



## Websites

### City of Medicine Hat

[www.medicinehat.ca](http://www.medicinehat.ca)

*The City of Medicine Hat website is updated regularly with flood related information. Please visit us for more information and resources.*

### Southeast Alberta Regional Directory

[www.infoseab.ca](http://www.infoseab.ca)

*The Southeast Alberta Regional Directory is a directory of community clubs and organizations in Southeast Alberta. It was prepared by the Volunteer and Community Information Centre with funding from the Southeast Alberta Child and Family Services Authority, Family and Community Support Services Region 2, the City of Medicine Hat and the Medicine Hat Community Foundation.*



# Support Services

**Flood, June 2010**

*As we move into the recovery phase of the recent flood, fatigue and stress may begin to take its toll on you physically and emotionally. The following is a list of resources that you may choose to contact for assistance and information.*

**Flood Information Line**

Open 8 a.m. – 10 p.m. daily

**403.502.8900**

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**Counseling****Medicine Hat Family Services**

**403.504.8026**

*Medicine Hat Family Services responds to changing community needs to enhance the quality of life for individuals, couples and families through counseling and family life education (from: website mission statement).*

**Mental Health Clinic**

**403.529.3500**

*A community based Mental Health Clinic operated by the Alberta Health Services to provide assessment and treatment to persons with moderate to severe mental health or emotional problems.*

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**Health****Health Link**

**1.866.408.5465**

*24 hours a day, 7 days a week, a health information and nurse advised telephone service. Highly trained registered nurses will provide you with advice and information about health symptoms and concerns that you or a member of your family may be experiencing. Health Link can also help you find appropriate services and health information.*

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**Support****Alberta Employment and Immigration**

**1.866.644.5135**

**Family Support for Children with Disabilities**

**403.529.3607**

*To provide support to assist families with some extraordinary demands that result directly from their child's disability. This includes specific benefits, information, and referral, as well as assisting parents in coordinating required services.*

**Medicine Hat Food Bank**

**403.528.4313**

*The Medicine Hat and District Food Bank (1992) Association addresses food insecurity by distributing food, free of charge, to those deemed in need of temporary assistance in the City of Medicine Hat and the County of Cypress.*

**Miywasin Society**

**403.526.0756**

*The Miywasin Society of Aboriginal Services is a partnership that targets the needs of the Aboriginal community in the Medicine Hat area, and develops and maintains services to meet those needs.*

**Saamis Immigrant Services Association**

**403.504.1188**

*Saamis Immigrant Services provides basic settlement including housing, education and employment assistance to immigrants and refugees. Also provides ESL classes and interest programming, including recreation, cooking, budgeting, any required interpretation and translation services, and a host program.*

**Salvation Army Family Support Centre**

**403.526.9699**

*The Salvation Army provides assistance with emergency basic needs like food, shelter and clothing. The Shelter is a community initiative that assists individuals and families to meet emergency needs, as well as support them by increasing their capacity to meet their needs over the long term. This is achieved by addressing the social, physical, mental, and spiritual needs of the client, guided by the love of Jesus Christ.*

**Veiner Centre** *(Shantel Ottenbreit, outreach worker)*

**403.529.8368**

*Veiner Centre is a vibrant community offering social networks, services and support to people 50-plus in Medicine Hat. Veiner Centre is a "home away from home" for its 1500+ members. People come to Veiner Centre to meet with friends, eat great home-cooked meals, volunteer, and take part in our diverse activities.*

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**Transportation****City Transit**

*If you require transportation due to a loss of means for transportation, then contact City Transit for information regarding scheduling or service.*

**Information line**

**403.525.8899**

**General inquiries**

**403.529.8214**

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*If your issue is larger or more serious than emotional distress then contact police services.*

**Emergency**

**9-1-1**

**Non-emergency**

**403.529.8481**