

EMERGENCY Numbers

Availability is 24 hours a day

Emergency	9-1-1
Central Alberta Child & Family Services	1-800-638-0715
Family Violence Info Line	310-1818
Kid's Help Line	1-800-668-6868
R.C.M.P. (Didsbury)	403-335-3381
R.C.M.P. (Olds)	403-556-3324
Victim Services	1-888-551-6777
Calgary Women's Emergency Shelter	403-234-7233
AADAC Help Line	1-866-332-2322

Information and Referrals

Didsbury Neighbourhood Place	335-8719
Carstairs Community Resource Centre	337-2633
Bully Prevention Info line	1-888-456-2323
Family Violence Info Line	310-1818
Dial a Law	1-403-234-9022
Health Link	1-866-408-5465

S.A.F.E. –DIDSBURY / CARSTAIRS AND AREA

- Central Alberta Child & Family Services
- Town of Didsbury—FCSS
- Town of Carstairs—FCSS
- Calgary Health Region—Mental Health
- Chinooks Edge School Division—Family
School Liaison
- Ministerial Association
- Didsbury / Carstairs Community Members
- Community Crisis Society / Wheatland

S. TOP

A. BUSE for

F. AMILY

E. MPOWERMENT



NOTE: This directory is to be used as a guide only and should not be considered to be a fully authoritative nor an exhaustive list of services available in the community. We cannot be responsible to any person or persons for the information contained in this publication. It is the responsibility of the reader to ensure the accuracy of the information.

S.A.F.E. –DIDSBURY / CARSTAIRS

Tel: 403-335-8719

Family Violence Awareness and Prevention

What you need
to know...

Where you can
get help...

May 2008

**WATCH FOR THE WARNING
SIGNS AND GET HELP...**

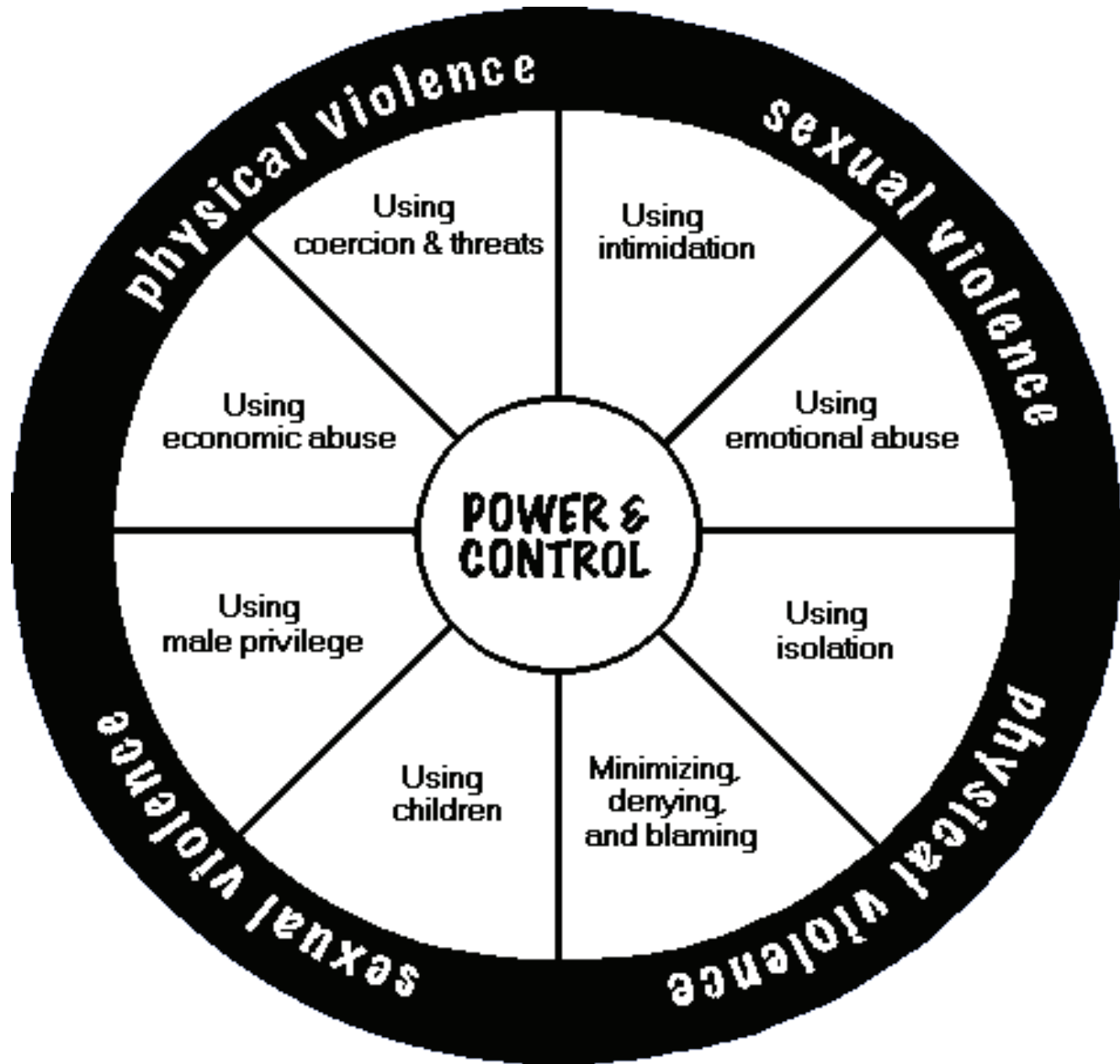
SAFETY PLAN

Important: It is a good idea to talk to RCMP, Shelter staff or an Outreach Worker about additional safety planning to meet the needs of your particular, unique situation.

- Keep emergency numbers with you.
- Be ready to leave quickly. (e.g. cash, documents, keys)
- Make a plan for your children's safety.
- Change travel routes and routines.
- Let people know you are not feeling safe.
- Call a shelter for more safety advice.

HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help.
- Teach them how to get to safety, to call 911, to give your address & phone number to the police.
- Teach them who to call for help.
- Tell them to stay out of the kitchen.
- Give the principal at school or the daycare centre a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser.
- Make sure the children know which person to advise at school if they see the abuser.
- Make sure that the school knows not to give your address or phone number to **ANYONE.**



RESOURCES AND SERVICES TO HELP WITH FAMILY VIOLENCE

AADAC—Alberta Alcohol and Drug Abuse Commission

24 hour Help Line.....1-866-332-2322

Chinook Arch Victim Services

.....1-888-551-6777

Three Hills Victim Services

.....403-443-5539

Airdrie & District Victim Assistance

.....403-945-7290

Crisis Centre (Central Alberta Sexual Assault Centre) - Administration & Education

.....1-866-956-1099

Sexual Assault Centre/Calgary

.....403-237-5888

Men’s Crisis Line/Calgary

.....403-266-4357

Community Capital (Loan Circle Society of Central Alberta)

.....403-340-1323

Central Alberta Women's Outreach Society

.....1-866-347-2480

Airdrie Family Services

.....403-945-3900

Mental Health Distress

.....1-866-408-5465

Mental Health/Calgary Health Region

.....Didsbury 403-335-7285

.....Olds 403-556-4204

.....Sundre 403-638-4063

CHILDREN & YOUTH SERVICES

Central Alberta Child & Family Services Authority

Didsbury Office: 335-7600

Olds Office: 507-8035

Drumheller Office: 823-1767

Red Deer Office: 340-5400

24 Hour Crisis Line: 1-800-638-0715

Child & Youth Club

.....403-335-2388

Youth Club for Christ

.....403-703-3751

WEBSITE INFO

Town of Didsbury

www.didsbury.ca

Town of Carstairs

www.town.carstairs.ab.ca

MountainView County

www.mountainviewcounty.com

Government Information on Family Violence

www.familyviolence.gov.ab.ca

AADAC

www.aadac.com

Calgary Health Region

www.calgaryhealthregion.ca

Central Alberta Child & Family Services

www.centralalbertacfsa.gov.ab.ca

David Thompson Health Region

www.dthr.ab.ca

Calgary Counselling Centre

www.calgarycounselling.com

Family Law Information Centre

www.albertacourts.ab.ca/familylaw

Inform Alberta

www.informalberta.ca

SHELTER SERVICES

Awo Taan Native Women’s Shelter

.....403-531-1972

Calgary Women’s Emergency Shelter

.....403-234-7233 (SAFE)

Central Alberta Women’s Emergency Shelter (Red Deer)

.....1-888-346-5643

Community Crisis Shelter/Wheatland

.....1-877-934-6634

**Alberta Solicitor General
– Probation Office (OLDS) ***
.....403 556-4285

**Alberta Solicitor General
– Probation Office (AIRDRIE) ***
.....403 948-7110

David Thompson Health Region
.....Olds Hospital: 403-556-3381
.....Three Hills Hospital: 403-443-2444

Calgary Health Region
.....Didsbury Hospital: 335-9393

COMMUNITY RESOURCES

Didsbury Neighborhood Place
.....403-335-8719

Didsbury FCSS
.....403-335-8719

Didsbury Town Office
.....403-335-3391

**Carstairs Community
Resource Centre**
.....403-337-2633

Carstairs FCSS
.....403-337-2633

Healthy Families
.....1-866-556-4122

**Chinooks Edge School Division – Family
School Wellness**
.....1-800-561-9229

Airdrie Family Services
.....403-945-3900

**Alberta Employment
& Immigration-Alberta
Works Income Support**
.....403-507-8060

Alcoholics Anonymous
.....403-777-1212

**Assured Income for the
Severely Handicapped**
.....403-507-8060

Centre 4 Employment
.....403-556-3808

Dial A Law
.....403-234-9022

**Family Services of Central Alberta
– Education & Counselling**
.....403-343-6400

Fetal Alcohol Spectrum Disorder
.....403-556-7877

Food Bank (Olds)
.....403-556-1693

Parent Link
.....403-586-5466

Persons with Developmental Disabilities
.....403-507-8060

Red Deer Psychiatry Clinic
.....403-341-4302

STD & Aids Info
.....1-800-772-2437

LEGAL RESOURCES

Legal Aid *
.....403-297-2260

Calgary Legal Guidance
.....403-234-9266

Family Law Information Centre *
.....403-297-6600

* R.I.T.E. LINE *

Provincial Government Services can be accessed TOLL FREE through the Government RITE LINE system. Dial 310-0000, then follow the instructions to connect with a provincial government office.

Cell Phone users can access the RITE LINE by dialing:

#310 / TELUS or BELL

*310 / ROGERS

