CIRCLE OF SUPPORTS

COCHRANE AND WEST ROCKY VIEW COUNTY

COMMUNITY SUPPORTS AND PROFESSIONAL RESOURCES

24 HOUR EMERGENCY SUPPORTS

Police Fire Ambulance
9-1-1

Addiction Helpline
1-866-332-2322

AHS HealthLink
8-1-1

AHS Mental Health Helpline
1-877-303-2642

Bully Prevention Hotline
1-888-456-2323

Child Abuse Hotline
1-800-387-5437

Cochrane RCMP Non-Emergency Police Line
403-932-2211

ConnecTeen
403-264-8336
(text 587-333-2724)

Crime Stoppers
1-800-222-8477

Veterans Affairs Canada Assistance Service
1-800-268-7708

Suicide Crisis Helpline
9-8-8 (call or text)

Southern Alberta Regional Victim Services
403-851-8055
sarvss.ca

Kid's Help Phone
1-800-668-6868

Family Violence Info Line
310-1818 (call or text)

2-1-1
(call or text)
ab.211.ca

Elder Abuse Resource Line
403-705-3250

Distress Centre
403-266-4357

ALL AGES

Welcome to Cochrane
403-707-9174
welcometocochrane.com

Helping Hands
587-850-9448
helpinghandscochrane.ca

Cochrane Public Library
403-932-4353
cochranepubliclibrary.ca

Cochrane and Area Men's Shed Association
cochranemensshed.ca

TRANSIT

SWIFT Mini Thni Transit
403-881-3770
minithnitransit.ca

Rocky View Bus
403-948-2887
rockyviewbus.ca

COLT
403-851-5995
ridecolt.com

SPIRITUAL

The Church of Jesus Christ of Latter-day Saints
403-932-1691
local.churchofjesuschrist.org

St Peter's Lutheran Church
403-932-3345
saintpeters.ca

St Andrew's United Church
403-932-2585
cochraneunited.com

St Mary's Catholic Parish
403-932-2944
stmaryscochrane.ca

Kings Gate Church
403-932-6565
kingsgatechurch.ca

Mount St. Francis Retreat Centre
403-932-2012
mountstfrancis.ca

All Saints Anglican Church
403-932-6556
allsaintscochrane.org

Canadian Baptist Theological Seminary & College
403-932-6622
cbtsc.ca

Cochrane Alliance Church
403-932-6100
cochranealliance.com

Bow Valley Baptist Church
403-932-4601
bowvalleybaptistchurch.com

SENIORS

Bethany Cochrane
403-932-6422
bethanyseniors.com

Seniors for Kids Society
403-861-4558
seniorsforkids.ca

Good Vibes Memory Choir
250-208-0362
goodvibesmemorychoirs.com

Seniors on the Bow
403-932-6002
sotbcochrane.ca

SAFETY

ACT Alberta
780-474-1104
actalberta.org

Big Hill Haven
403-796-6564
bighillhaven.com

Alberta One-Line for Sexual Violence
1-866-403-8000

Calgary Communities Against Sexual Abuse
403-237-5888
calgarycasa.com

MENTAL HEALTH

Cochrane Cares
cochranecares.ca

Mental Health Collaborative-Recovery Alberta
403-955-8446
mhcollab.ca

Cochrane Addiction and Mental Health
1-844-943-1500
albertahealthservices.ca

Hull Services
403-207-2513
hullservices.ca

Rocky View Mental Health Capacity Building
403-945-4000
rockyview.ab.ca

Kindred Rapid Access Counselling
1-877-244-2360
racalberta.ca

Spirit Winds Ranch Society
403-999-7763
spiritwindsranch.ca

The Nina Project
theninaproject.ca

Wayfinders Wellness Society
403-975-3871
wayfinderswellness.ca

LEGAL

Calgary Legal Guidance
403-234-9266
clg.ab.ca

Legal Aid Society
1-866-845-3425
legalaid.ab.ca

HOUSING

Cochrane Home Treasures (thrift store)
403-851-9974
cochranehometreasures.ca

Cochrane Society for Housing Options
csho.com

Rocky View Foundation
403-945-9724
rockyviewfoundation.org

HEALTH

AHS Cochrane Nutrition Services and Cochrane Prenatal Health Group
403-955-1450
birthandbabies.com

Calgary Foothills Primary Care Network
587-774-9736
crpcn.ca

Caregivers Alberta
1-877-453-5088
caregiversalberta.ca

Cochrane & Area Hospice Society
cochranehospicesociety.ca

Cochrane Pregnancy Care Centre
403-932-2900
cochranepreg.com

Community Health Centre
403-851-6000

First Nations Health Consortium
1-844-558-8748
abfnhc.com

FOOD

Cochrane Food Bank
403-932-9290
feedingcochrane.ca

Iyahrhe Nakoda Food Bank Society
403-881-2766
nakodafoodbank.com

FINANCIAL

Alberta Income Support
1-877-644-9992
alberta.ca/income-support

Assured Income for the Severly Handicapped
1-844-297-1907
alberta.ca/aish

Money Mentors Credit Counselling Services
1-888-294-0076
moneymentors.ca

Momentum
403-272-9323
momentum.org

Service Canada
1-800-622-6232
canada.ca

EMPLOYMENT

Alberta Employment First Network
780-454-0701 ext 205
aefn.ca

Gateway Association Employment Resource Centre
587-779-7888 ext 202
get-work@gatewayassociation.ca

Prospect Employment Services
825-305-2177
prospectnow.ca

EDUCATION

Centre for Sexuality
403-283-5580
centreforsexuality.ca

South Central Adult Learning Society
403-466-7963
scals.ca

Cultivate Cochrane Society
cultivatecochrane.com

DISABILITY

Easter Seals Alberta
403-235-5662
easterseals.ab.ca

Vecova Centre for Disability Services
403-281-1121
vecova.ca

Foothills Fetal Alcohol Society
403-652-4776
foothillsfas.com

Autism Aspergers Friendship Society
403-246-7383
aafscalgary.com

Persons with Developmental Disabilities
1-844-297-1907
myalbertasupports.alberta.ca

Canadian National Institute for the Blind Cochrane Peer Support Group
1-800-563-2642
cnib.ca

MentorAbility Alberta
587-779-7888
gatewayassociation.ca

CULTURAL

Bow Valley College Mentorship for Rural Immigrants Program
587-943-5046
bowvalleycollege.ca

Cochrane Immigrant Services Committee
587-582-1771
cochraneimmigrantservices.ca

Filipino-Canadian Association of Cochrane Alberta
403-321-5342
fcaca.ca

Calgary Catholic Immigration Society
403-262-2006
ccisab.ca

Rocky View Immigrant Services
403-604-2377
ccisab.ca/cochrane

Wazin Îchinabi Ti House of Oneness
wazinti.ca

CHILDREN & YOUTH

Children's Cottage Society
403-619-3150
childrenscottage.ab.ca

BGC Cochrane
403-981-2020
bgccochrane.ca

Family and Community Support Services (FCSS)
403-851-2250

Family Resource Network (FRN)
403-851-2265

www.cochrane.ca/fcssfrn

FCSS AND FRN PROVIDES INFORMATION, SUPPORT AND REFERRALS FOR ALL AGES.

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cochrane

fcss Cochrane Family and Community Support Services

FRN FAMILY RESOURCE NETWORK COCHRANE & AREA