

Drop in Meal Services

Potter's Hands - 4935 51 St.

BREAKFAST	M-Fri	7 a.m. - 8:15 a.m.
	Saturday	9 a.m. - 10:15 a.m.
LUNCH	Monday	11:30 a.m. - 12:45 p.m.
SUPPER	Tuesday	4:30 p.m. - 6 p.m.

The Mustard Seed - 6002 54 Ave.

SNACKS PROGRAMS	MWF	1 p.m. - 4 p.m.
	TUE & TH	9:30 a.m. - 3 p.m.
SUPPER	MWF	5:15 p.m. - 7 p.m.

Red Deer Soup Kitchen - 5014 49 St.

LUNCH	Sunday	11:30 a.m. - 12:30 p.m.
SUPPER	Thurs & Sat	4:30 p.m. - 5:30 p.m.

Street Church - corner of 50 Ave. and 52 St.

LUNCH	Wednesday	11:30 a.m. - 1 p.m.
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Hope Mission - Unit #4 5239 - 53rd Ave.

Call for meal times: 587-819-0015 Ext. 4

Food Hampers

**Red Deer Food Bank - 7429 49 Ave.
403-346-1505**

Monday - Friday	9 a.m. - 4 p.m.
Saturday	9 a.m. - 1 p.m.

**Salvation Army - 4837 54 St.
403-346-2251**

FREE BREAD PICK UP	Mon - Fri	9 a.m. - 12 p.m. 1 p.m. - 3:30 p.m.
ASSISTANCE APPOINTMENTS	Mon - Fri	1 p.m. - 3:20 p.m. Wed. 9:40 a.m. - 11:20 a.m.
BASIC NEEDS	Thurs.	Drop in 1 p.m. - 3:30 p.m.

Shelters

**Mustard Seed 24/7 Shelter - 6002 54 Ave.
587-457-5473**

Sober adults only	Check-in: 8 p.m. - 10 p.m.
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Hope Mission - Unit 4, 5239 53 Ave 587-819-0015 ext 4

Shelter/Meals (3 a day)	Open 24/7 - PH for meal times
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49 St. Youth Shelter - 4633 49 St. 403-341-3190

**CAWES - Women's Emergency Shelter
403-346-5643 (24/7 Toll-Free Helpline: 1-888-346-5643) Crisis Textline: 403-506-0485**

**Catholic Social Services
Morning Star (for women) - 5104 48 Ave. - 403-967-3518**

Laundry, showers, storage, snacks, computers, phone Mon. Tues. Thu. Fri.: 8:30 a.m. - 2p.m. Closed Wednesdays.

Street Connect Dental Clinic -101 4132 50 Ave

Reduced fees check eligibility 403-406-9950

Emergency Contacts

**SOCIAL
DIVERSION TEAM**

403-406-2200

7 a.m. - 6 p.m.
Immediate help
w/ homelessness,
intoxication,
mental health.

**PACT - POLICE
AND CRISIS TEAM**

403-406-2505

For mental health
crisis consultation.
*Always call 911 for
emergencies.*

24/7

911

Emergency:
ambulance,
fire, police.

**SUICIDE
HELPLINE**

988

Turning Point Society

Overdose Prevention	403-346-8858
Outreach and NightReach	403-896-3879

Non-emergency Helplines

RCMP Administration Line	403-406-2300
RCMP 24 hour non-emergency complaint line	403-406-2200
City of Red Deer (Mon-Fri)	403-342-8111

Crisis Helplines

Youth HQ Crisis Line	403-341-3190
Recovery AB Addiction Helpline 24/7	1-866-332-2322
Recovery AB Mental Health Helpline 24/7	1-877-303-2642
Sexual Assault Crisis Line	403-356-1099
Trans Lifeline	1-877-330-6366
Children's Services	403-340-5400 1-800-638-0715
Kids Help Line	1-800-668-6868
Child Abuse Hot Line	1-800-387-8437
Sendero Center - Central Alberta Sexual Assault Support Centre	403-340-1124

Justice Services

Community Legal Clinic Legal advice, Affidavit ID clinics	#200 4808 50 St. 403-314-9129
John Howard Society Record Suspension (Pardon) Support, resource referrals	403-343-1770
Red Deer's Elizabeth Fry Society	780-860-6443

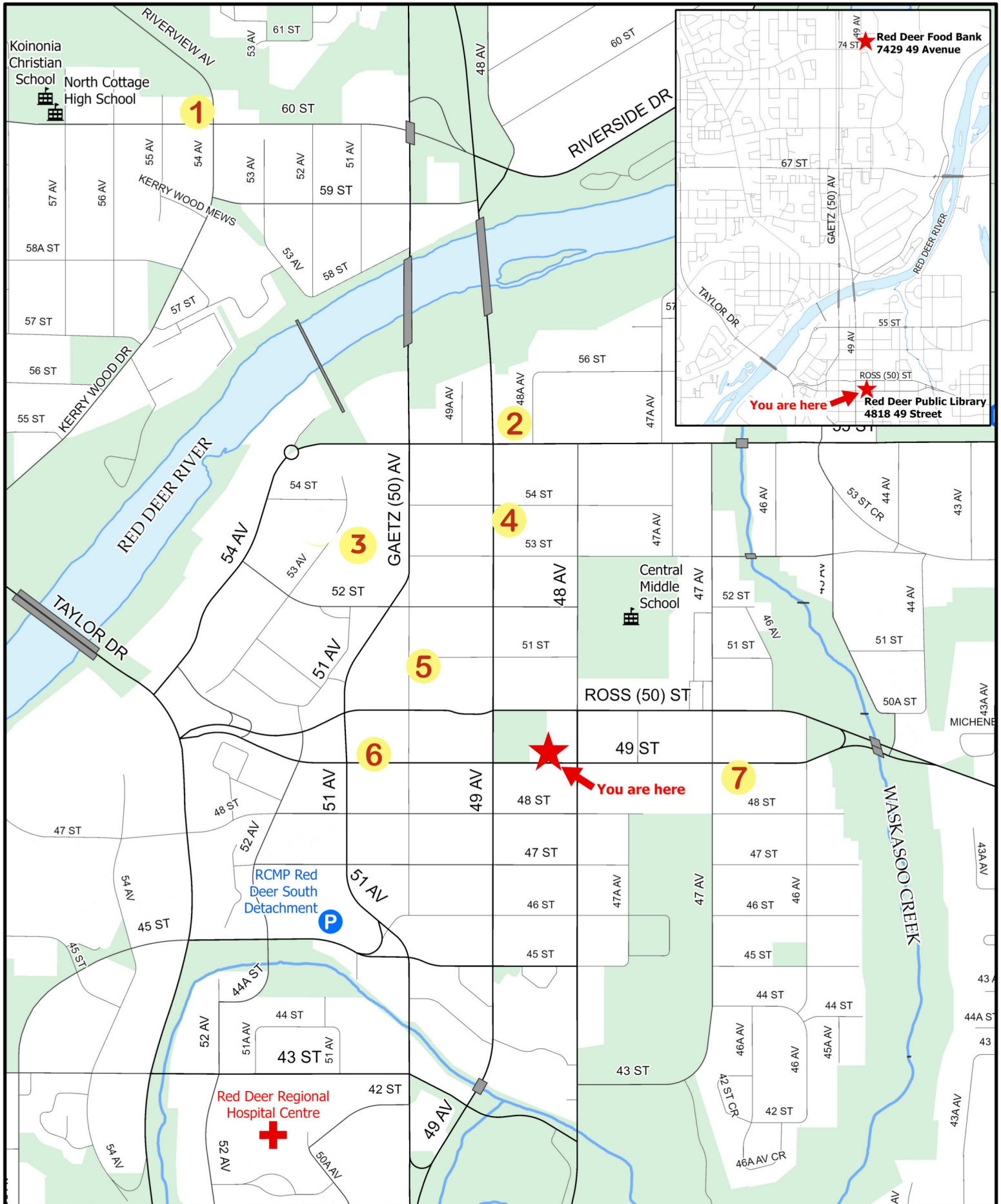
Services for Youth

McMan Youth & Family Services	#103 5214 47 Ave. 403-309-2002
Youth HQ - Crisis Line & 49 Street Youth Shelter	4633 49 St. 403-341-3190
YMCA - Child & Youth Programs	403-967-9622

NEW! Utilities reconnection - Canadian Mental Health

Lights on Emerg. Fund check eligibility 403-342-2266

Change suggestions: rdpl.org/community-resources



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| 1 Mustard Seed Shelter
6002 - 54 Avenue | 3 Hope Mission Shelter
Unit #4 5239 - 53 rd Ave. | 5 Potter's Hands Soup Kitchen
4935 - 51 Street | 7 49 Street Youth Shelter
4633 - 49 Street |
| 2 Sacred Heart Church
4816 - 55 Street | 4 Salvation Army (Bread)
4837 - 54 Street | 6 Red Deer Soup Kitchen
5014 - 49 Street | |



Hospital/Clinics/Treatment	
RD Hospital 3942 50a Ave.	403-343-4422
Community Paramedics, Red Deer dispatched between 7 a.m. and 9 p.m.	1-833-367-2788
Safe Harbour Detox 5246 53 Ave. Intake: 8:30 a.m. - 9:30 a.m.	403-347-0181
Care Gateway Medical - 5209 50 Ave. mental health, pain, and addiction methadone, suboxone, sublocade. Mon. - Fri: 10 a.m. - 6 p.m. Sat: 11 a.m. - 3 p.m.	587-457-2589
Street Clinic - 101 4132 50 Ave. M, T, Th, F 9 - 3:30 p.m.: W 10 - 3:30 Opioid Agonist Therapy (OAT)	403-406-9940
Community Health Centre Alberta Health Services 4755 49 St. - 403-314-5225	403-356-1099
EHN Red Deer Recovery Community addiction and mental health disorders treatment	587-797-4290
Red Deer Dream Centre - 4614 50 Ave addictions treatment centre	403-986-0050
Opioid Dependency Program Opioid Agonist Therapy (OAT) 4805 48 Ave. 7 days a week, 7 a.m. - 7 p.m.	403-314-5632
Public Health Dental Clinic 101 4132 50 Avenue	403-406-9950
Narcotics Anonymous	1-877-463-3537
Mobile Rapid Access Addiction Medicine	403-406-9936

Mental Health Supports and Counselling	
Recovery AB Mental Health & Addiction 4733 49 St. - Free counselling Mon. - Fri. 8 a.m. - 4:30 p.m.	403-340-5466
Vantage Community Services 4920 54 St. M - F: 8:30 a.m. - 4:30 p.m.	403-340-8995
Catholic Social Services 5104 48 Ave. M - F: 8 a.m. - 4:40 p.m.	403-347-8844
Family Services of Central Alberta 5409 - 50 Ave. (sliding fee scale) 8:30 a.m. - 4:30 p.m. (closed 12 p.m.-1 p.m.)	403-343-6400
Shalom Counselling - 5515 27 Ave. sliding fee scale, subsidies available	403-342-0339
A Gathering Place - 2830 Bremner Ave. Mental Health Clubhouse M, T, Th, F 8:30 a.m. - 4:30 p.m. W 9 a.m. - 4:30 p.m.	403-309-7772
Your Thriving Family - 101 5214 47 Ave. Relationship and parenting supports	403-352-9273
PCN Counselling/Workshops 5120-47 Street M-F 8:30 a.m. - 4:30 p.m. workshops 5:30 p.m. - 7:30 p.m.	403-314-3297
PEP - Family Recovery Group meetings for families who struggle with addiction. YMCA - Meet Tues @ 7pm	support line 1-877-991-2737 8 am - 10 pm

Transportation	
Indigenous transportation	1-800-514-7106
AlSH - Emergency medical transportation	403-340-5353
Hope Mission Van - 8 a.m. - 3:30 p.m. M-F	587-340-0131
Housing Help	
Bridges Community Living #202 - 4719 48 Ave.	403-343-1077
Safe Harbour - 5246 53 Ave.	403-347-0181
Native Friendship Society - 4808 51 Ave.	403-340-0020
YMCA - 6391 76 St.	403-967-9622
Potter's Hands Housing - 5820 61 St.	403-872-9142
Outreach Center - 4101 54 Ave.	403- 347-2480
Shining Mountains - 4925 46 St.	403-346-9794
McMan Youth & Family Services	403-309-2002
Golden Circle - Seniors' Housing Help	403-343-6074
Rental Websites: rentfaster.ca OR kijiji.ca	
Furniture/Household Items	
St. Vincent de Paul -No summer service	403-597-3030
Outreach Centre - 4101 54 Ave.	403-347-2480
Clothing	
Dress for Success - #5 5571 45 St.	403-597-8769
John Howard Society Career Closet daily/interview clothing/PPE	403-343-1770
Financial Empowerment	
MoneyMentors (non profit) debt consolidation+	1-888-294-0076
Credit Counselling Society	1-888-527-8999
JHS Free tax filing	403-343-1770
Elizabeth Fry - taxes, coaching, benefits	780-904-7350
Employment Assistance	
Express Employment Professionals 4919 59 St. - employment, temp work	403-356-9695
Diversified Staffing Services - 4957 49 St. employment, day jobs, temp work	403-343-8161
EPSS - 2830 Bremner Ave. - M- F 8 a.m. - 4:30 p.m.	403-343-6249
MCG Careers -206- 4807 50 Ave. Career, Employment and Training Specialists	587-457-5313
Ballad Employment - 6718 Golden West Ave.	1-855-295-7180 ext 7
Career Assistance Network Bay 7, 4699 61 St M - Th. 8:30 am - 4:30 pm F- 8:30 am - 3 pm	403- 341-7811
Work 4 Women	1-780-860-6443
Parallele Alberta -French-speaking job seekers	403-802-0880 ext 104
The GROW Program - Employment services for those facing barriers	403-986-1561

Red Deer Public Washrooms

Collicutt Centre	Monday - Friday: 5:30 a.m. - 9 p.m. Saturday - Sunday: 6:30 a.m. - 9 p.m.
G.H. Dawe Centre	Monday - Friday: 5:30 a.m. - 9 p.m. Saturday - Sunday: 6:30 a.m. - 9 p.m.
Recreation Centre	Monday - Friday: 8 a.m. - 4 p.m. Saturday/Sunday: Closed
Michener Centre	Monday/Friday: 6 a.m. - 1 p.m. Tuesday/Thursday: 8 a.m. - 2 p.m. Wednesday: 8 a.m. - 1 p.m. Saturday: 12 - 2:30 p.m. Sunday: Closed
Servus Arena	Monday – Friday: 9 a.m. – 2 p.m.
The Intermediate School (5205 48 Ave)	Monday – Friday: 8 a.m. – 4:30 p.m.
City Hall*	Monday – Friday: 8 a.m. – 4:30 p.m. *City Hall washrooms are locked but clients can ask the front desk for a key.
Sorenson Station Transit Terminal (4830 - 48 Street)	Multiple washrooms including an accessible washroom, open year-round, 7 days per week, 8 am - 6 pm. On-site CMHA outreach staff available in kiosk north of washrooms for connection to local supports & resources, general guidance, referrals, downtown navigation, & safe space.
Red Deer Public Library	Downtown Branch (4818-49 St.) Dawe Branch (56 Holt St.) Timberlands Branch (100 Timothy Drive)

Red Deer Parks Public Washrooms

Three Mile Bend	pit toilets, open year-round
McKenzie Trails South	pit toilets, open year-round
Heritage Ranch Lower	pit toilets, open year-round
Kiwanis Picnic Park	flush toilets, open generally May 20 – October 10
Kin Canyon	flush toilets, open generally May 20 – October 10
Rotary Park	flush toilets, open generally May 20 – October 10
Glendale Skate Park	flush toilets, open generally May 20 – October 10

Red Deer Public Water Fountains

- Downtown Skatepark (across the street from Rotary Park)
- On the north side of Ross Street at Coronation Park
- Capstone
- Downtown in the SE corner of the intersection at 49 Street and 50 Avenue
- Red Deer Public Library (4818 49th Street) - water fountains and water bottle refill station