

***Resource List –January 2014**

*** INFORMATION ON THIS LIST IS SUBJECT TO CHANGE
WITHOUT NOTICE TO THE FSCD PROGRAM.**

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FEDERAL AND PROVINCIAL FINANCIAL ASSISTANCE/ BENEFITS/TAX CREDITS

FEDERAL

Canada Child Tax Benefit

A tax-free monthly payment to assist families with the cost of raising children up to the age of 18 years.

- Phone: 1.800.387.1193.
- [Website](#)

Canada Disability Savings Bonds helps those with disabilities and their families save for their future. Low to modest income earners may receive an additional 1000.00 in a Disability Savings Bond into their RDSP.

- Phone: 1.800.622.6232 (TTY @ 1.800.926.9105)
- [Website](#).

Canada Mortgage and Housing Corporation (CHMC) - Programs and Financial Assistance.

- [Website](#)

Canada Pension Plan (CPP) Disability Benefits is for Canadians who have contributed to CPP but cannot work on a regular basis due to a disability.

- [Website](#).

Caregiver Amount Deduction - pertains to adults living with a dependent adult with a physical or mental impairment.

- Phone: 1.800.959.8281
- [Website](#)

Child Disability Benefit/Credit - a family may qualify for up to \$2504.00 per year (\$208.66 per month). A qualified practitioner fills completes the appropriate form (T2201) which is the “Disability Tax Credit Certificate”. Qualified practitioners include: medical doctors, optometrists, audiologists, occupational therapists, physiotherapists, psychologists, and speech- language pathologists. If the child qualifies for this credit then they will automatically be eligible for the monthly allowance. The benefit is added to the monthly Child Tax Credit or if applicable, the Child Special Allowance which is also paid on a monthly basis.

- [Website](#).

Child Tax Credit - Families can claim a non-refundable tax credit of \$2000.00. This is applicable for all children under 18 years of age.

- [Website](#)

Children’s Fitness tax credit – A parent may be eligible to claim up to \$500.00 (up to \$1000.00 for children with a disability) per child for a program of physical activity for their child.

- [Website](#)

Children's Special Allowance – is a tax-free monthly payment to provincial or territorial agencies and other organizations or individuals for a child who: is under the age of 18; physically resides in Canada; and is maintained by an agency.

- [Children's Special Allowance Act](#)
- [Application Form \(pdf\)](#)

Compassionate Care Benefits – “ ...these benefits may be paid up to a maximum of 6 weeks to a person who has to be absent from work to provide care or support to a gravely ill family member at risk of dying within 26 weeks.”

- Phone: 1.800.206.7218
- [Website](#)

Employment Insurance (EI) Special Benefits for Parents of Critically Ill Children.

- [Website](#)

Excise Gas Deduction – persons medically certified as having permanent mobility impairment and cannot safely use public transportation can apply for a refund of part of the federal excise tax on the gasoline that they purchase. Guardians of Children with behavioural issues who cannot use public transportation can apply for this deduction. Consider children with autism, sensory issues, ADHD, ODD, etc.

- Phone: 1.800.267.6999
- [Website](#)

GST Exemption

- [Website](#)

Lower Income Family Support

- [Website](#)

Medical Expense Credit is a deduction used when completing Income Tax forms. Various items can be used under the “Medical Expense Credit” as eligible expenses. Some of the items/services include (but not limited to): air conditioners, catheters, cochlear implants, diapers/disposable briefs, eyeglasses, hearing aids, heart monitors, needles and syringes, and rehabilitative therapy.

- Income Tax Information Line: 1.800.267.6999
- [Website](#)

Persons with Disabilities Online – allows a disabled individual or a guardian of a child with a disability to access assistance in looking for resources. The process is done via an on-line survey which will result in a list of provincial and federal resources. The home page

also lists other items which may have links that are pertinent to families, such as sports programs for the disabled.

- [Website](#)

Registered Disability Savings Plan (RDSP) - The federal government will match up to 3,500.00 per year on your RDSP contributions.

- Phone: 1.800.959.8281 (TTY 1.800.665.0354)
- [Website](#)
- [Website: Questions and Answers](#)

Tax tips for parents

- [Website](#)

Vehicle Adaptation-Federal government funding may be available to assist with the adaptation of a vehicle for a disabled individual.

- [Website](#).

PROVINCIAL

Alberta Aids to Daily Living Program (AADL) provides funding for some medical supplies and equipment and is available to all residents of Alberta.

- [Website](#)
- Phone: Edmonton and area: 780.427.0731
toll free in Alberta: 310.0000, then 780.427.0731.
You may also contact your local hospital or health care centre, or, for information on your nearest Alberta Health Services office, call HEALTH Link Alberta toll free at 1.866.408.LINK (5465)

Alberta Association for Community Living (AACL)

- Phone: 780.451.3055, toll free within Alberta: 1.800.252.7556.
- [Website](#)

Assistive Devices – Personal Life Guard

- [Website](#)

Loss of ID

- [Tip Sheet by the Edmonton Public Library](#) (pdf)

FORMS

Request for a Health Benefit Exception - Parents/guardians, who receive the Alberta Adult or Child Health Benefit, AISH or Income Support and have a prescription for a medication that is ***not listed on the Health and Wellness Drug Benefit List***, should refer to instructions pertaining to submitting a “Request for Drugs and Nutritional Products” form. Parents/guardians and the prescribing physician are required to complete forms that are sent for review by the Health Benefit Review Committee. Requests for Prescribed infant formula and special diet items may also be considered for funding using these forms.

- [Website](#)

“Special Authorization” forms - Special Authorization forms are the forms used by a prescribing physician to ***advocate for drug coverage for drugs on the drug benefit list***. Physicians may contact Alberta Blue Cross at 780.498.8000 and request to be linked to the Special Authorization Line.

MISCELLANEOUS RESOURCES

ACCOMMODATIONS

Compassionate Care Rates

EDMONTON:

- Best Western Cedar Park Inn 780.434.7411
- Best Western City Center 780.479.2042
- Chateau Louis 780.452.7770 or 1.800.661.9843
- Coast Edmonton Plaza 780.423.4811 or 1.800.663.1144
- Comfort Inn 780.423.5611 or 1.888.384.6835
- Days Inn 780.423.1925 or 1.800.267.2191
- Econolodge Edmonton 780.438.7979
- Edmonton Mennonite Guest House 780.433.6661
- Glenora Bed and Breakfast 780.488.6766 or 1.877.453.6672
- Greenwood Inn 780.431.1100
- Holiday Inn Express 780.423.2450 or 1.877.863.4780
- Ramada Inn and Water park 780.434.3431
- Super 8 Hotel South 780.433.8688
- Travelodge Edmonton 780.436.9770
- Ramada Hotel and Conference Centre 780.454.5454

CALGARY

- Best Western Village Park Inn 403.289.0241
- Comfort Inn and Suites South 403.287.7070
- Econolodge Motel Village 403.289.2581
- Holiday Inn McLeod Trail South(Brian) 403.287.2700
- Travelodge 403.289.6600
- Quality Inn University 403.289.1973

Kijiji (Search under short term house and apartment rentals)

- [Website](#)

Ronald McDonald House

- [Website](#)
- [Southern Alberta](#)
- [Northern Alberta](#)
- [Central Alberta](#)

CAREER AND EMPLOYMENT

Employment Information and Training for persons with disabilities

- [Website](#)

Employment Services by Region – Each region’s list has a link to an Employment, Training and Career Services Directory which in some instances includes a list of supports for persons with disabilities.

- [Website](#)

Jobs, Education and Money – programs and services specific to the needs of youth with disabilities.

- [Website](#)

Job Search for Student/Youth

- [Website](#)

On Site Job Placement

- [Website](#)

Service Canada – provides information on employment.

- [Website](#)

FIRST NATION / ABORIGINAL SERVICES AND SUPPORTS

The **First Nations and Inuit Health Branch (FNIHB)** – has a Non-Insured Health Benefit (NIHB) program that serves the First Nations and recognized Inuit populations. For those persons eligible, services and supports may include: travel expenses, counselling, medical supplies, and medical equipment and prescription drugs.

For the NIHB Regional Office and to access Vision, Medical Supplies and Equipment, and pharmacy, Alberta Health Care and Mental Health Services call:

- Long distance call 1.800.232.7301, local 780.495.2694
- Dental Toll free # 1.888.495.2516, local 780.495.2516
- Edmonton Referral Medical Transportation Unit
1.800. 514.7106, local 780.495.2708
- Calgary Referral Medical Transportation Unit
1.800.292.5284

North Peace Tribal Council (NPTC), transportation unit,
1.800.272.7925 LSLIRC 1.800.252.7893 Bigstone 1.800.727.7910
Athabasca Tribal Council (located in Fort McMurray) 780.791.6538

Indian and Northern Affairs Canada (INAC) - offers a variety of supports and services to those living on reserve.

- [Website](#)

List of First Nations in Alberta

- [Website](#)

Alberta First Nations Health Services

<i>Treaty 6 Health Centers</i>	
Alexander First Nation Alexander Health Centre Box 3570 Morinville, AB T8R 1S3	Phone: 780.939.4787 Fax: 780.939.2951
Alexis Nakota Sioux Alexis Health Centre Box 39 Glenevis, AB T0E 0X0	Phone: 780.967.1090 Fax: 780.967.1097
Beaver Lake Cree Nation Beaver Lake Health Services Box 1950 Lac La Biche, AB T0A 2C0	Phone: 780.623.4276 Fax: 780.623.4569
Cold Lake First Nations Cold Lake Health Centre Box 8100 Cold Lake, AB T9M 1N1	Phone: 780.594.2473 Fax: 780.594.0084

Alberta First Nations Health Services

<i>Treaty 6 Health Centers</i>	
Enoch Cree Nation Enoch Health Services Box 60 Enoch, AB T7X 3Y3	Phone: 780.470.5440 Fax: 780.470.0683
Frog Lake First Nation Morning Sky Wellness Society Health Centre General Delivery Frog Lake, AB T0A 1M0	Phone: 780.943.3777 Fax: 780.943.2193
Heart Lake First Nation Heart Lake (Lena Obichon) Health Centre Box 817 Lac La Biche, AB T0A 2C0	Phone: 780.623.7477 Fax: 780.623.8155
Hobbema First Nations Maskwacis Health Services <i>(Formerly "Hobbema Indian Health Services" serves four First Nations: Ermineskin Tribe, Louis Bull Tribe, Montana Cree Nation, Samson Cree Nation)</i> Administration Office Box 100 Hobbema, AB T0C IN0	Phone: 780.585.3830 Fax: 780.585.2203
Kehewin Cree Nation Kehewin Health Centre Box 7550 Bonneville, AB T9N 2H8	Phone: 780.826.2913 Fax: 780.826.1915

Alberta First Nations Health Services

<i>Treaty 6 Health Centers</i>	
O'Chiese First Nation O'Chiese Health Centre Box 2348 Rocky Mountain House, AB T4T 1B7	Phone: 403.989.3900 Fax: 403.989.3905
Paul First Nation Paul Band Health Centre Box 459 Duffield, AB T0E 0N0	Phone: 780.392.2300 Fax: 780.392.2301
Saddle Lake First Nation Saddle Lake Health Centre Box 160 Saddle Lake, AB T0A 3T0	Phone: 780.726.3930 Toll Free: 1.800.829.6904 Fax: 780.726.3024
Sunchild First Nation Sunchild Health Centre Box 997 Rocky Mountain House, AB T4T 1A5	Phone: 403.989.3740 Fax: 403.989.2251
Whitefish Lake First Nation Goodfish Lake Health Centre Box 272 Goodfish Lake, AB T0A 1R0	Phone: 780.636.3638 Fax 780.636.3457

Alberta First Nations Health Services

<i>Treaty 7 Health Centers</i>	
Blood Tribe Blood Tribe Department of Health Box 229 Standoff, AB T0L 1Y0	Phone: 403.737.3888 Fax: 403.737.398
Piikani Nation Aakom-Kiyii Health Services Box 3079 Brocket, AB T0K 0H0	Phone: 403.965.3809 Fax: 403.965.3971
Siksika Nation Siksika Medicine Lodge Box 1130 Siksika, AB T0J 3W0	Phone: 403.734.2285 Fax: 780.734.3916
Stoney Tribe Stoney Health Centre <i>(Bears paw First Nation, Chiniki First Nation, Wesley Band at Morley)</i> Box 8 Morley, AB T0L 1N0	Phone: 403.881.3920 Fax: 780.881.2742
Stoney Tribes Stoney Wellness Centre <i>(Stoney Tribe at Eden Valley)</i> Box 178 Black Diamond, AB T0L 0H0	Phone: 403.558.3656 Fax: 403.558.3980
Tsuu T'ina Nation Tsuu T'ina Health and Wellness Centre Box 51, 3700 Anderson RD SW Calgary, AB T2W 3C4	Phone: 403.251.7575 Fax: 403.251.1627

Alberta First Nations Health Services

<i>Treaty 8 Health Centers</i>	
Athabasca Chipewyan First Nation Fort Chipewyan Nursing Station Box 350 Fort Chipewyan, AB T0P 1B0	Phone: 780.697.3650 Fax: 780.697.3565
Beaver First Nation Beaver First Nation Health Centre Boyer River Box 270 High Level, AB T0H 1Z0	Phone: 780.927.3544 Fax: 780.927.4064
Bigstone Cree Nation Bigstone Health Commission Box 1020 Wabasca, AB T0G 2K0	Phone: 780.891.2000 Fax: 780.891.3736
Bigstone Cree Nation Calling Lake Health Centre Box 294 Calling Lake, AB T0G 0K0	Phone: 780.331.3810
Chipewyan Prairie First Nation (Janvier) Chipewyan Prairie Health Centre General Delivery, Chard, AB T0P 1G0	Phone: 780.559.2375 Fax: 780.559.2677 780.559.2050
Dene Tha' First Nation Chateh Health Station <i>(Hay Lakes nursing station)</i> Box 90 Chateh, AB T9H 0S0	Phone: 780.321.3971 Fax: 780.321.3820

Alberta First Nations Health Services

<i>Treaty 8 Health Centers</i>	
Dene Tha' First Nation Meander River Health Station General Delivery Meander River, AB T0H 2P0	Phone: 780.535.6624 Fax: 780.535.6641
Driftpile First Nation Maggie Willier Wellness Centre Box 120 Driftpile, AB T0G 0V0	Phone: 780.355.3931 Fax: 780.355.2055
Duncan First Nation Duncan Health Centre Box 327 Berwyn, AB T0H 0E0	Phone: 780.597.3730 Fax: 780.597.3717
Fort McKay First Nation Fort McKay Health Centre General Delivery Fort McKay, AB T9H 3G4	Phone: 780.828.2450 Fax: 780.828.4132
Fort McMurray First Nation Gregoire Lake Health Centre Box 5330 STN Main Fort McMurray, AB T9H 3G4	Phone: 780.334.2443 Fax: 780.334.2999
Horse Lake First Nation Horse Lake Health Centre Box 2463 Beaveriodge, AB T0H 3C0	Phone: 780.356.3013 Fax: 780.356.2587
Kapawe'no First Nation Kapawe'no Health Centre Box 149 Grouard, AB T0G 1C0	Phone: 780.751.2284 Fax: 780.751.2363

Alberta First Nations Health Services

<i>Treaty 8 Health Centers</i>	
Little Red River Cree Nation Little Red River Cree First Nation Nursing Station <i>(Located at Fox Lake)</i> Box 330 Fox Lake, AB T0H 1R0	Phone: 780.759.3773 Fax: 780.659.3960
Little Red River Cree Nation Little Red River Cree First Nation Health Station <i>(Located at Garden River)</i> Box 60 Garden River, AB T0H 4G0	Phone: 780.659.3636/3632 Fax: 780.659.2171
Little Red River Cree Nation Jean D'Or Health Centre <i>(Located at Jean D'Or)</i> Box 1077 High Level, AB T0H 1Z0	Phone: 780.759.3872/3773 Fax: 780.759.3770
Loon River Cree First Nation Loon River Health Centre Box 329 Red Earth Creek, AB T0G 1X0	Phone: 780.649.3490
Lubicon Lake Indian Nation Little Buffalo/Lubicon Health Centre Box 6731 Peace River, AB T8S 1S5	Phone: 780.629.3945 Fax: 780.629.3939
Mikisew Cree Nunee Health Board Box 476 Fort Chipewyan, AB T0P 1B0	Phone: 780.697.3900 Fax: 780.697.3031 Nursing Station: 780.697.3650

Alberta First Nations Health Services

<i>Treaty 8 Health Centers</i>	
Mikisew Cree First Nation Isabelle and Noel Mckay Healing Centre Box 476, Fort Chipewyan, AB T0P 1B0	Phone: 780.697.3703 Fax: 780.697.3572/3031
Sawridge First Nation Box 326, Slave Lake, AB T0G 2A0	Phone: 780.849.4311 Fax: 780.849.3446
Sturgeon Lake Cree Nation Sturgeon Lake Health Centre Box 747, Valleyview, AB T0H 3N0	Phone: 780.524.3717 Fax: 780.524.2903
Sucker Creek First Nation Sucker Creek Health Station Box 65, Enilda, AB T0G 0W0	Phone: 780.523.4390 Fax: 780.523.5934
Swan River First Nation Swan River Health Centre Box 150, Kinuso, AB T0G 1K0	Phone: 780.775.3544 Fax: 780.775.2002
Tallcree First Nation Tall Cree Health Box 100 Fort Vermilion, AB T0H 1N0	South Phone: 780.927.4605 Fax: 780.927.2391 North Phone: 780.927.3956 Fax: 780.927.4312
Whitefish Lake First Nation – Atikameg Whitefish Lake Health Centre Box 210, Atikameg, T0G 0C0	Phone: 780.767.3941 Fax: 780.767.3900
Woodland Cree First Nation Woodland Cree Health Centre General Delivery Cadotte Lake, AB T0H 0N0	Phone: 780.629.8963 Fax: 760.629.3879

Academic and Employment Supports

Amiskwaciy Academy

Offer the opportunity for students from grade 10 to 12 to pursue their studies from an Aboriginal perspective. EPSB curriculum reflects the values and traditions of the Aboriginal community.

- [Website](#)
- Phone: 780-424-1270

Ben Calf Robe Society – Drop in, life skills, native services, recreation and fitness for youth up to the age of 24.

- [Website](#)
- Phone: 780-477-6648

Bent Arrow Healing Society – Pre-employment program for Aboriginal youth ages of 16-29.

- [Website](#)
- Phone: 780-481-3451

Cunningham Place – Transitional housing facility provides individual accommodations for young people, ages 18-30, on moderate to low income. Accommodations include: private bedrooms with furniture, shared bathrooms and common rooms for two people, 6 rooms equipped for physically handicapped residents, all meals and free laundry facility. Common areas equipped with television, fridge, microwave and pay phone access. ***Not restricted to individuals of Aboriginal descent.***

- Phone: 780-990-1120

EmployAbilities

- [Website](#)
- Phone: 780-423-4106

Inner City High School – The Edmonton Inner City Youth Program – Negan Tapeh - provides tools and opportunities for Aboriginal youth, labeled as "at risk" or "street youth" to complete high school or acquire employment.

Phone: 780-424-9425

Location: 9515 - 104 Avenue, Edmonton, Alberta T5H 4H3

Inner City Youth Housing Project (ICYHP)

Housing for homeless inner-city/street involved youth of Aboriginal and/or non Aboriginal ancestry, up to the age of 18. Operates three short term houses, where high risk youth can stay up to a month, and three long-term houses, that offer youth home environment while they attend a day or training program, working towards independence. Exploration of the resources in areas of housing, health, drug and alcohol, school, training and employment is a part of working with youth in this project.

- Phone:780-479-7075

Kids in the Hall Bistro Project – A 9 months pre-employment program, for youth 16-24 years of age, consists of 5 weeks workshop and up to 31 weeks of job training at the Kids in the Hall Bistro, serving breakfasts and lunches to the public. Requirements: stable living environment, drug and alcohol abuse under control. Living allowance is available.

- Phone:780-619-5502
- [Website](#)

Native Counseling Services of Alberta

- [Website](#)

NorQuest College- Upgrading – Incorporates aspects of Aboriginal culture into the curriculum. Academic upgrading and full or part time instruction is available for pre-high school and high school level courses, as accredited by Alberta Education. Requirements: NorQuest Skills Appraisal Testing or High School Transcript and minimum 17 years of age.

- [Website](#)
 - Phone: 780-644-5800
- **Personal Development Program** – A 12 week paid program helps participants ages 15-30, focuses on self-sufficiency, training in self-esteem, assertiveness, communication skills, anger and stress management, relationships, conflict resolution, addictions, decision making and setting future goals. Assistance with youth to access resources in the community. **Open to non-Aboriginal youth as well.**
 Phone: 780-990-1120
 Location: 9330-104 Avenue, Edmonton, Alberta T5H 4G7
 - **Quest for Success** – 20 week employment training program was created by Aboriginal people for Aboriginal people. Choice of modules in areas of personal life management, cultural transitions, employment readiness, career planning, job search techniques, academic upgrading, job related computer training, work experience and job maintenance support. Safety training courses in WHIMIS, H2S, First Aid and CPR and Construction Safety are also provided. Prospective employment includes oilfield labor, truck driving, construction, administration and customer service. Apprenticeship may also be an option.
 Phone: 780-451-7559
 Location: 10975-124th Street, Edmonton, Alberta, T5M 0H9

Yellowhead Tribal College – Offer Adult Basic Education (ABE) and Academic Upgrading as well as services in career counseling, presence of the elders on-site for cultural direction and tutoring.

- [Website](#)
- Phone: 780-484-0303

FOOD BANKS/RESOURCES

Food Connections

- [pdf by Alberta Health Services](#)
- Phone toll free 1-866-275-0258.

WECAN – This program is a food co-op that offers nutritious food at low costs. The food co-ops can be found in, Leduc, Parkland, Wetaskiwin, Sherwood Park and St. Albert. For more information on WECAN contact them at

- [Website](#)
- Phone: 780.413.4525

HEALTH

Health Information

Alberta Health Services may fund physiotherapy assessments (see eligibility criteria) for Albertans with a valid Alberta personal health number, who are not covered by other payers such as Workman' Compensation Board (WCB) or Department of Veteran's Affairs (DVA).

- [Rehabilitation Services](#)
- [Community Rehabilitation Services](#)
- [Clinics in Alberta](#)
- [Locate a Physician in Alberta](#)

Alberta Health Services provides information on services across Alberta.

- [Website](#)

Be Your Own Boss (B.Y.O.B.) This program will help individuals 14-17 (with a chronic illness) to self-manage their disease. This set of workshops offers instruction on items such as, coping with pain, medication management, dealing with difficult emotions, healthy eating and activity, problem solving, goal setting and communicating with health care providers. Instruction is also available in Cantonese, French, Mandarin and Punjabi.

- [Website](#)
- Phone: 780-401-2665

Canada Medic Alert Foundation offers free medic alert bracelets to children across Canada. To find out if a school is participating in this program

- [Website](#)

Drug Companies - Drug companies may supply a drug on a compassionate basis as samples to a physician. The physician needs to write a detailed letter to the drug company or talk to a representative of the company and request an ongoing supply for a client.

Drug Coverage Canada- provides information about insurance plans that potentially cover medication costs.

- [Website](#)

The following are websites provide drug information:

- ▶ **PADIS** –information with regards to drug questions, interactions with other drugs, herbal products, as well as tips, and resources. A phone number is listed for individuals if they would like to discuss drug concerns.
 - [Website](#)
- ▶ **RxList** – answers questions with regards to poisonings, basic drug information and interactions with herbal products.
 - [Website](#)
- ▶ **Status of Drugs under Review** –This may be helpful if a physician is prescribing a medication not on the Drug Benefit List.
 - [Website](#)
- ▶ **About Herbs** – an I-phone application for Herbal Drug information.

Eye See...Eye Learn –initiated by the Alberta Association of Optometrists. Children in Kindergarten are eligible to receive free glasses and frames.

- [Website](#)

Health Check Program for healthy cooking and eating - sponsored by the Heart & Stroke Society.

- [Website](#)

Health Equipment Loan Program (HELP) – Alberta Health and the Canadian Red Cross partnered to create HELP. HELP provides short term loan of basic medical equipment such as wheelchairs, commodes, walkers, bathing equipment, etc. Referral by a health care professional is required.

- [Website](#)
- Phone: 780.413.4990

Personal Life Guard-Mobile Application

- [Website](#)

Sleep resources for youth with chronic health conditions:

- [Website](#)

The Hadley School for the Blind offers courses free of charge to its blind and visually impaired students and their families and affordable tuition courses to blindness professionals.

- [Website](#)

Free and reduced fee dental

Calgary Health Region has community dental clinics for those on limited incomes that do not have dental plans. Families must apply for the reduced fees on cleanings, X-rays, fillings, and removal of teeth.

- [Community Dental Public Health Clinics Info Sheet](#) (pdf)

Calgary Urban Project Society (CUPS) offers limited, free dental services for teeth removal and some fillings for those without dental insurance.

- Phone: 403.221.8780.

Community Health – services such as cleaning, scaling, and fluoride application or children 3-15 without dental insurance. A small fee is charged for these services.

- **Brooks** 403.501.3300.
- **Camrose** 780.679.2980,
- **Medicine Hat** 403.502.8200.
- **Sedgewick** 780.384.3652
- **Vegreville** 780.632.3331

Income Supports, Alberta Child Health Benefit / Alberta Adult Health Benefit Recipients may receive coverage for extraordinary dental work. Their dentist needs to provide information to the applicable program which will then send a claim through the ADSC via a Health Benefits Exception request.

N.A.I.T. (Edmonton), S.A.I.T., Columbia College and KDM (Calgary) offer reduced fee cleanings, fluoride treatments and X-rays. Eligibility criteria apply.

- The N.A.I.T. Dental Assistance program can be contacted at 780.471.7786. [See their website.](#)
- The S.A.I.T. Dental Assistance Program can be reached at 403.284.8380. [Click here for their website.](#)
- Columbia College can be reached at 403.235.9314.
- KDM can be contacted at 403.264.2744.

The Oral Maxillofacial Devices and Services Program may cover some “high cost dental treatments” required in conjunction with surgical procedure covered by Alberta Health Care Insurance Plan. Eligibility criteria apply.

- [Website](#)
- Edmonton and area call 780.415.1475
- Outside of Edmonton call, 780.310.0000, then 780.415.1475

University of Alberta – Dental services such as examinations, cleaning, sealants, and fillings are done at sites across Alberta. The University of Alberta offers various services from dental hygienists and dental students at the University as well as from satellite clinics in High Level, La Crete, and McLennan.

- [Website](#)
- Phone: 780.492.4458

HEALTH BENEFIT/INSURANCE PLAN INFORMATION

Parental benefit plans fund many types of services and supports. As benefit plans change over time, guardians should familiarize themselves with their benefit package. There is a process for appeal with most plans. The parent can access this information via a benefits officer at place of employment or by contacting the insurance company or benefit plan.

Expenses such as therapies, medical equipment, assistive devices, and travel coverage may be supported by private medical and life insurance policies as well as some unions. Contact a union representative for information on the availability of support for items such as medical supplies and equipment. Find information regarding dependent age limitations, etc. at:

- [Insurance Bureau of Canada website](#)
- [Insurance company websites.](#)

Canadian Life and Health Insurance Ombud (CLHIO) service – information pertaining to complaints, concerns or questions about health or life insurance.

- [Website](#)

Guide to Supplementary Health Insurance is booklet produced by the Canadian Life and Health Insurance Association Inc. This contains information with regards to benefit plans such as, life insurance products and services, company addresses and phone numbers and questions to ask benefit plan agents.

- Phone toll free: 1.800.361.8070 (French) or 1.800.268.8099 (English)
- [Website](#)

MENTAL HEALTH RESOURCES

Addiction and Mental Health Community Centers

- [Website](#)

Alberta Health Services- Mental Health Services

- [Website](#)

CASA-Child Adolescent and Family Mental Health

- [Website](#)
- [Resource Webpage](#)

Community Treatment Orders

- [Website](#)

Emotions Anonymous

- [Website](#)

Not myself today

- [Website](#)

Family Association for Mental Health Everywhere (F.A.M.E.)

- [Website](#)

Mental Health First Aid (MHFA) Canada – [Click here to check out their website.](#) The program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

Mental Health Link - Staffed 24/7 by health professionals, the Mental Health Help Line provides: crisis intervention; information on Mental Health programs and services; and referral to other agencies where appropriate. This confidential, anonymous service is provided by Health Link Alberta and is available to all Albertans.

- [Alberta-Wide Web Site](#)
- Telephone toll free 1-877-303-2642
- Mental Health and Addictions Helpline-1-866-322-2322

Mental Health Therapists - list of practitioners in Alberta

- [Website](#)

Misericordia Children's Health Clinic Behavioral Health Program Phone: 780-735-2613

IMMIGRANT SERVICES AND SUPPORTS

Alberta Association of Immigrant Serving Agencies

- [Website](#)

Canadian Immigrant

- [Website](#)

Changing Together- a Centre for Immigrant women

- Phone: 780.421.0175 or
- [Website](#)

Citizenship and Immigration Canada

- [Skilled Trades webpage](#)

Edmonton Mennonite Center for Newcomer

- Phone: 780.424.7709
- [Website](#)

Work in Canada

- [Website](#)

Citizenship and Immigration Canada

- [Website](#)

Human Services (provincial government)

- [Newcomers Website](#)

Working in Canada

- [Click here to do a job search](#)

Bredin Institute

- [Website](#)

Foreign Qualification Recognition

- [Website](#)

ESL courses and training

- [Website](#)

Interim Federal Health Program (IFH) may offer temporary medical coverage for some immigrants. Visit the [website](#). To access information on emergency dental services call 1.800.770.2998. Information, financial loans and assistance can be accessed on this website under “Resettlement Assistance Program”.

Overview of Immigration to Alberta – For general information for services and supports available in Alberta.

- [Website](#)

Settlement Services - for Alberta wide supports and services for immigrants.

- [Website](#)

The Calgary Immigrant Aid Society - “Established in 1977 as the Calgary Immigrant Aid Society, for the past 30 years we have helped over 250,000 immigrants settle into their new life and home in Calgary, Alberta, Canada. As one of Calgary’s most comprehensive immigrant serving agencies, our focus is on the individual and families first, providing a sense of community and connection”.

- Phone: 403-474-6609.

Translation – Click on the following websites to check them out:

- [Edmonton Economic Development Corporation](#)
- [The Edmonton Francophone Centre for Newcomers](#)
- [Language Marketplace](#)
- [Calgary Board of Education Language Programs](#)
- [Translation Agency of Alberta](#)

LOW INCOME

Guide to Services for Lower Income Albertans – [open pdf](#).

MILITARY FAMILIES

Canadian Forces Personnel and Family Support Services

- [Website](#)

Edmonton businesses offering military discounts
[website](#).

NOT FOR PROFIT ORGANIZATIONS

A Child's Voice Foundation is a “national not for profit organization dedicated to creating and managing programs that provide tangible help and will make a difference in the lives of financially disadvantaged children in Canada”. Their goal is to “support and enhance the physical and emotional well-being of these children by providing products and services not otherwise provided by levels of government, insurance or other organizations”. Applicants may be asked for medical verification of a child's condition and income information. Angel Hair for Kids is a part of this organization and may provide a wig for a child with hair loss. For further information and eligibility criteria visit the [website](#) or call the foundation toll free at 1.888.837.3354.

Alberta Association for Community Living – [Link to website](#).

Alberta Easter Seals is a program that works with the physically disabled. A caseworker from the Easter Seals Program will review the application and clarify the needs of the individual. The contact number in Edmonton is 780.429.0137 and in Calgary at 403.235.5662.

Burns Memorial Fund (Calgary only) provides educational grants for the children of police officers and firefighters, offers financial assistance to meet the health, education and recreation needs of children living in low-income situations and supports registered charities focused on low-income children. Working with selected community agencies, BMF provides grants to low-income families to meet their children's health, education and recreation needs. The grants are intended for families already engaged with those agencies and working towards self-sufficiency. Visit the [website](#).

Canadian Cancer Society has partnered with Westin Hotels to provide free nights' accommodation for patients receiving active cancer treatment in Edmonton or Calgary. The Westin can be contacted at 780.426.3636 (Edmonton) or 403.266.1611 (Calgary). Ask for the accommodations manager.

Children's Ability Fund may support families in northern Alberta with the purchase of equipment. Visit the [website](#).

Community Agencies – For a directory to a variety of community agencies, click [here](#).

CTV Good Neighbor Fund is a charitable organization that **may provide** limited assistance to those individuals/families requiring support in exceptional cases not covered by other funding. For more information [visit the website](#) or call 780.486.9215 or by fax at 780.484.4426.

Cystic Fibrosis Society of Canada provides a resource guide for persons living with Cystic Fibrosis and/or their caregivers.

- [Website](#).

Disability Associations in Alberta

- [Website](#)

For the Love of Children Society may assist with treatment, rehabilitation, equipment and supply costs.

- [Website](#).

KidSport- “provides support to children in order to remove financial barriers that prevent them from playing organized sport”. For more information visit the [website](#).

Learning Disabilities Association of Canada – “has provided understanding and support to people with learning disabilities, their parents, teachers and other professionals. Working with our network of provincial/territorial and local partners, we provide cutting edge information on learning disabilities, practical solutions, and tools you can use”. Visit the [website](#).

Making Changes- This Calgary based organization’s mission is to empower “women in transition by providing relevant programs, services and resources”. Visit the [website](#).

Muscular Dystrophy Association of Canada has a loan program that may provide basic medical equipment such as scooters, manual and electric wheelchairs and hospital beds. Some funding may be available for the purchase of new equipment. Visit the [website](#).

Opportunities for the Disabled provides on line grant applications for medical equipment. Visit the [website](#) or call 1.877.856.3833.

President's Choice Charity

- Phone: 1.866.996.9918
- [Website](#)

Safeway-Mobility aides for persons with Muscular Dystrophy

- [Website](#)

The Association for the Severely Handicapped

- [Website](#)

The Dawn Land Foundation is a “registered non-profit charity dedicated to “...improving the quality of life for terminally and chronically ill children...” Visit the [website](#).

The Kidney Foundation may provide short term, urgent assistance to individuals living with kidney disease. Application can be made through renal social workers at hospital renal programs, community health units or kidney care clinics. Eligibility criteria must be met.

The Lung Association of Alberta may assist persons undergoing a lung transplant with a Lung Transplant Assistance gift basket. Such items as gift certificates towards parking, gas, food and accommodation may be included as well as medical equipment such as: blood pressure cuffs, micro spirometers, scales, and thermometers may be included. Eligibility criteria must be met. For more information contact the transplant social worker at the University of Alberta Transplant Program. Visit the [website](#).

The Salvation Army store locator provides contact information for Salvation Army outlets across Alberta. The contact number is 1.800.725.2769 or visit the [website](#).

The Sinneave Family Foundation (SFF) is a Calgary-based national organization dedicated to building successful futures for adolescents and adults living with Autism Spectrum Disorders (ASD). The Sinneave Family Foundation provides access to dedicated experts to work directly with families of children of any age who have a diagnosis of Autism Spectrum Disorder. SFF's Navigators are committed to providing insight to families regarding the various challenges they may face and resources available. Contact info: Sinneave Resource Centre 403-210-5000 x2037 or visit the [website](#).

▶ **Ability Hub** – an innovative center designed to help youth with autism spectrum disorder or ASD transition to adulthood. A specially designed 17,000-square-foot facility located on the University of Calgary campus, the Ability Hub has ASD-sensitive architectural features such as sound dampening paneling and floor tiles, lights that don't flicker or buzz, and color-coded signage. It also has classrooms, therapy rooms and a self-contained apartment where users can practice independent living skills such as cooking and laundry. The Ability Hub is funded by the Sinneave Family Foundation, a Calgary-based national organization established in 2008 to help build better futures for teens and adults with ASD. Contact: Sinneave Resource Centre 403-210-5000 x2037 or visit the [website](#).

▶ **Resource Database Directory of Autism and Disability Organizations in Alberta** – Sinneave Family Foundation – a free, fully searchable online listing of more than one hundred Alberta organizations and services working with autism and other developmental disorders. The database is searchable by using key words. It also allows searches by organization type, the age of the individual with ASD, the part of Alberta the organization serves, a specific diagnosis or the programs & services required.

- [Website](#)

Suit Yourself- “is an Edmonton-based charitable organization which collects and distributes quality clothing and accessories, free of charge, to low-income women who are seeking employment or making a transition in the workforce”.

- [Website](#)

[Wheelchair.ca](#) lists possible funding sources for equipment as well as a list of automotive manufacturers that give rebates for those who must alter their vehicle to accommodate a person with physical disability.

- [Website](#)

PARENTING

Resources

Access 2 Entertainment card for caregivers –may provide persons with a disability to receive either free admission or a significant discount for their support person at member movie theatres and attractions across Canada.

- [Check out their webpage](#)

Autism Central

- [Website](#)

Behavioural Supports Alberta

Behavioral Supports Alberta is a newly forming provincial network of service providers, caregivers, policy and decision makers, researchers, and academics interested in supporting those exhibiting challenging responsive behaviors (due to mental health conditions, addictions, cognitive impairment, developmental

disabilities, brain injury and other neurological conditions), as well as those who support or offer care to them.

- [Check out their website.](#)

Children's Mental Health Learning Series

- [Link to session](#)

Edmonton's Child Magazine

- [Website](#)

Edmonton Public Schools offers a variety of programming to assist students with unique needs (such as cognitive disabilities with significant academic delays, children with average to high IQ's with learning disabilities. The students must be between five and a half and nineteen years and must meet eligibility criteria. For more information call 780.429.8000 or visit the [website](#).

Family & Community Resource Centre

- [Website](#)

Nobody's Perfect is a "parenting education and support program for parents of children from birth to five. It is designed to meet the needs of parents who are young, single, socially or geographically isolated or who have low income or limited formal education". The Public Health Agency of Canada promotes this program. Call 1.619.952.1220 or visit the [website](#).

Online Resource for Teaching Sexual Education – A guide for parents that provides tips and strategies for talking comfortably with your child about sexuality, as well as resource lists and links to gather more information.

- Pdf: Sexuality and Disability: A Guide for Parents – [click here to open the pdf](#).
- [Website](#)
- [Link to Teacher and Parent Portal](#)

Parent Resource Centres – check out the following links:

- [Camrose Family Resource Centre](#)
- [Sunflower Community Resource Program](#)
- [Wellspring Family Resource and Crisis Centre](#)
- [Okotoks Healthy Family Resource Centre](#)
- [Native Counseling Services of Alberta-](#)
- [Western Rocky View Family and Community Resource Centre](#)
- [Terra Association](#)
- [PLAN Edmonton](#)

School fees - Public or separate schools may lower or eliminate school fees for parents who cannot afford them. For more information, speak with your school principal.

The Baby Department website offers reduced prices on formula and free shipping for purchases over \$100.00. Visit the [website](#).

The Family Portal of the Positive Behavior Supports for Children is a series of three, related websites developed by Mount Royal University for use by families, aides and school staff that offer practical, evidence-based strategies for supporting children with disabilities and their families.

The family website was written by parents for parents and includes strategies related to:

- Promoting adaptive behavior, learning and development;
- Minimizing and managing challenging behaviors;
- Working effectively with service teams both at home and at school;
- Planning for common life transitions; and
- Maintaining and improving the well-being of the entire family.
- [Link to website](#)

Triple P Parenting – the Positive Parenting Program is designed to assist parents through each developmental stage by providing seminars, tip sheets and videos. More information is available on their website.

- [Website](#)

Special Education coding criteria - this information helps parents and educators understand coding used to identify learning difficulties and needs. Visit the [website](#).

SCHOLARSHIPS AND BURSARIES

Alberta Blue Cross

- [Website](#)

Alberta Scholarship and Bursary program

- [Website](#)

Canadian Subsidy Directory

- [Website](#)

Mattinson Endowment Fund Scholarship for Disabled Students

- [Website](#)

Savings plans, grants and bonds for persons with disabilities

- [Website](#)

TRANSITION PLANNING

Regional

CFSA Region 1:

Family Voices Network - South Region

- The Alberta Association for Community Living (AACL) developed networks of families, known as Family Voices, in each of six regions of the province to advocate regionally on behalf of children and adults with developmental disabilities. The Family Voices South Network can assist families from Region 1 CFSA in connecting with planning resources in their region.
 - Contact: Alberta Association for Community Living:
780.451.3055, toll free within Alberta: 1.800.252.7556.
 - [Email](#)
 - [Website](#)

CFSA Region 3:

- The **Sinneave Family Foundation** (SFF) is a Calgary-based national organization dedicated to building successful futures for adolescents and adults living with Autism Spectrum Disorders (ASD). The Sinneave Family Foundation provides access to dedicated experts to work directly with families of children of any age who have a diagnosis of Autism Spectrum Disorder. SFF's Navigators are committed to providing insight to families regarding the various challenges they may face and resources available.

- Contact: Sinneave Resource Centre 403-210-5000 x2037
- [Website](#)

- The **Ability Hub**, an innovative centre designed to help youth with autism spectrum disorder or ASD transition to adulthood. A specially designed 17,000-square-foot facility located on the University of Calgary campus, the Ability Hub has ASD-sensitive architectural features such as sound dampening panelling and floor tiles, lights that don't flicker or buzz, and colour-coded signage. It also has classrooms, therapy rooms and a self-contained apartment where users can practice independent living skills such as cooking and laundry. The Ability Hub is funded by the Sinneave Family Foundation, a Calgary-based national organization established in 2008 to help build better futures for teens and adults with ASD.
 - Contact: Sinneave Resource Centre (403) 210-5000 x2037 or visit the [website](#).

- **Alberta Children's Hospital (Calgary)**

The "Well on Your Way" program provides services for youth with special health care needs as they prepare for the transfer from pediatric to adult medical care. Parents are also provided support with their changing role in their child's care.

 - Contact: Youth Transition Co-ordinator: 403-955-7252.

- **Calgary Alternative Employment Services:**
 - [Check out their website](#)

- **Calgary SCOPE Society**

Is a service provider agency that provides supports to families with most of the transition process, including the completing of applications for adult services. The **Gateways** program provides families who have a child (ran) with a developmental disability and are eligible for FSCD with information about resources in the

community and may also assist them to get connected to various services appropriate to the child (ran) with special needs.

- Calgary SCOPE Society - Phone (403) 509-0200
Address: Suite 211, 2323 - 32nd Avenue N.E., Calgary, AB T2E 6Z3
- **Columbia College**- programs for persons with Developmental Disabilities including entry level employment skills training and work experience, visit:
 - [Website](#)
- **Gateways Program**
 - Contact: 403-717-7696
 - [Website](#)
- **McMan Youth, Family and Community Services Association** in Calgary employ an Inclusion Coordinator to assist families with Transition. **Milestones** are a home-based program that provides support to families who have a child with a developmental disability and who receive funding through Family Support for Children with Disabilities (FSCD). Families can access a Coordinator who will meet with the child and parents to support them in increasing parenting skills, building extended support networks, and increasing community inclusion.
 - Contact: 403-508-7668
 - [Website](#)
- The **Children's Link Society** is a family-centered, community-based, central access point of information for families of children with special needs in Calgary and Area. The Children's Link Society provides drop-in and phone support in walking through steps of transition.
 - Contact: 403-230-9158

- Address: Suite 245, 720 - 28th Street N.E.
Calgary, AB. T2A 6R3
- [Website](#)

CFSA Region 4:

- Persons with Developmental Disabilities (PDD) Central region may assist in arranging to use an independent facilitator to assist with Person-Centred Planning:
 - Contact: Projects Specialist
 - PDD Central Region Community Board (Red Deer)
 - Phone (403) 340-7778

CFSA Region 5:

- Persons with Developmental Disabilities (PDD) Central region may assist in arranging to use an independent facilitator to assist with Person-Centred Planning:
 - Contact: Projects Specialist
 - PDD Central Region Community Board (Red Deer)
 - Phone: (403) 340-7778

CFSA Region 6:

- **Disability Outreach, Edmonton** may provide education and employment opportunities.
 - [Website](#)

CFSA Region 7:

- Contact: Community Outreach Specialist
Human Services
Phone: 780 305-2447 Fax: 780 305-2444

CFSA Region 8:

- **Centerpoint Facilitation Inc.** specializes in person centered approaches through planning sessions, facilitation, and training opportunities. Some of these services are available at no cost to families involved with PDD.
 - [Website](#)

Groups and Associations

Alberta Association for Community Living (AACL) is a family based non-profit federation that advocates on behalf of children and adults with developmental disabilities and their families. Together, we share a dream of meaningful family life and community inclusion for individuals with developmental disabilities. As an advocacy organization we support families and individuals in their desire to be fully included in community life.

- [Website](#)

Alberta Disabilities Forum (ADF) - May assist with the transition from school to the workplace.

- [Website](#)

Autism Speaks Transition Tool Kit

- [Website](#)

Disability Related Employment Supports (DRES) - “addresses the disability related barriers limiting access to education and employment.

- [Website](#)

Families Forward Description: this website is designed as a communication and resource tool for families who support a family member or another individual with a disability. On this website users will find connections to others through the forum

and through the mentorship program, information on planning and creating a good life for someone who has a developmental disability, and numerous resources for different areas of focus.

- [Website](#)

Family Voices Alberta is divided into six geographical regions - Northwest, Northeast, Edmonton, Central, Calgary and South. AACL has developed a network of families, known as Family Voices, in each region of the province to advocate regionally on behalf of children and adults with developmental disabilities. These Family Voices networks are working with school districts to improve inclusive education, with child and family services authorities to improve supports to families and with Persons with Developmental Disabilities Community Boards to improve supports to adults with developmental disabilities. Each network is supported by an AACL Family Voices Advocate. Financial support to develop these networks is provided Social Development Canada, Persons with Developmental Disabilities Community and Provincial Boards and Human Services.

- [Website](#)

Gateway Association for Community Living - Located in Edmonton, the Gateway Association offers parent resources including an online forum and transition planning workshops.

- [Website](#)

Inclusion Press International

- [Website](#)

Persons with Developmental Disabilities (PDD)

- [Click here for a map of PDD regions](#)
- Links to the regional websites:
 - [PDD Northeast Region Website](#)
 - [PDD Northwest Region Website](#)
 - [PDD Edmonton Region Website](#)
 - [PDD Calgary Region Website](#)
 - [PDD South Region Website](#)
 - [PDD Central Region Website](#)

PLAN (Planned Lifetime Advocacy Network) Description: Planned Lifetime Advocacy Network (PLAN) is a family-led organization founded to secure the future for people with disabilities. PLAN began in 1989 when a small group of parents gathered to consider how they could best support their son or daughter with a disability. The families who founded PLAN searched and discovered solutions to securing the future for loved ones with disabilities.

- [Website](#) and Publications

Transition Planning for Youth with Developmental Disabilities, April 2011

- Author: Vecova (formerly the Vocational Rehabilitation and Research Institute)
- Description: A guide to transition planning specific to PDD Calgary Region, developed by the partnership between the Calgary Board of Education Adapted Learning Program and Vecova. Includes an example of an Individual Transition Plan.
- [Website](#)

TRANSPORTATION

City of Calgary low monthly income pass

- [Calgary Webpage](#)

City of Edmonton's low monthly income pass

- [Edmonton's webpage](#)

Edmonton Transit's "Donate a Ride"

- [Webpage](#)

Parking Placard Application for Persons with Disabilities

- [Click here to load pdf](#)

OTHER

[Measuring Up Edmonton](#)

The City of Edmonton's strategic plan, *The Way Ahead*, is moving the city towards a bold vision for the future, including:

- Improving livability for people of all abilities and backgrounds.
- Developing facilities and infrastructure that are accessible by all.
- Improving accessibility throughout the city by enforcing municipal bylaws.

While City initiatives have seen positive results, we can do more to raise awareness of our population's diverse needs. Measuring Up Edmonton is aimed at organizations, businesses and individuals who wish to become more accessible to people with a range of abilities.