grades 4 to 6 is provided through the medium of play informed therapy and arts and crafts. These referrals are made by the classroom teachers and the school's Special Education teacher.

## **PSYCHOSOCIAL AND PSYCHOLOGICAL SUPPORT TO ADULT MEMBERS OF THE EDEN VALLEY COMMUNITY**

Indigenous mental health staff provide psycho-social and psychological support to youth and adult members of the community. This involves resourcing, such as referral to off-reserve addiction services, referral to specialized treatment such as psychiatric consultation, consultation around diagnosis and planning mental health treatment as well as direct counselling, both individual and family. Team members provide home visits on the reserve and meet with people at the wellness centre and other community hubs.

Community engagement to foster reconciliation and repairing of trust with western medical system.

Clinic mental health nurse provides some case management on an as-needed basis (particularly when barriers to engagement with other AHS services are extensive), with the eventual goal of Wellness Centre capacity building and eventual transfer to Wellness Centre with stabilization, particularly when there are struggles with engagement with treatment and appointments. Nursing liaison and support between urban Alberta Health Services programs (particularly where there are significant barriers to engagement, demonstrated difficulties with follow-through). This can include nursing CTO support and assistance (must be enrolled in other AHS clinic on primary basis. Nursing/Case management services are on a support basis only and cannot continue if discharged from primary clinic).

**BEARSPAW**  
FIRST NATION

Corporate name of organization/ service provider	<b>BGC FOOTHILLS CLUBS</b> (formerly known as Boys and Girls Clubs of the Foothills)
Mission statement of organization	<i>To provide safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.</i>
Main office phone number	<b>403-933-7500</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Nicole Van Langen, Director of Operations
Name of programs, departments, divisions that provide service within the Foothills MD - including point of contact for each program/service	Youth Resource Centre, Teen Night, Licensed Child Care Programs
Criteria for accessing various programs/services	Programming is open to all. Some age requirements are in place for specific programs
Serving age range	12 months - 18 years
Times available?	Before School, After School, Summer, Evening and Weekends
Are there wait times?	Not typically
Referral procedure	Email: <a href="mailto:operations@bgcfoothills.com">operations@bgcfoothills.com</a> or <a href="mailto:exedirect@telus.net">exedirect@telus.net</a>
Any costs?	Licensed Child Care - Rates vary depending on subsidy qualification
What tier of service do you provide - universal, targeted, individual rating?	Universal

Corporate name of organization/ service provider	<b>BGC FOOTHILLS CLUBS - INDIGENOUS SUPPORT PROGRAMS, EDEN VALLEY</b>
Mission statement of organization	<i>To provide safe, supportive places where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.</i>
Contact/Outreach	<b>403-828-0434</b>
Point-of-contact person and position	Jodie Sieben • Cell: 403-828-0434 • Email: jodiebgcf@gmail.com

## **EDEN VALLEY CONNECTIONS CENTER & YOUTH RESOURCE CENTER**

Hours: 10 am–7 pm, Monday through Friday

**Youth Drop-in: 3:30–7 pm, Monday through Friday at the Eden Valley Arena.**

- Meal offered each day during program time.
- Youth - Grade 6 and up are welcome for drop-in programming.

**Community/Family Drop In: 10:00 am – 3:30 pm, Monday through Friday**

- No age restrictions, however, parents must stay with their children during daytime hours.
- Play area for younger children, drop-in sports available, breakfast and lunch available.
- Access to in-person Mental Health supports Wed/Thurs.
- Access to Community support workers Mon-Fri.
- All community members are welcome.

### **PROGRAMS INCLUDE:**

- Cultural Connection Group - Tuesdays AM
- Lifeskills - Tuesdays PM
- Drum Group - Wednesdays
- Money Moccasins - Thursdays (Financial Literacy skills)
- Access to Social Supports - Mon-Fri
- Public Computer
- Free Wifi
- Access to Online Training
- Study group for Class 7
- Basic Cooking Skills Training

### **Creating Connections Program**

Funded by Health Canada, the objective of the Creating Connections project is to increase youth awareness about substance use and misuse, prevent harm associated with substance use, and promote healthy relationships and coping among participating youth that will ultimately enhance wellness.

### **CWF Rebuilding Lives Program**

The Land-Based Learning Program focuses on supporting children and youth who have witnessed abuse. The program is designed to offer children and youth traditional, Indigenous-led means of healing. Children and youth will be engaged with their Elders and will learn about their historically rich culture, and will be given opportunities to put traditional practices into place, which will promote healing.

Through the work of the Youth Outreach Worker and local Band leaders and Elders, a curriculum has been designed and developed to promote healing for local children and youth who have witnessed violence in their lives. The Youth Outreach Worker accessed the deep wealth of knowledge of Band leaders and local Elders and together they designed an Indigenized approach to healing by recognizing the deep, physical, mental, and spiritual connection to the land that is a part of the Stoney-Nakoda culture. They used their traditional knowledge to support the well-being of local youth.

By engaging children and youth who have witnessed violence in an outdoor environment, we are providing opportunities for youth to learn about and participate in their traditional cultural activities. By offering opportunities to children and youth to learn about traditional ceremonies, traditional medicines, the history of the land, how to be stewards of the land, and how to speak their traditional language we are offering opportunities for reconciliation. These activities lead to an increased sense of self, and pride in culture. Ultimately, the Indigenous-led, Land-Based Learning Program can re-engage Indigenous children and youth in their own wellness, build community connectedness, and revitalize Indigenous practices, which leads to healing.



Corporate name of organization/ service provider	<b>CALGARY RURAL PRIMARY CARE NETWORK</b>
Mission statement of organization	<i>To engage and support people through their health journey by facilitating comprehensive and coordinated team-based care in our communities.</i>
Main office phone number	<b>403-652-1654</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	<p>Diana Trifonovo, Executive Director</p> <p>Dawn Shave, Director, Clinical Innovation</p> <p>Family Counsellor (supporting Okotoks &amp; Diamond Valley)</p> <p>Leah Carter - 403-603-8780; leah.carter@crpcn.ca</p> <p>Pediatric Case Manager (supporting Okotoks Pediatrician Clinic)</p> <p>Joyce Kooistra - 403-771-8612; joyce.kooistra@crpcn.ca</p> <p>Most family physician offices in Okotoks, High River, &amp; Diamond Valley have CRPCN nursing staff that can help support and navigate patients across the spectrum. Call 403-652-1654.</p>
Criteria for accessing various programs/services	Call for information per above. Each service has differing criteria, age ranges, & referral process.
Serving age range	Cradle to grave
Times available?	Monday to Friday, 8 am-5pm
Are there wait times?	Depends on the services, but typically patients can be seen within 1-2 weeks of referral.
Referral procedure	Most CRPCN services require provider/clinician referral.
Any costs?	All CRPCN services are free.
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	CRPCN will collaborate with any community organization, health care system across the spectrum.
What tier of service do you provide - universal, targeted, individual rating?	Universal



# Christ The Redeemer CATHOLIC SCHOOLS

Corporate name of organization/ service provider	<b>CHRIST THE REDEEMER CATHOLIC SCHOOLS</b>
Mission statement of organization	<i>Leave not one heart behind</i>
Main office phone number	<b>(403) 995-0725</b>
Point-of-contact person & title (For resource sharing and keeper of updated organizational information)	Cora-Leah Schmitt • cschmitt@redeemer.ab.ca
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	Several schools from Elementary to High School
Criteria for accessing various programs/services	Education
Serving age range	5-19
Times available?	During school hours
Are there wait times?	No
Referral procedure	Register
Any costs?	School fees
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	Those who attended the May 6/22 Foothills Youth Mental Wellness Summit, and work with youth.
What tier of service do you provide - universal, targeted, individual rating?	Universal and targeted





# THE NETWORK

*All children and youth thrive*

Corporate name of organization/ service provider	<b>THE NETWORK</b>
Mission statement of organization	<i>Strengthen the abilities of parents, families, caregivers and communities to raise happy healthy children.</i>
Main office phone number	<b>403-995-2706</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Chantalle Mondor, Early Years Navigator (0-6 year-olds) 403-807-1127 • chantalle.mondor@albertahealthservices.ca Chantalle will do what she can to support 7-12 year-olds as well.
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	Chantalle is based out of Okotoks, supporting the Foothills (main communities include Diamond Valley, Okotoks, and High River. She can support other communities dependent on circumstances.  She hopes to be the first point of contact for children/youth/families, in order to support them with finding the best resources and supports for their needs, including: <ul style="list-style-type: none"> <li>• Access to basic needs (food insecurity, housing, clothing, essential needs)</li> <li>• Referrals for mental health supports</li> <li>• Short-term supportive counselling (bridge to other counselling services)</li> <li>• Risk assessments and safety plans</li> <li>• Referrals for child/youth programming</li> <li>• Knowledge of child/youth events/programming taking place for social connection and community engagement</li> <li>• Navigating resources and providing referrals when necessary</li> <li>• Parenting support</li> <li>• Assistance with applying for funding programs</li> <li>• Assistance with coordinating services</li> </ul>
Criteria for accessing various programs/services	Age and location
Serving age range	0-24
Times available?	Weekdays
Are there wait times?	No current wait times
Referral procedure	Anyone can refer to our services. However, if just wanting to find a quick resource without referring, you can call or email Chantalle and she'll do her best to support. She can also reach out to the family if that is their preference.
Any costs?	None



Corporate name of organization/ service provider	<b>FOOTHILLS COMMUNITY COUNSELLING</b>
Mission statement of organization	Being responsive to community need is important to us, which we meet with high-quality, accessible counselling services delivered at an affordable rate.  Asking for help or seeking someone to talk to can be difficult, but finding that help shouldn't be. Foothills Community Counselling is our rural solution to ensuring our residents have the support they need to thrive.
Main office phone number	<b>403-603-3549 - GENERAL MESSAGES.</b>  Clients can register for counselling or leave a message for their counsellor.
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Sandra McQueen - Lead Counsellor and supervisor of practicum students. Main contact for organization information and updated waitlist times. smcqueen@highriver.ca  Shelley Koots - Manager of Foothills Community Support Services, Foothills Community Counselling, and the Greater Foothills Family Center skoot@highriver.ca • 403-603-3425  One full-time and 4-5 part-time counsellors. Also, 2-3 practicum students/year completing Masters programs.
Criteria for accessing various programs/services	A client calls to register for a counselling session. A counsellor sets up an intake appointment where it is determined if our counsellors and services are a good fit. If not, recommendations for alternative services are discussed.  At this time we DO NOT provide psychological testing and or assessments and cannot diagnose any mental health issues.  We provide short- to long-term therapy for clients, depending on their needs. We do not offer emergency or crisis counselling. If the client is in high need and in crisis our services would not be a good fit for them.
Serving age range	We provide counselling to children ages 6+, teens, adults, seniors, families, couples or relationships.
Times available?	Counsellors work Monday-Friday 9 am-4 pm, with some evenings and Saturdays, depending on each counsellor's schedule.
Are there wait times?	Wait lists vary, depending on counsellor availability and client needs. Limited space for children 6-13 years, so wait time for these sessions could be longer.  Wait times shift throughout the year, but we try to see clients as soon as possible. We touch base with each client to inform them of the waitlist and to gather some intake information before they meet with a counsellor.
Referral procedure	We are happy to accept referrals, however, the client must call to register. We do not make first-contact calls to clients.
Any costs?	Fees are based on a sliding scale and will be determined on an individual basis, based on household income, with a minimum session fee of \$25.
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	For agencies inquiring they can email F3@highriver.ca or Sandra McQueen directly at smcqueen@highriver.ca. Open to collaboration with all services where applicable.





Corporate name of organization/ service provider	<b>FOOTHILLS COMMUNITY IMMIGRANT SERVICES</b>
Mission statement of organization	<i>FCIS, a project of Calgary Catholic Immigration Society, is a non-profit organization providing settlement and integration services to all immigrants and refugees in Southern Alberta.</i>
Main office phone number	<b>403-652-5325</b>
Point-of-contact person & title (For resource sharing and keeper of updated organizational information)	Laura Suarez - Settlement Worker in School lsuarez@ccisab.ca
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	Immigrant Settlement Services - Tania Resendiz, Laura Suarez and Nancy Risdon Okotoks Settlement Worker in Schools - Laura Suarez -High River and Nancy Risdon - Okotoks Cultural Diversity Services Community Connections for Newcomers - Natacha Gougeon Volunteers services and opportunities available - Natacha Gougeon
Criteria for accessing various programs/services	Immigrants & Refugees. Temporary Foreign Workers and Permanent Residents
Serving age range	Children, Youth and Families
Times available?	Monday to Friday 8:30 to 4:30
Are there wait times?	No, we try to provide support when needed. In the schools and at our offices in High River and Okotoks
Referral procedure	Call or email to book an appointment, or talk to your school principal to request our services.
Any costs?	Free
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	All organizations and schools



Corporate name of organization/ service provider	<b>FOOTHILLS SCHOOL DIVISION</b>
Main office phone number	<b>403-652-3001</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Kevin Newman and Lindsay Boucher
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	<p>General JK-12 Education: Kevin Newman (newmank@fsd38.ab.ca)</p> <p>Counselling and Mental Health Services: Lindsay Boucher (boucherl@fsd38.ab.ca) and Kevin Newman (newmank@fsd38.ab.ca)</p> <p>Inclusive Education: Kevin Newman (newmank@fsd38.ab.ca)</p> <p>Key contact in schools would be school principal for school-based Family School Liaison Counsellor.</p> <p>Indigenous contact/cultural support - Charity Tegler, Indigenous Learning Facilitator 403-652-3001 • teglerc@fsd38.ab.ca</p>
Criteria for accessing various programs/services	Availability for consistent and reliable access for schools, students and families. Free or very low cost.
Serving age range	4-19
Times available?	Primarily Monday to Friday 8-4:30 September to June.  We do have ability to support outside of those hours on case-by-case basis to accommodate community partners.
Are there wait times?	Only wait times are for when Education is connecting with outside partners that may have wait times.
Referral procedure	
Any costs?	
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	<p>Anything that supports children, youth and families within our school district. Primary areas of need are mental health, recreation, and family supports.</p> <p>FSD is primarily in the role of collaborator with other agencies to help fill gaps for students and families beyond the operational hours of school and beyond the mandate of education.</p>
What tier of service do you provide - universal, targeted, individual rating?	All levels.

Corporate name of organization/ service provider	<b>FOOTHILLS SCHOOL DIVISION AND ALBERTA HEALTH SERVICES</b>
Mission statement of organization	<i>FSD - Each learner entrusted to our care, has unique gifts and abilities. It is our mission to find out what these are...Explore them... Develop them... Celebrate them!</i> <i>AHS - To provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.</i>
Main office phone number	<b>(403) 652-3001</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Teresa Ferrario, program manager (Minds Matter only)
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	<p>FSD &amp; AHS Mental Health Capacity Building (MHCB) program called Minds Matter</p> <p>MHCB is a promotion and prevention program that provides programming to increase mental health knowledge, skills and behaviors that bolster protective factors in children and youth so they can achieve the best possible health outcomes across their lifespan.</p> <p>MHCB is funded and led by AHS but contracted to school divisions and organizations to provide the services.</p> <p>Through year-round group programming, based on research and best practice, MHCB promotes mental, emotional, and social well-being, and protects against negative outcomes by building resilience through skill development.</p> <p>Some examples of universal programming include:</p> <ul style="list-style-type: none"> <li>• AHS Mental Health Kits</li> <li>• Second Step</li> <li>• Kimochis</li> <li>• Mind Up</li> <li>• Mental Health Literacy/Go To Educator</li> <li>• Mindful Schools</li> </ul> <p>This service is provided by Alberta Health Services and Foothills School Division.</p> <p>POC: Teresa Ferrario • Ferrariot@fsd38.ab.ca</p> <p>Promotion and prevention around mental health and addiction, using workshops, events, presentations, educational lessons (SEL programming), small groups, navigation, community connection, collaborations with community and school we have coaches embedded in.</p>
Criteria for accessing various programs/services	Within the boundaries of the Foothills School Division service area.
Serving age range	Focus on school age child, youth and families but we can do all ages.
Times available?	All year long - 8:30am - 4:30pm. We will do evening and weekend events and presentations.
Are there wait times?	School sites have waitlists to have coaches embedded. No waitlist for community support / collab / presentations.
Referral procedure	Call, email, connect with the Minds Matter program manager or any of the wellness coaches.
Any costs?	Everything we offer is FREE
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	<ul style="list-style-type: none"> <li>• Prevention</li> <li>• Mental Health and Addiction</li> <li>• Educational</li> <li>• Promotion</li> <li>• Universal and targeted</li> </ul> <p>We love to co-facilitate or even just organize others coming into schools. It could be a coffee and connect event or an 8-week seminar.</p> <p>During the summer we will partner with other organizations to offer free programming, events and information-sharing around mental health and addiction.</p>



Corporate name of organization/ service provider	<b>INCLUSION FOOTHILLS</b>
Mission statement of organization	<i>To provide advocacy and support for individuals with pan disability and their families/ guardians so they may: enjoy all rights, responsibilities, and benefits of citizenship, be valued, and included as equal/valued citizens and be free of discrimination.</i>
Main office phone number	<b>(403) 603-3232</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	mail@inclusionfoothills.org
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	<p><b>Having Inclusive Rewarding Employment (H.I.R.E.)</b> Helps ready-to-work individuals, 16 to retirement, overcome barriers to employment. Inclusion Foothills designed the H.I.R.E. program with a "whole person" approach. We help to identify each participant's personality, talents, interests and match those with the most suitable type of work and positions. We look to create paths for long-term career growth over individual positions.</p> <p><b>Youth Engaging Workplaces Project (Y.E.W.)</b> Replaced JOBz as Inclusion Foothills' youth-focused employment program. Participants aged 16-24 undertake 12 weeks of training to develop both soft and technical employment skills. Youth advance from unemployed and confused about employment to informed, motivated potential employees in local businesses or organizations open to youth experiencing a barrier to employment; physical, cognitive, mental, environmental, situational or emotional (e.g.; houselessness, anxiety or trouble with in the home would qualify a youth for this program).</p> <p><b>Work-Life-Balance Project (16+)</b> Our hope is for individuals experiencing barriers to employment or who may be at risk to become more adaptable, resilient, and informed when completing the Project through:</p> <ul style="list-style-type: none"> <li>• a comprehensive mental health focus</li> <li>• developing one's mental wellbeing and capacity</li> <li>• developing soft and hard skills</li> <li>• assisting with identification of strengths, weaknesses &amp; accommodations</li> </ul> <p><b>Outreach Support (All ages)</b> Outreach coaches connect people with appropriate supports, ranging from healthy child development, financial health and financial benefits, independent living, guardianship, trusteeship, long-term financial security, and delivery of services.</p> <ul style="list-style-type: none"> <li>• Inclusive Education</li> <li>• Family Support for Children with Disabilities (FSCD)</li> <li>• Registered Disability Savings Plan (RDSP)</li> <li>• Transition Planning</li> <li>• Persons with Developmental Disabilities (PDD)</li> <li>• Family Managed Support (FMS)</li> <li>• Self-managed Care</li> <li>• Assured Income for the Severely Handicapped (AISH)</li> </ul> <p>Planning Future Directions"</p>
Criteria for accessing various programs/services	No need for formal diagnosis, only experiencing pan-disability/barrier. We ask that participants are ready, willing and able to engage with programs we offer. Contact Inclusion Foothills and we can best point the individual towards the right program that meets their criteria.
Serving age range	All ages
Times available?	Monday to Thursday: 9 am - 4:30 pm Friday: 9 am - 1:30 pm (Flexible outside of these business hours)

## INCLUSION FOOTHILLS (CONTINUED)

Referral procedure	Self referral or agency referral.
Any costs?	Free
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	Open to all potential collaborations with the Foothills community and its agencies/services.
What tier of service do you provide - universal, targeted, individual rating?	<p>Inclusion falls into all three groupings:</p> <ul style="list-style-type: none"> <li>• Universal - educate local businesses and the general public on inclusive practices.</li> <li>• Targeted - programs offered to support the pan-disability community.</li> <li>• Individual - one-on-one coaching specific to the needs of each individual and their barrier or disability.</li> </ul>
Anything you want to add?	We look forward to working with you to better serve our community!



Corporate name of organization/ service provider	<b>McMAN OKOTOKS FAMILY RESOURCE NETWORK</b>
Mission statement of organization	<i>To support and encourage individuals and families to achieve their full potential as members of their community.</i>
Main office phone number	<b>403-995-5474</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Noelle Ayers, Program Supervisor Kristy Hill, Youth Development Worker kristy.hill@mcmancalgary.ca • 587-439-8479
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	Early Childhood Educator (0-6 and parents) - Annika Johansson (587)586-0964 Child Life Skills Facilitator (7-12 year olds) - Tina King (403)801-6903 Youth Life Skills Facilitator (12-18 year olds) - Marnie Johnston (403)508-0436 Youth Resource Worker (12-18 year olds) - Lacey Gustavsen (587) 777-2185 Family Resource Worker (All ages) - Christine Rachar (403)813-5046
Criteria for accessing various programs/services	Falls within our age range and geographic area (Okotoks).
Serving age range	0-18 + parents/caregivers
Times available?	Weekdays daytime and evenings (Varies by program)
Are there wait times?	No current wait times
Referral procedure	Call our main office line (403)619-3150, and one of us will go through the referral process with the client. Referrals can be self-made (by the client), or by other professionals on behalf of the client.
Any costs?	None
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	Agencies supports 0-18 and their caregivers/parents, and all school divisions.
What tier of service do you provide - universal, targeted, individual rating?	Both universal, and targeted programming, with a greater emphasis on targeted programming.



Corporate name of organization/ service provider	<b>OKOTOKS FAMILY RESOURCE CENTRE</b>
Mission statement of organization	<i>To relieve stress and restore hope for members of the community by providing information and making connections to programs and services.</i>
Main office phone number	<b>403-995-2626</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Sherri Mullen/Laura Padget - Resource Specialists
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	Assessment/Referral/Support Emergency Support (available to all residents in Okotoks, BD, TV and Foothills County) Community Volunteer Income Tax Program (available to all residents in Okotoks, BD, TV and Foothills County) Volunteer Driver Program (available to Okotoks residents only)
Criteria for accessing various programs/services	Assessment/referral/support – no eligibility criteria/no waitlists Emergency Support – immediate crisis need for food or gas Community Volunteer Income Tax Program – income based program – call for eligibility criteria or see program details on website. Volunteer driver program – be in need of supportive transportation – don’t have other people in their lives who can help with transportation
Serving age range	No age specifications. Will help people of all ages and demographics
Times available?	Monday to Friday 8 am to 4 pm (closed 12 – 1 pm)
Are there wait times?	No wait times
Referral procedure	Call OFRC main line and a resource specialist will support you.
Any costs?	None
What tier of service do you provide - universal, targeted, individual rating?	Universal





Corporate name of organization/ service provider	<b>RCMP - FOOTHILLS COUNTY (TURNER VALLEY OFFICE)</b>
Mission statement of organization	<i>Statement</i>
Main office phone number	<b>403-933-6600</b>
Point-of-contact person and position (For resource sharing and keeper of updated organizational information)	Carmin Gajecki - PS Supervisor Cpl Ryan Eckersley - Acting Detachment Commander Cpl Matt Gervais - Watch Commander Cpl Tom Allonby - Watch Commander
Times available?	24/7
Referral procedure	We provide referrals based on our knowledge of local programming, and we also refer Victim Services who provides appropriate referrals.
Organizations, services you want to collaborate with specifically, or sector of focused collaborations?	All available



Corporate name of organization/ service provider	<b>ROWAN HOUSE SOCIETY</b>
Mission statement of organization	<i>To provide crisis intervention, long term support and preventative education to break the cycle of domestic abuse in our communities.</i>
Main office phone number	<b>403-652-3311</b>
Point-of-contact person and position	403-652-3311 - Shelter Support Worker - Main point of Contact
Names of programs, departments, divisions providing service within the Foothills MD, and point of contact for each.	Emergency Shelter - 24-hr Crisis Support (call/text) 403-652-3311 • shelter@rowanhouse.ca Preventative education - Angela Koenig 403-603-5984 • angelak@rowanhouse.ca Outreach 403-652-3311
Criteria for accessing various programs/services	Emergency shelter available 24/7 to women fleeing domestic violence (with kids or not). Outreach program provides trauma-informed crisis intervention, goal setting & safety planning, healthy relationships education, follow-up services for former in-shelter clients. Available to all genders over the age of 16 who reside in the Foothills. Preventative Education - school presentations to grades 2, 5 about bullying, kindness and friendship. Grade 8 & CALM classes about healthy relationships & empathy. Community presentations are available, which includes our DV 101 education. A six-week community healthy relationships group for women looking to build on their knowledge of healthy relationships. Must commit to full six weeks.
Are there wait times?	No wait times for emergency shelter. If no shelter space is available, individuals will be supported in finding other resources.
Referral procedure	Self referral is available through our 24-hour support line. Call or text 403-652-3311
Any costs?	Free