

Greetings,

We here at Father Lacombe Catholic School are missing seeing everyone in our school community. We understand that many community members are facing difficult times, and have identified a list of available resources and helplines that may be supportive to students, families, and community members, during this Covid-19 pandemic. Please be informed that this list is not reflective of all resources that are available at present, and if you are aware of a program or resource or helpline that should be added, please feel welcome to email the Family School Liaison Worker at vanessa.key@starcatholic.ab.ca

Our hearts are with all you,

Mrs. Key

Resources

If you need help finding a resource in any Alberta community, you can dial 2-1-1 to speak with an information & Referral Specialist or search the online community resource directory at <http://www.ab.211.ca/>

Community Resources Lacombe:

Lacombe Police Service: (403) 782-3279

Lacombe Victim Services: (403) 782-3279

Lacombe Community Food Bank: (403) 782-6777 Tuesday/Wednesday, 1-4pm, Thursday 6-8pm, Friday 1-3pm

Lacombe and District Family and Community Support Services, contact by phone only: (403) 782-6637

AHS Lacombe Hospital: (403) 782-3336

AHS Lacombe Mental Health: (403) 782-3413

Community Resources Red Deer:

Red Deer RCMP: (403) 343-5575

Red Deer RCMP Domestic Violence Unit: (403) 406-2330

Red Deer Victim Services: (403) 406-2345

Red Deer Food Bank: (403) 346-1505

AHS Red Deer Hospital: (403) 343-4422

AHS Red Deer Mental Health: (403) 340-5466

Central Alberta Sexual Assault Support Crisis Line: (403) 356-1099

Central Alberta Women Shelters, Domestic Violence Crisis Line: (403) 346-5643

Helplines:

Kids Help Phone: 1-800-668-6868

First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310

Bullying Help line: 1-888-456-2323

Mental Health Helpline: 1-877-303-2642

Youth HQ 24/7 (Calgary): (403) 341-3190

Calgary and area Distress Crisis Line:(403) 266-4357

Calgary ConnecTeen: (403) 264-TEEN, on-line chat support: www.calgaryconnecteen.com

Edmonton/Northern Alberta Crisis 24 hours: (780) 482-HELP (4357)

Seniors Abuse Helpline: (780) 454-8888

Health Link

Health Link AB: 1-866-408-5465

Health Link 811 provides free 24/7 nurse advice and general health information for Albertans.

COVID 19 Info:

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Income Support

If you are facing an unexpected emergency, you can apply for emergency financial assistance through the 24-hour Contact Centre toll free at 1-866-644-5135

Emergency Isolation Support

Eligible working Albertans can receive a one-time emergency isolation support payment. If you need help with your application, please call Alberta Connects at 310-4455, open 7 days a week from 8 am to 8 pm.

To apply online, please visit: <https://emergencyisolationsupport.alberta.ca/>

Canada Emergency Response Benefit (CERB)

A taxable benefit of \$2,000 a month for up to 4 months to workers who must stop working due to COVID19 and do not have access to paid leave or other income support. **The Canada Emergency Response Benefit will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via an automated telephone line or via a toll-free number. For further information on this benefit, please visit:**

<https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html>