Red Deer Community Access Guide - Fall/Winter 2026/27 - Services subject to change without notice.

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.
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. 403-342-5355	
Mon.- Fri.	9 a.m. - 12 p.m. & 1 p.m. - 4 p.m
Saturday	9 a.m. - 1:30 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. - 4 p.m.
ASSISTANCE APPOINTMENTS	T, W, Thurs	Call for info.
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.

Hope Mission - Unit 4, 5239 53 Ave 587-819-0015 ext 4	
Shelter/Meals (3 a day)	Open 24/7 - PH for meal times

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

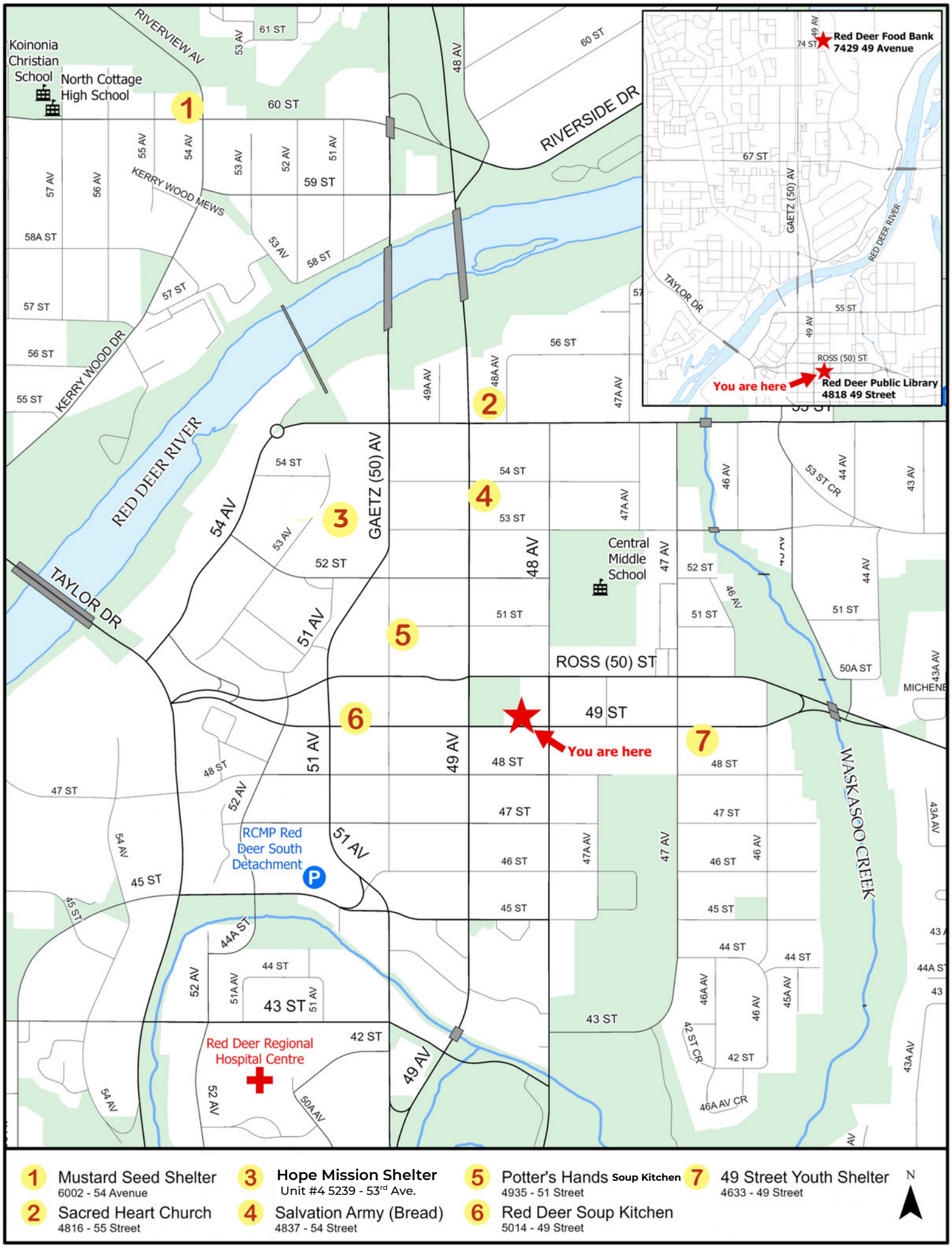
Crisis Helplines	
Youth HQ Crisis Line	403-341-3190
Recovery AB Addiction Helpline 24/7	1-866-332-2322
Recovery AB Mental Health Helpline 24/7	1-877-303-2642
Sexual Assault Crisis Line	403-356-1099
Trans Lifeline	1-877-330-6366
Children's Services	403-340-5400 1-800-638-0715
Kids Help Line	1-800-668-6868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


Koinonia Christian School
North Cottage High School
RIVERVIEW AV
61 ST
60 ST
RIVERSIDE DR
48 AV
KERRY WOOD MEWS
59 ST
58A ST
58 ST
57 ST
56 ST
55 ST
KERRY WOOD DR
RED DEER RIVER
49A AV
48A AV
47A AV
54 ST
GAETZ (50) AV
54 AV
53 AV
53 ST
52 ST
51 AV
TAYLOR DR
Central Middle School
47 AV
46 AV
53 ST CR
44 AV
43 AV
51 ST
ROSS (50) ST
50A ST
MICHENE
49 ST
You are here
49 AV
48 ST
WASKASOO CREEK
43A AV
47 ST
52 AV
RCMP Red Deer South Detachment
45 ST
44A ST
44 ST
51A AV
43 ST
Red Deer Regional Hospital Centre
42 ST
50A AV
46A AV
45A AV
42 ST CR
46A AV CR
Red Deer Food Bank
7429 49 Avenue
74 ST
49 AV
67 ST
GAETZ (50) AV
RED DEER RIVER
TAYLOR DR
55 ST
ROSS (50) ST
You are here
Red Deer Public Library
4818 49 Street
1 Mustard Seed Shelter
6002 - 54 Avenue
2 Sacred Heart Church
4816 - 55 Street
3 Hope Mission Shelter
Unit #4 5239 - 53rd Ave.
4 Salvation Army (Bread)
4837 - 54 Street
5 Potter's Hands Soup Kitchen
4935 - 51 Street
6 Red Deer Soup Kitchen
5014 - 49 Street
7 49 Street Youth Shelter
4633 - 49 Street
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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	403-304-0640

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. - 4:30p.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
AISH - 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	
Money Mentors (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



Public Water fountains and bottle fill stations are available at Red Deer Public Library, Downtown Branch year-round.

Public Phones (free to use)

Hope Mission - 5246 53 Ave.	Available 24/7 - Intake process required (Pat down & belongings searched)
Mustard Seed - 6002 54 Ave.	Mon. Wed. Fri. - 12 p.m. - 8 p.m. Tues. & Thurs. 9:30 a.m. - 3 p.m. (Emergency access to the phone outside these hours may be granted)
Red Deer Public Library Downtown Branch 4818 49 St.	Mon. - Thurs. 9 a.m. - 8 p.m., Fri. 9 a.m. - 5 p.m., Sat. & Sun. 10 a.m. - 3 p.m. (Closed all STAT Holidays)
Alberta Supports - 201 4911 51 St.	Mon. to Fri. 8:15 a.m. - 4:30 p.m. (Closed all STAT Holidays)