

# VULCAN COUNTY FAMILY RESOURCE DIRECTORY

2015 - 2016





# Vulcan County Family Resource Directory

## Published by:

Vulcan County Early Childhood Development  
Coalition

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Find us on Facebook

**Vulcan County Early Childhood Coalition**

## I Am Growing Up Text & Concept:

Jeff A. Johnson

<http://www.explorationearlylearning.com/>

## Developmental Description:

Adapted from: Early Child Development Mapping Project. (2014). How are our young children doing? Community profiles of early childhood development in Alberta. Edmonton, AB: EMap, Community University Partnership for the Study of Children, Youth and Families, University of Alberta. Parents & Caregivers Role & Developmental

## Areas Age Specific Milestones:

Adapted from: Alberta Health Services (2013). "Healthy Parents, Healthy Children: The Early Years" Alberta.

## Nutrition Information:

Alberta Health Services

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Thanks to all who have contributed photos for this directory.

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\*We did our best. We sincerely apologize for anything we may have missed.



## Vulcan County Early Childhood Development Coalition

Through the Early Child Development Mapping Project (ECMap) with the help of seed grant funding provided by Alberta Education, coalitions were formed across Alberta. Coalitions are groups of individuals who have come together to plan and promote community-based supports for young children and families.

Your local coalition is the **Vulcan County Early Childhood Development Coalition**

### Our Mission

The Vulcan County Early Childhood Development Coalition will promote the development of healthy kids and strong families in a nurturing family friendly environment.

### Our Goals

- Promote the development and well-being of children youth and families.
- Provide programs and services to support early development areas.
- Provide parents with information on early childhood development.
- Promote understanding of how children's early years impact lifelong development.
- Support pre-existing initiatives to sustain and strengthen relationships among partners.

**For more information visit the Coalition's Facebook page:**

Vulcan County Early Childhood Coalition

**Watch for these stickers in the front window  
our community's Family Friendly Businesses.**



# Development Skills

The first five years of a child's life are the most critical period in development and have a lifelong impact on learning, health, work, relationships and well-being. By five years old a child should show age appropriate knowledge and behaviours in the following five areas of development:

Language  
& Thinking

Social  
Competence

Emotional  
Maturity

Communication  
Skills

Physical Health  
& Wellbeing

If you have any questions or concerns about your child's development contact the health unit or your family doctor.



# I am NEW Nurture me

	3 months	6 months	9 months
<b>Social Competence</b>	Recognizes and prefers familiar faces and voices	Smiles spontaneously and in response to others.	Enjoys turn-taking games such as peek-a-boo
<b>Language &amp; Thinking</b>	Makes pleasure sounds; (coos, giggles)	Responds to own name	Starts to recognize simple words and phrases
<b>Communication Skills</b>	Cries to signal needs	Babbles and coos	Babbles a lot; imitates sounds and actions. Babbles are starting to have some meaning
<b>Emotional Maturity</b>	Generally quiets when comforted; may have times when can't stop crying	Seeks comfort when upset	Starts to read emotions of others
<b>Physical Health &amp; Wellbeing</b>	Kicks, grabs, and sucks; based on reflexes	Sits up with support, then independently	Rolls and crawls

### What You Can Do:

- Work on establishing a routine for sleeping, feeding and playtime.
- Talk to your baby: describe what you're doing and name familiar objects
- Provide supervised tummy time to help strengthen baby's neck, back, upper trunk



# I am ONE

I'm not a little baby

12 months

18 months

Social Competence

Plays purposefully with toys

Finds it hard to share- "everything is mine"

Language & Thinking

Likes to stack, nest, and put things into containers

Points to familiar pictures or objects when named

Communication Skills

Uses one to three words, and expressions like "uh oh", "no", "mine"

Uses voice while pointing and gesturing

Emotional Maturity

May show fear or anxiety over new people and situations

Explores from secure base of parent or caregiver

Physical Health & Wellbeing

Pulls to stand; walks holding furniture

Likes to ride on toys; runs

What You Can Do:

- Read to your child everyday; name the objects you see in books and in their environment (narrating your day)
- Provide age appropriate toys such as ring stack, nesting cups, farm animals, puzzles, books, blocks etc.
- Provide a safe environment so your child can explore



I am TWO

Don't underestimate me

Social Competence

Begins to engage in pretend play

Language & Thinking

Able to sort objects by colour and size

Communication Skills

Uses two to three word sentences

Emotional Maturity

Has poor impulse control; tests parental limits

Physical Health & Wellbeing

Jumps, balances on one foot, dresses self (may not be doing buttons or zippers)

What You Can Do:

- Provide opportunities for your child to be with other children
- Praise your child's attempts to speak and repeat the word correctly when pronounced incorrectly
- Name your child's feelings so that she learns the words





# I am THREE

Let Me Play

## Social Competence

Begins to share and take turns

## Language & Thinking

Able to complete a four-piece puzzle

## Communication Skills

Uses long sentences and tells more detailed stories

## Emotional Maturity

Uses words more often to express feelings (I am mad/sad)

## Physical Health & Wellbeing

Walks upstairs alternating feet; eats with a fork and spoon.  
Kicks balls, climbs on playground equipment.

## What You Can Do:

- Maintain consistent expectations of your child's behaviour and tell them in advance about changes in their routine or when you are going somewhere
- Provide quiet opportunities for play without interruptions



# I am FOUR

## Challenge Me

Social  
Competence

Likes playing with other children

Language  
& Thinking

Has an active imagination; asks a variety of questions; listens to and understands short stories

Communication  
Skills

Speech is easily understood by others; uses complete sentences

Emotional  
Maturity

Develops real fears (of the dark, etc.), as well as a sense of humour

Physical Health &  
Wellbeing

Uses paint and scissors; able to draw simple shapes and faces

What You  
Can Do:

- Talk to your child and ask open ended questions that start with who, what or where
- Provide clay, paints and building materials so children can recreate things they experience in their world.
- Encourage fine motor activities such as reaching, grasping, beading, drawing and cutting



I am FIVE  
 Don't rush  
 my childhood

Social  
 Competence

Feels more empathy for others; can name at least one friend

Language  
 & Thinking

Tells stories with beginning, middle and end; is starting to solve simple problems in everyday life

Communication  
 Skills

Uses correct grammar; narrates long stories with details

Emotional  
 Maturity

Has sense of right and wrong

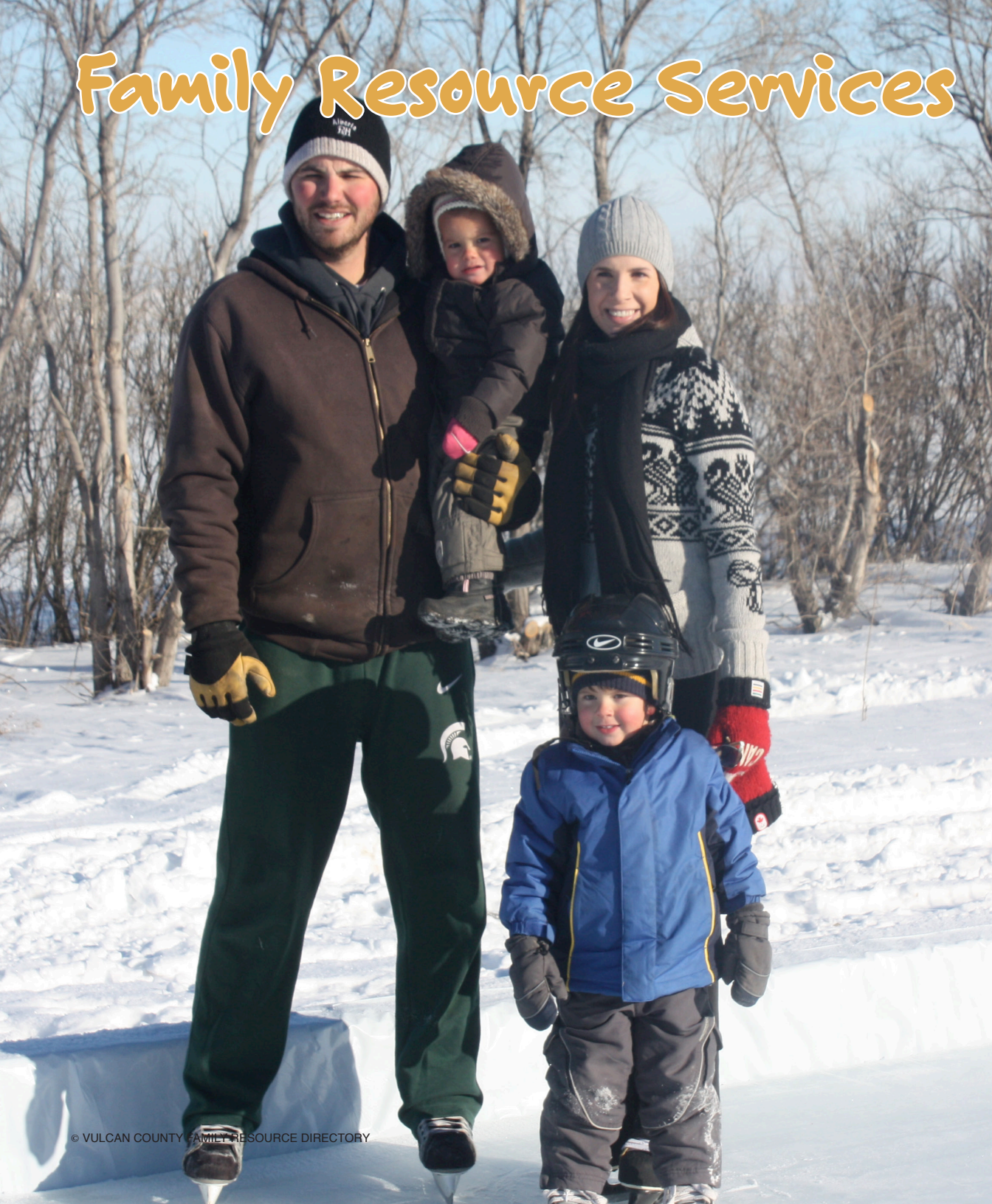
Physical Health &  
 Wellbeing

Copies shapes, letters, and numbers; is developing more strength and coordination

What You  
 Can Do:

- Provide a variety of healthy foods for meals and snacks
- Ensure that your child has adequate sleep and encourage good sleeping habits by keeping a regular sleep routine in a darkened quiet place.
- Provide plenty of outside play and activities such as walking, bike riding, etc.

# Family Resource Services



# Health Services



Alberta Health Services- <http://www.albertahealthservices.ca/>

## **Vulcan Community Health Centre- 610 Elizabeth St. S Hospital**

24 hour facility with Emergency department, acute care and long term care, fully equipped lab, & radiology. Facility has Occupational Therapist, Mental Health Worker, Social Worker, Palliative Care Worker & Physiotherapist.

**403-485-3333**

## **Health Unit**

Healthy Moms, Healthy Babies, Home visitations(newborns), Immunization Services, Parenting Guidance, Child Development, Injury Prevention, Communicable disease follow-up, School Resource. Information on & referrals to other Pediatric Services.

**403-485-2285**

## **Mental Health**

Onsite mental health clinician. Provides assessment and counselling for children, adults & families for a wide variety of conditions (addictions, depression, anxiety, grief, family conflict, etc)

**403-485-3356 (Local)**

**1-877-303-2642**



## Community Health Resources

### Doctors

Vulcan Medical Clinic 610 Elizabeth Street S 403-485-2216

### Dentists

Vulcan Dental Clinic 114 3rd Ave. N 403-485-2654

### Optometrists

Vulcan Eyes 360 112 1st Street S 403-485-2177

### Pharmacies

Life Med 218 Centre Street 403-485-2552

Market Street Remedy RX 121 1st Street S 403-485-2919

### Physiotherapists

Gemini II Physiotherapy 102 1st Street S 403-485-4541

## Other Community Resources

### FOR EMERGENCY NUMBERS SEE INSIDE BACK PAGE

Addictions Helpline 1-866-332-2322

Alcoholics Anonymous 403-485-2094

Alberta Health Link [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) 1-866-408-5465

Child Abuse Hotline 1-800-387-5437

Early Start Line (Babies up to 2 months) 1-800-756-2229

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

Safe Kids Hotline 1-800-668-6868

Vulcan County Adult Learning Council 403-485-3109

Vulcan County Early Childhood Development Coalition

E-mail: [vulcan\\_eccoalition@hotmail.com](mailto:vulcan_eccoalition@hotmail.com)

Vulcan Daycare & School Age Program 403-485-2945

Vulcan and Region Family and Community Support Services 403-485-2192

Vulcan's Initiative to Achieve Better 403-485-2106

Living Environments (VIALE)

Get-A-Way Youth Centre 403-485-2192

Vulcan Regional Food Bank Society 403-485-2192

Vulcan County Kidsport [www.kidsport.ca](http://www.kidsport.ca) 403-485-2554

Vulcan Regional Victims Services 403-485-6163

Community based organization of volunteers working with local RCMP who respond to the needs of victims of crime and/or trauma by providing support, information referrals and crisis intervention

### Parenting and Family Resources and Information

High River & District Parent Link Centre 1-403-652-8633

Strathmore Hand in Hand Parent Link Centre 1-403-938-0076

[www.5forlifeforever.com](http://www.5forlifeforever.com)

### Support for children with disabilities

Carol Seaman Rise and Shine Services Ltd 403-485-0609

Family Supports for Children with Disabilities 1-403-382-4275

Foothills Fetal Alcohol Society 1-403-652-4776

Wheat Country Special Needs 403-485-2186



# Schools



Arrowwood ECS Society	Arrowwood	Pre-School & K	403-534-3825
Arrowwood School	Arrowwood	1-9	403-534-3825
Brant Christian School	Brant	K-12	403-684-3752
Carmangay Outreach School	Carmangay	7-12	403-643-2576
Champion Kindergarten Association	Champion	K	403-897-3831
Champion School	Champion	Pre-School & 1-9	403-897-3831
Hope Christian School	Champion	1-12	403-897-3019
Lomond Community School	Lomond	K-12	403-792-3620
Lomond Playschool	Lomond	Pre-School	403-792-3934
Milo ECS	Milo	K	403-599-3817
Milo Community School	Milo	1-9	403-599-3817
County Central High School	Vulcan	7-12	403-485-2223
Vulcan Outreach School	Vulcan	10-12	403-485-6180
Vulcan Prairieview Elementary School	Vulcan	Pre-School, K-6	403-485-2074
Palliser Hutterian Colony Schools	Coaldale		403-345-3161
Horizon Hutterian Colony Schools	Taber		403-223-3547

## Divison Offices

Horizon School Division	Taber	<a href="http://www.horizon.ab.ca">www.horizon.ab.ca</a>	403-223-2999
Palliser School Division	Lethbridge	<a href="http://www.pallisersd.ab.ca">www.pallisersd.ab.ca</a>	403-328-4111

# Libraries and Literacy

All of the wonderful libraries throughout the county have a children's section and most host family programming, such as the TD Summer Reading Club and Rainbow Literacy's Time for Rhyme and Pillow Slip Stories.

Chinook Arch Regional Library System	<a href="http://www.chinookarch.ca">www.chinookarch.ca</a>	
Carmangay and District Municipal Library	Carmangay	403-643-3777
Champion Municipal Library	Champion	403-897-3099
Lomond Community Library	Lomond	403-792-3934
Mary Block Library	Arrowwood	403-534-3932
Milo Municipal Library	Milo	403-599-3850
Vulcan Municipal Library	Vulcan	403-485-2571
Granny's Corner	1st Floor MLA's office	Carmangay

Free program for children under six years old. It includes songs, dancing, games, crafts, stories and snacks. Currently held Friday mornings.

Rainbow Literacy Society 102 Centre Street Vulcan 403-485-3107

Rainbow Literacy Society is a non-profit society/charity that provides literacy support and education through accessible programs and services to improve the quality of life for everyone in Vulcan County. Rainbow Literacy Society provides programming in both Family Literacy and Adult Literacy and Learning.





# Churches

Arrowwood United Church	Arrowwood	403-534-3832
Arrowwood Gospel Missionary Church 28 -2nd Street East	Arrowwood	403-534-3753
Church of Jesus Christ of Latter-Day Saints 203 4 Street	Champion	403-897-3863
Congregational Church of Champion 301 2nd Avenue North	Champion	403-897-2376
Evangelical Free Church 217 4th Avenue North	Champion	403-897-3760
St. Mary's Catholic Church 239 3rd Avenue North	Champion	403-897-3955
Lomond Bethany Lutheran Church 2nd Ave W & 2nd St S	Lomond	403-792-3690
Hope Lutheran Church 134 1st Street	Milo	403-599-3767
Mossleigh United Church	Mossleigh	403-485-6674
Bethel Lutheran Church 405 3rd Street South	Vulcan	403-485-2776
St. Aldhelm's Anglican Church 302 Centre Street	Vulcan	403-485-2437
St. Andrew's Catholic Church 330 1st Street South	Vulcan	403-485-4157
Vulcan Church of Christ 409 1st Street South	Vulcan	403-485-2457
Vulcan Evangelical Missionary Church 529 Centre Street	Vulcan	403-485-2581
Vulcan United Church 201 2nd Ave. South	Vulcan	403-485-2047
Vulcan Victory Family Church 126 3rd Street North	Vulcan	403-485-6636



# Government

Town of Vulcan	403-485-2417
Village of Arrowwood	403-534-3821
Village of Champion	403-897-3833
Village of Milo	403-599-3883
Village of Lomond	403-792-3611
Village of Carmangay	403-643-3595
Vulcan County	403-485-2241



# Culture and Recreation

Various organization in Vulcan County provide a wide variety of recreational programs:

**Town of Vulcan Recreation** 403-485-2554  
<http://www.townofvulcan.ca/recreation-menu/recreation-programming>

The concert series, recreation hockey, free skating, youth yoga, floor hockey, the roving gym, youth gym night, drop-in basketball, junior golf, fishing, ball hockey, soccer, minor baseball, Sizzling Summer Sounds, swimming lessons and a wide variety of day trips.

**Milo Recreation** 403-599-3883  
Adult sports tournaments, preschool roving gym, community events, minor baseball, drop in programs

**4-H** Check out the website [www.4h.ab.ca](http://www.4h.ab.ca) to find out about 4H options

Lomond Skating Club 403-792-2334

Contact **Town of Vulcan Recreation** to find out more about the following:

Vulcan Riding Club  
Vulcan Skating Club  
Vulcan Tekka Karate Club  
Vulcan Minor Hockey Association  
Vulcan County Soccer Club

**Vulcan Tourism & Trek Station** 403-485-2994  
<http://vulcantourism.com>

## Museums

Arrowwood Country Store Museum  
Healy Heritage Art Centre 216 Centre Street 403-485-4278  
Treketera Museum 118 2nd Avenue South 403-485-6611  
Vulcan & District Museum 403-485-2168

## Dance

Barbara Moore Academy of Dance 403-703-6683  
Dance Inspirations 403-829-9717  
Heather Highland Dance 403-485-3031

## Music

Contact Vulcan United Church Vulcan 403-485-2607  
Sharon Forsyth Lomond 403-715-4009



# Facilities

The County of Vulcan is home to many excellent playgrounds, campgrounds and general public recreation facilities. Many of the recreation facilities that are not listed here are included on the maps within this resource.

Arrowwood Arena	Arrowwood	403-534-3821
Bodyworks Fitness Centre	Vulcan	403-485-2989
Carmangay Curling Rink	Carmangay	403-643-3733
Champion Swimming Pool	Champion	403-897-3007
Champion Skating Rink	Champion	403-897-3833
Milo Curling Rink	Milo	403-599-3877
Milo Fitness Centre	Milo	403-599-3883
Milo Skating Arena	Milo	403-599-2264
Southern Alberta Bible Camp		403-792-3644
Vulcan Arena	Vulcan	403-485-2612
Vulcan Curling Rink	Vulcan	403-485-2566
Vulcan Lions Outdoor Swimming Pool	Vulcan	403-485-2990

## Campgrounds and Parks

Aspen Crossing Campgrounds	Mossleigh	403-534-2129
Badger Lake	Badger Lake	403-792-3611
Carmangay Tipi Ring Campground	Carmangay	403-643-3595
Lake McGregor Provincial Recreation Area		403-897-3933
Little Bow Provincial Park		403-897-3933
Little Bow Reservoir and Travers Dam		403-897-3933
Mossleigh Lions Park	Mossleigh	403-534-3691
Twin Valley Campground		403-485-2241
Vulcan & District Fish & Game Fishing Pond		

for more info contact [vulcanfishgameclub@gmail.com](mailto:vulcanfishgameclub@gmail.com)

## Halls

A variety of community events are hosted in each of the facilities listed below such as recreation programming, weddings, concerts, potlucks etc. **For information contact your local rec board or town office.**

Arrowwood Community Hall	Arrowwood	403-534-3844
Champion Community Hall Society	Champion	403-897-2200
Champion Legion	Champion	403-897-3747
Cultural Recreation Centre	Vulcan	403-485-2554
Kinsmen Room	Vulcan	403-903-2353
Kirkcaldy Community Hall	Kirkcaldy	403-485-6803
Lewis Ware Pavilion	Vulcan	403-485-2554
Lomond Community Centre	Lomond	403-792-3633
Milo Community Hall	Milo	403-599-2474
Mossleigh Community Hall	Mossleigh	403-534-3961
Vulcan Lodge Hall	Vulcan	403-485-2554
Vulcan Legion	Vulcan	403-485-2138



# Community Events



January

Robbie Burns Night  
Vulcan Fish and Game Supper and Awards

Champion  
Vulcan

February

Badger Lake Fishing Derby  
Family Day Event  
Champion Kindergarten Annual Fundraiser  
*A Cure For Cabin Fever* Arrowwood Ag Society  
Vulcan United Church Pancake Supper

Lomond  
Vulcan & Milo  
Champion  
Arrowwood  
Vulcan

March

St. Patrick's Day Parade  
Irish Concert  
Irish Stew & Concert  
Skating Carnival

Carmangay  
Champion  
Arrowwood  
Lomond & Vulcan  
Champion

April

Champion Community School Spring Fling  
Easter Egg Hunt  
Lion's First Friday Turkey Supper

Champion  
Vulcan & Milo  
Carmangay

May

Easter Morning Sunrise Service  
Star Trek Classic-Multi-Sport Weekend  
4-H Club Anniversary Supper  
Critters and Craft Sale

Arrowwood  
Vulcan & Champion  
Champion  
Vulcan

June

Arrowwood Community Garage Sale  
Vulcan County 4-H Beef Club Achievement Day  
Arrowwood Sports Day and Parade  
Bull Busting  
Arrowwood Ag Society Rodeo & 4-H  
River Wranglers Achievement Day

Arrowwood  
Vulcan  
Arrowwood  
Arrowwood  
Arrowwood

July

Vulcan Tinman Triathlon  
Spock Days  
Aspen Crossing Train Days  
Multicultural Day  
Community Garage Sale  
Canada Day Celebrations  
Milo Lion's Canada Day Pancake Breakfast  
Vul-CON

Vulcan  
Vulcan  
Mossleigh  
Champion  
Champion  
Lomond & Vulcan  
Milo  
Vulcan

Vulcan Fish Pond Event  
Summer Games  
Champion Days -every 5 years- 2016  
Lomond Community BBQ  
Summer Street Party  
Beach Volleyball Tournament  
Champion Lion's Pancake Supper  
Show N' Shine  
Milo Community Campout  
Fly-In Breakfast  
Slo-Pitch and Beach Volleyball Tournaments  
Mossleigh Days

Vulcan  
TBA  
Champion  
Lomond  
Vulcan  
Milo  
Champion  
Vulcan  
Milo  
Vulcan  
Lomond  
Mossleigh

August

Vulcan EM Church Vacation Bible Camp  
Carmangay & District Ag. Fair & Sports Days  
Carmangay Fire Department Steak Fry  
Lion's Pancake Breakfast  
Lake McGregor Fishing Derby  
Sid Hartung Memorial Rodeo  
Milo Lion's Annual BBQ  
Milo One-Pitch Slo-Pitch Tournament  
Slo-Pitch Tournament—Labour Day weekend  
Southern Alberta Music Festival

Vulcan  
Carmangay  
Carmangay  
Carmangay  
Milo  
Vulcan  
Milo  
Milo  
Mossleigh  
Mossleigh

September

Terry Fox Run  
Mass Registration Vulcan Prairieview

Schools  
Vulcan

October

Milo Fall Fair  
Vulcan Fall Fair  
Oktoberfest  
Lomond Library Pumpkin Festival  
Monster Smash Volleyball Tournament  
Get-A-Way Youth Centre Haunted House  
Halloween Event

Milo  
Vulcan  
Vulcan  
Lomond  
Vulcan  
Vulcan  
Milo

November

United Church Halloween Pit Stop  
Remembrance Day Ceremonies  
Black Friday Sale  
Vulcan Ladies Auxiliary Christmas Craft Sale  
National Children's Day  
Light Up The Park  
United Church Christmas Gala  
Lion's First Friday Turkey Supper  
Christmas Craft & Gift Sale  
Vulcan Kinette's Christmas Market  
United Church Turkey Dinner

Vulcan & Arrowwood  
Champion, Vulcan and Milo














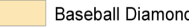




Vulcan  
Vulcan  
Vulcan  
Mossleigh  
Arrowwood  
Carmangay  
Carmangay  
Vulcan  
Vulcan

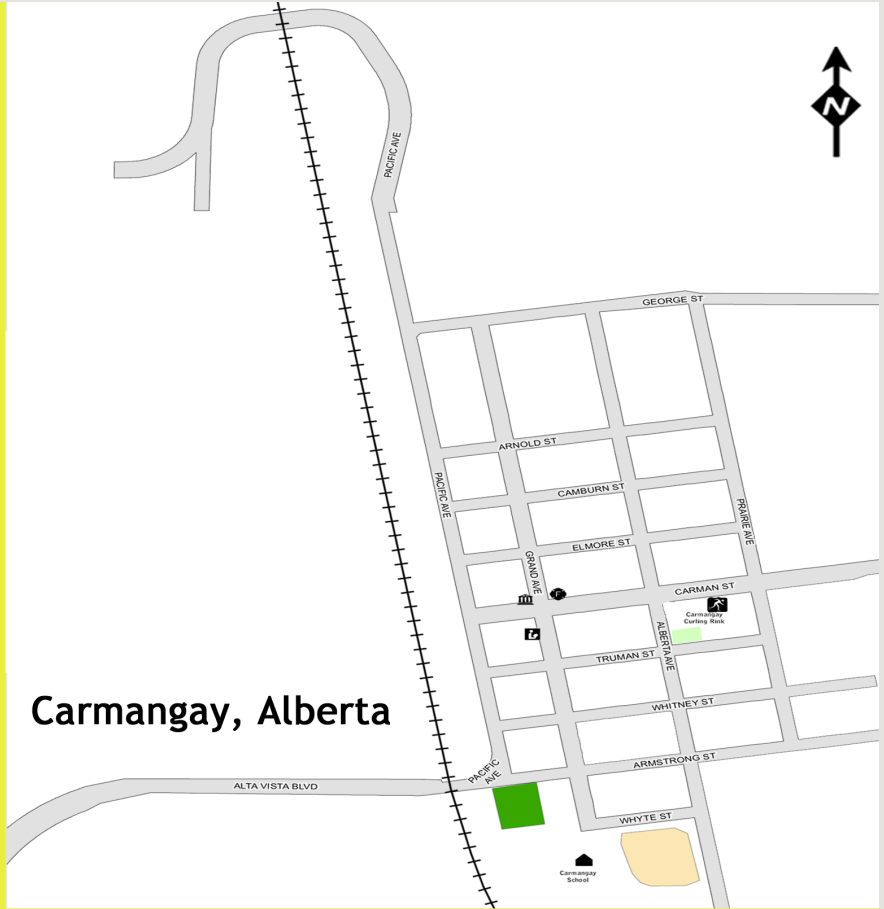
December

Milo Lions Pancake Supper and Turkey Bingo  
Community Choral Festival  
Christmas Concerts  
Champion Library Fundraiser Tea  
Champion Café Christmas- Pool Fundraiser  
Meet Santa Claus  
Milo Family Christmas Celebration  
Champion Lion's Light Up The Park  
New Year's Eve Family Party  
Snowflake Festival  
Lion's Club Community Christmas Concert  
Community Christmas Card Lighting  
Christmas Eve Services

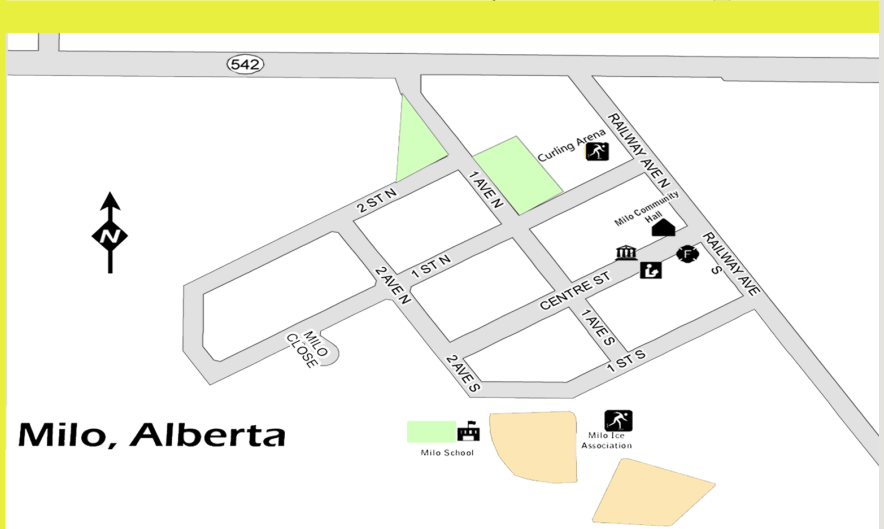
Milo  
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Schools  
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Vulcan  
Carmangay  
Carmangay  
Most Churches



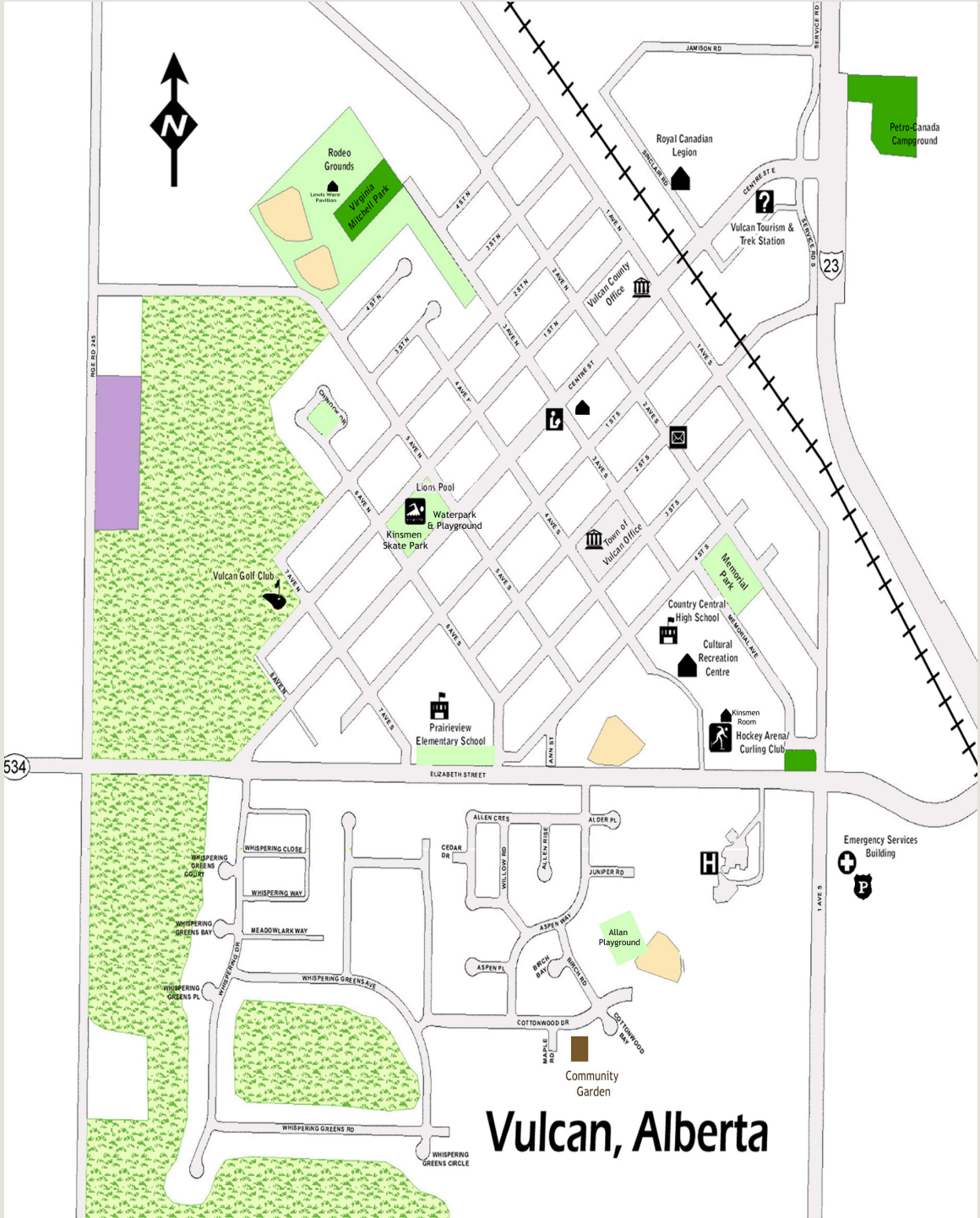
-  Community Hall
-  School
-  Emerg. Services Bldg
-  Hospital
-  Police Station
-  Library
-  Municipal Office
-  Post Office
-  Ice Rink
-  Tourist Information
-  Golf Country Club
-  Swimming Pool
-  Airport
-  Baseball Diamond
-  Campground
-  Cemetery
-  Golf Course
-  Park/Playground



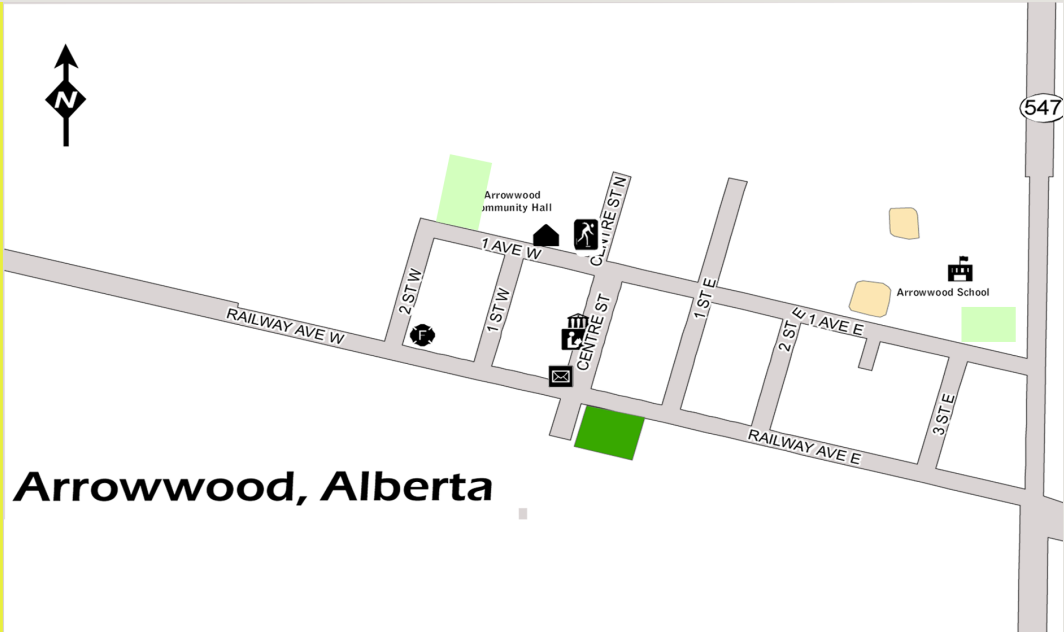
## Carmangay, Alberta



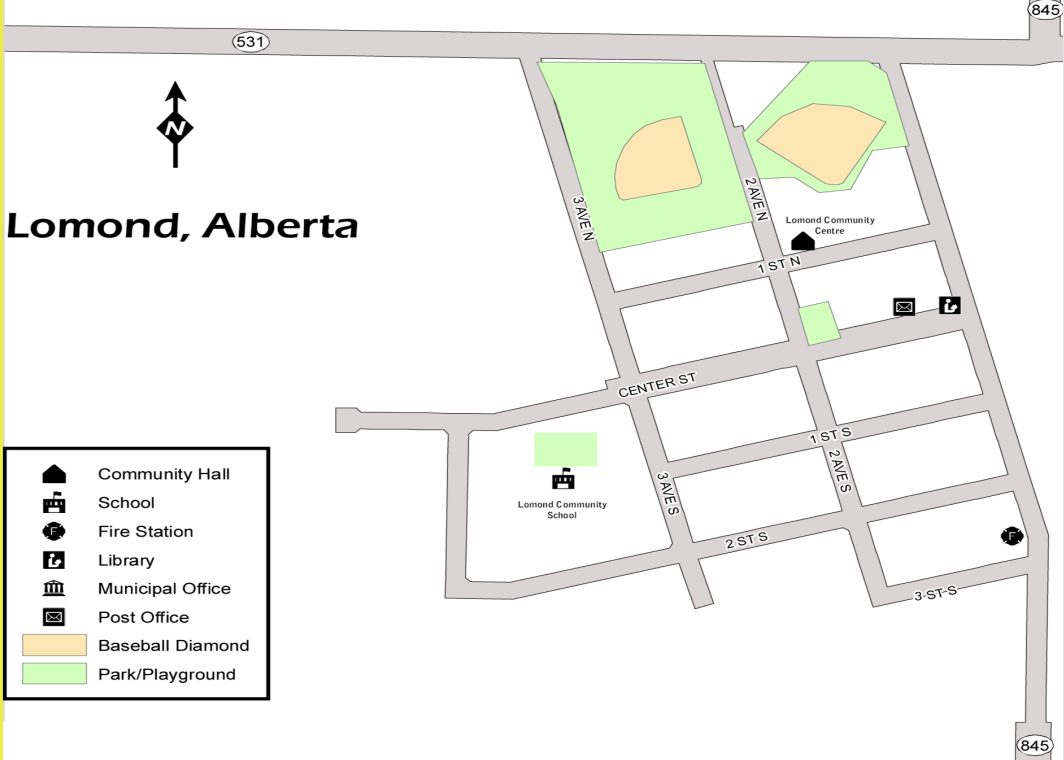
## Milo, Alberta



# Vulcan, Alberta



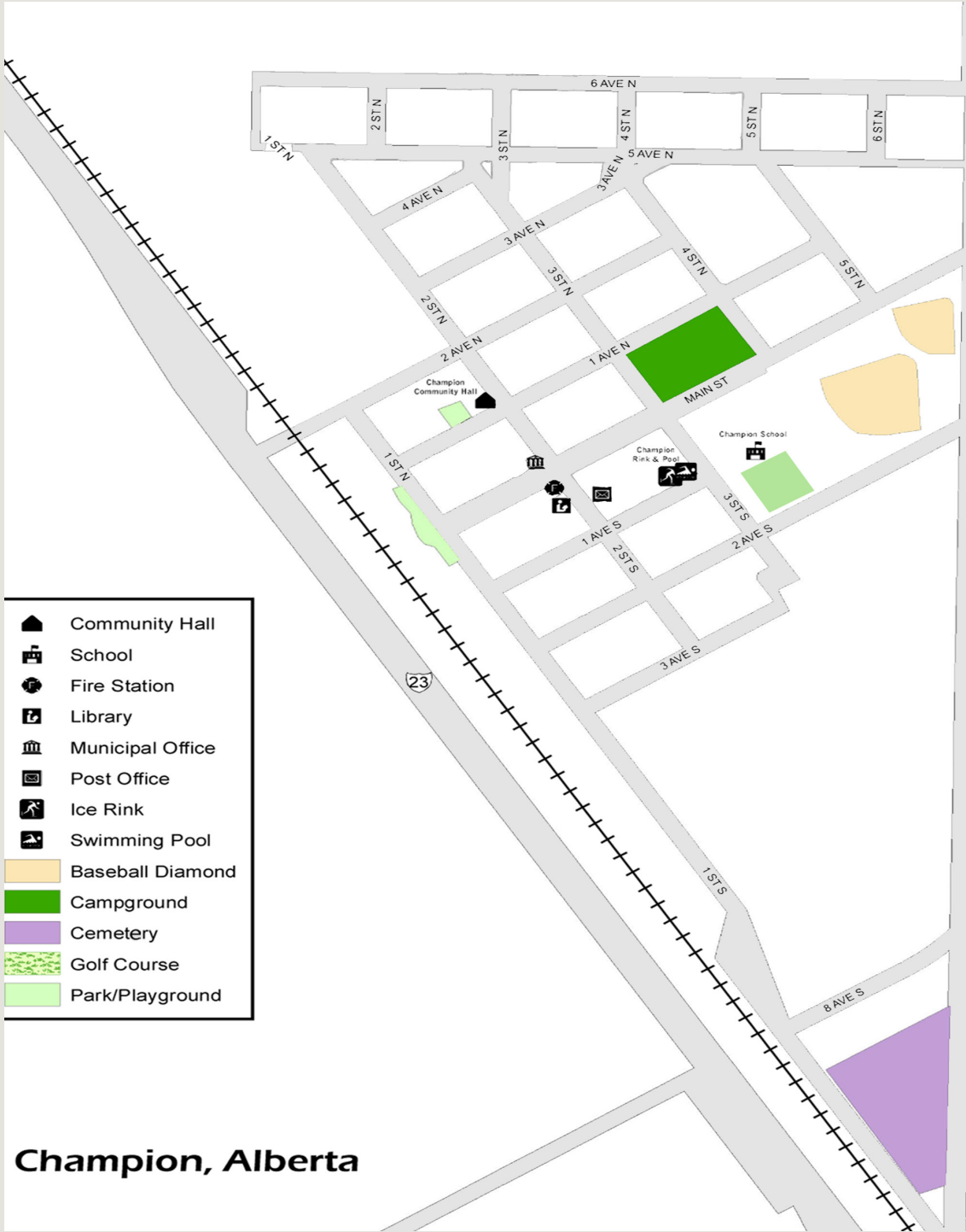
## Arrowwood, Alberta



## Lomond, Alberta

	Community Hall
	School
	Fire Station
	Library
	Municipal Office
	Post Office
	Baseball Diamond
	Park/Playground





# Champion, Alberta

## Children and Healthy Eating

### How can I help my toddler and preschooler eat healthy food?

Canada's Food Guide can help you choose healthy food for children. Canada's Food Guide has four food groups: Vegetables & Fruit, Grain Products, Milk & Alternatives, Meat & Alternatives.

- Offer your child a variety of foods from all four food groups. Young children have small stomachs and therefore need to eat small, regular meals and snacks throughout the day.
- Plan breakfast, lunch, and supper with choices from three to four of the food groups.
- Plan two to three snacks per day with choices from two of the food groups.

Canada's Food Guide is available at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) or from your local public health centre.

### How can I help my child enjoy healthy food?

- Enjoy healthy family meals together as often as possible
- Offer a variety of healthy foods for meals and snacks
- Keep mealtimes pleasant and social.
- Remember that children will eat different amounts of food from day to day.
- Help children to listen to their bodies to eat when they are hungry and stop when they are full.



### Eating healthy food helps children in many ways;

- It helps children have energy all day
- It helps their brains develop
- Healthy food helps children's bodies grow. It helps to form strong teeth, bones and muscles
- Healthy food helps protect children against diseases now and in the future
- It helps children develop healthy eating habits for life

Information taken from "Healthy Eating For Children in Childcare Centres" (Alberta Government, 2012) and "Healthy Eating and Active Living for Your 1-4 year old (Government of Alberta, 2012)

# Emergency Numbers



Ambulance/Fire/Police	911
Bullying Help Line	1-888-456-2323
Distress Centre	1-403-266-4357
For online chat <a href="http://www.distresscentre.com">www.distresscentre.com</a>	
Child Abuse Hotline	1-800-387-5437
Connect Sexual Abuse Network <a href="http://www.connectnetwork.ca">www.connectnetwork.ca</a>	1-877-237-5888
Connect Violence	
Poison Control Centre (PADIS)	1-800-332-1414
Safe Kids Hotline	1-800-668-6868
Suicide Prevention	1-800-667-8089
Sexual Assault Crisis Line	1-800-667-8089
Shelter Crisis Line	1-866-331-3933
Vulcan Regional Victims Services	403-485-6163
Police Station (Non Emergency)	
Complaints:	403-485-2266
Administration:	403-485-2267

*We believe it is important to know the resources available to you, so we made this*

# FAMILY RESOURCE DIRECTORY

*to assist members of the community in accessing the services they need.*

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