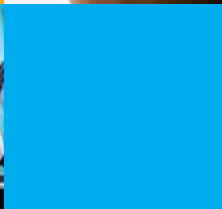
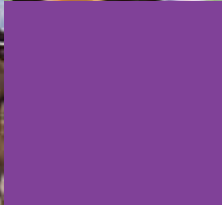


0 - 5 Years Resource Handbook



5 for Life
Early Childhood

www.5forlife.ca



2025



**Serving
Town of
Strathmore
and Wheatland
County**





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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:

- Social Competence
- Language & Thinking
- Communication Skills
- Emotional Maturity
- Physical Health & Wellbeing

For more information on developmental stages go to www.healthyparentshealthychildren.ca or if you have any questions or concerns about your child's development, contact the Public Health Unit at 403-361-7200, or your Family Doctor or Nurse Practitioner.

Thank you to the Vulcan County Early Childhood Development Coalition for sharing the Development Skills portion of their Family Resource Directory.



I am NEW - Nurture Me

Social Competence

- 3 months - Recognizes and prefers familiar faces and voices
- 6 months - Smiles spontaneously and in response to others
- 9 months - Enjoys turn-taking games such as peek-a-boo

Language & Thinking

- 3 months - Makes pleasure sounds (coos, giggles)
- 6 months - Responds to own name
- 9 months - Starts to recognize simple words and phrases

Communication Skills

- 3 months - Cries to signal needs
- 6 months - Babbles and coos
- 9 months - Babbles a lot; imitates sounds and actions
Babbles are starting to have some meaning


Emotional Maturity

- 3 months - Generally quiets when comforted; may have times when can't stop crying
- 6 months - Seeks comfort when upset
- 9 months - Starts to read emotions of others

Physical Health & Wellbeing

- 3 months - Kicks, grabs, and sucks; based on reflexes
- 6 months - Sits up with support, then independently
- 9 months - 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



Social Competence

- 12 months - Plays purposefully with toys
- 18 months - Finds it hard to share - "everything is mine"

Language & Thinking

- 12 months - Likes to stack, nest, and put things into containers
- 18 months - Points to familiar pictures or objects when named

Communication Skills

- 12 months - Uses one to three words, and expressions like "uh oh"; "no"; "mine"
- 18 months - Uses voice while pointing and gesturing

Emotional Maturity

- 12 months - May show fear or anxiety over new people and situations
- 18 months - Explores from secure base of parent or caregiver

Physical Health & Wellbeing

- 12 months - Pulls to stand; walks holding furniture
- 18 months - 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 he or she learns the words.



I am THREE - Let Me Play

3

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 new 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.

Arts, Culture and Entertainment

Alberta Open Farm Days

www.albertafarmdays.ca

Alberta Open Farm Days is about farmers and ranchers inviting their urban and rural neighbors to stop in for a visit to share stories, see demonstrations, and learn more about the farmers who grow their food. As well, some of Alberta's most talented chefs and rural communities will be hosting a memorable series of farm to table culinary events that will be held around the province using Alberta farm products. This event is usually held in August - please see their website for a full list of events.

...



Aspen Crossing

www.aspencrossing.com

403-534-2129 1-866-440-3500

Aspen Crossing train themed theatre takes place in an authentic 1887 Pullman dining car. The theatres are extremely interactive – be prepared to get involved! There is also camping, escape rooms, a garden centre, train tours and the ever popular Polar Express.

...



Blackfoot Crossing Historical Park

www.blackfootcrossing.ca

info@blackfootcrossing.ca

403-734-5171

Enter a stunning facility and embark upon an unforgettable journey as you delight in fantastic Exhibitions, dazzling performances, and enjoy an exciting, authentic, Blackfoot cultural experience.

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Canada Day – Strathmore

www.strathmore.ca

There are many fun-filled activities put on by the Town of Strathmore for Canada Day for the whole family at Kinsmen Park. There is a pancake breakfast at the Strathmore Fire Hall, games and activities at Kinsmen Park, concluding with fireworks in the evening.

...



Carseland Aggie Days

www.carselandalberta.ca

This includes a parade, tractor pull, free breakfast, rock climbing wall, bounce house for the children, fun card casino, mechanical bull, barbecue, firefighter demonstrations, and family dance usually held in June.

...



Celebration of Lights – Strathmore

403-934-5811

A complimentary festive Christmas light display for Strathmore and the surrounding communities, put on by Celebration of Lights Christmas Park Committee. It is a fun and festive display that is created for the community to enjoy and share with their family and friends. Included throughout the season are the Light Up Night Grand Opening, a Christmas Eve event and a New Year's Eve party. Events can include fireworks, entertainment, complimentary hot chocolate and treats, photos with Santa, and charity BBQ's. The Park operates from 6 pm – 9 pm daily, starting on the last Saturday of November, seven days a week, attracting approximately 35,000 guests annually. Contact the Strathmore Ag Society for volunteer opportunities, and watch the StrathmoreTimes for more information.

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Gleichen Fall Fair

Lions breakfast, petting zoo, trade fair, bench show (with prizes), craft demonstrations, children's games, barbecue supper, and dance. Usually held in late August.

...

Hussar Summer Daze

hussarsummerdaze@gmail.com

Softball, camping, dance, parade, pancake breakfast, kids zone. Event is held every Father's Day weekend in June! See their Facebook page for more details.

...



Joyland Theatre

www.joylandtheatre.com

Movie Hotline: 403-934-3057

7:30 pm evening showings and occasionally on weekends (for certain movies) a matinee showing. Closed Mondays.

114 – 2nd Ave, Strathmore

...



Live Free Art Studios

www.livefreeartstudios.com

livefree.artstudios@gmail.com

403-808-8154

An inclusive, open to public studio offering regular classes in painting and pottery for all ages.

213 - 7th Ave, Standard



...

Never Ending Stories

403-809-3406

Located in Langdon this used book store offers a warm cozy atmosphere with over 20,000 books for all ages.

#209, 355 Centre St, Langdon

...

Rockyford Rodeo

403-533-3950

The Rockyford Rodeo takes place in July in the Town of Rockyford, Alberta.



...

Rosebud Theatre

www.rosebudtheatre.com

1-800-267-7553 (toll free)

Located in the artistic Hamlet of Rosebud, Rosebud Theatre stages a number of plays and events throughout the year, which include a delicious dining experience. The Hamlet is also home to Rosebud School of the Arts – a post-secondary theatre training school, a number of art galleries, gift shops and a museum. Open Wed-Sat (sometimes Sun) March through December. Matinee & Evening shows available. Ages 4+.



...

Rosebud & District Centennial Museum

rosebudmuseum.ca

rosebud.museum@gmail.com

403-820-2870

Storytelling tours available on request for any age range.



...



Royal Tyrrell Museum

www.tyrrellmuseum.com

tyrrell.info@gov.ab.ca

310-0000 then 403-823-7707

The Royal Tyrrell Museum of Palaeontology is Canada's only museum dedicated exclusively to the study of ancient life. In addition to featuring one of the world's largest displays of dinosaurs, we offer a wide variety of creative, fun, and educational programs that bring the prehistoric past to life.

6 km (4 mi) northwest of Drumheller



...

Strathmore Stampede

www.strathmorestampede.com

403-934-5811

The Strathmore Stampede is the third largest rodeo in Canada, attracting 40,000 people to the grounds each year. This community event has been bringing rodeo fans together for the August long weekend since its commencement in 1966. The Strathmore Stampede is home to Running with the Bulls, CPRA Pro Rodeo and the World Professional Chuckwagon Association. With concerts, live entertainment, face painting, food trucks, mechanical bull riding, petting zoos and Western markets, there is something for everyone at the Strathmore Stampede.



...

Strathmore Musical Arts Society (SMAS)

www.strathmorearts.com

403-680-7721 403-361-0546

Mission: To bring high calibre musical concerts to Strathmore & Wheatland County in a dinner theatre setting. Four concerts per year presenting local musical arts, as well musicians from Alberta and beyond! Event and ticket information can be found at www.strathmorearts.com and see us on Facebook.



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Strathmore Theatre Players Guild**www.strathmoreplayers.ca****strathmoreplayers@gmail.com****403-917-1206**

Mission: To provide 3-4 community theatrical productions each year for Strathmore region to enjoy.

This guild provides opportunities for theatre artists to create theatrical performances for the public to enjoy. Currently the troupe/guild holds their events at the Hope Community Covenant Church in Strathmore.



...

Strathmore High School**www.strathmorehighschool.com****403-934-3135**

Strathmore High School Dance and Drama program holds a variety of shows each year. Tickets sales available to the public for purchase.



...

Western District Historical Society**www.wdhsociety.ca****wdhsociety@gmail.com****403-880-7446**

If you have an interest in preserving Strathmore's history and artifacts this newly established historical society is hoping to get things moving to create the Strathmore Museum. Check out the "On This Spot" app!



...

Wheatland Society of the Arts**www.wheatlandarts.ca****info@wheatlandarts.ca****403-934-6665**

Goals of WSA are to expand current adult offerings, and to develop extensive programming opportunities for kids and teens. Pervading these goals will be renewed efforts to build increased awareness of Wheatland Society of Arts in our community, county, and surrounding regions.

Information: The Society holds regular visual arts workshops facilitated by a variety of successful visual artists guests throughout the year. They share their art at festivals and galleries as well as local events.

115A - 3rd Ave, Strathmore



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Children's Programs and Clubs

Camp Chestermere

www.campchestermere.com

403-272-6030

Offers both day and overnight camp for kids 5 and up. Operate a 1:8 leader-to-camper ratio, ensuring a safe and affirming environment for all children.

1041 East Lakeview Road, Chestermere

...

Girl Guides of Canada

www.girlguides.ca

Offers "Sparks" program for girls, ages 5-6. In Sparks, girls are encouraged to try a bit of everything and begin discovering their individual skills, talents and interests. Girls will make lots of new friends, start earning badges and begin to learn all kinds of new skills in a safe and fun atmosphere. Additional programming available is Brownies (ages 7-8), Guides (ages 9-11), Pathfinders (ages 12-14) Rangers (ages 15-17).

...

Hope Community Covenant Church

www.hope-community.ca

403-934-2424

Offers a one week summer camp and other year round children's activities.

245 Brent Blvd, Strathmore



...

Humble Horse Ranch

www.humblehorse.com

humblehorse@gmail.com

403-934-3738

The Humblehorse Ranch offers Western Riding lessons, birthdays, summer camps, events and much more!! There is something here for everyone!



...

Ice Edge Skating Club Summer Program

www.iceedgeskatingclub.com

inquiries@iceedgeskatingclub.com

This camp is offered by Chestermere's Ice Edge Skating Club. Offer different types of camps based on ability for children ages 5 and up.



...

Mother Goose in the Park
5forlifeforever@gmail.com
www.5forlife.ca

Join us in Kinsmen Park for stories, rhymes, crafts and games for ages 0-5. This is a free weekly program held in July and August, and provided by 5 for Life, Trellis Commons and the Strathmore Municipal Library.

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Scout Canada
www.scouts.ca
StrathmoreScoutsAlberta@gmail.com
1-888-855-3336

1st Strathmore Scouts; open to both boys and girls.
Scouts meet on Monday's @ 6:30, Cubs meet on Tuesdays @ 6:15, Beavers meet on Tuesdays @ 6:30, and looking to open a Venturers company.
All meetings are held at the Civic Centre.

...



Strathmore Full Gospel Church
Bible School
www.strathmorefullgospel.com
403-934-2225

For anyone interested in sending your children, Kindergarten to Grade 6, to Vacation Bible School in the summer. Please call for more details.
50 Maplewood Drive, Strathmore

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Strathmore Municipal Library
www.strathmorelibrary.ca
403-934-5440

Provides educational/recreational opportunities for the children of all ages in the community. Offers a variety of programs, including summer programming.
85 Lakeside Blvd, Strathmore

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Churches and Religious Organizations

Bow River Alliance Church
www.bowriveralliance.com
403-991-6143
105 Main St, Carseland

...

Bethlehem Lutheran Church
403-823-7010
Dalum

...

Cluny Holy Trinity Parish
403-734-2028
Cluny

...

Dalemead Church
www.dalemeadchurch.com
403-901-7980
24 Argyle St, Dalemead

...

Gleichen Community Church
403-734-2140
204 Haskyne Ave, Gleichen

...

Harvest Healing Centre Church
403-880-3171
102 Canal Gardens, Strathmore

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**Hope Community
Covenant Church**
<https://hope-community.ca>
403-934-2424
245 Brent Blvd, Strathmore



Jehovah's Witnesses
403-902-2286
1 Bayside Place, Strathmore

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Lord of All Lutheran Church
www.lordofall.ca
403-934-2374
112 Lakeside Blvd, Strathmore

...



Nazareth Lutheran Church
403-644-3848
1020 – 1st St, Standard, AB

...

**Our Savior's Community
Lutheran Church**
Center St & 1st Ave, Hussar

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Rosebud Community Church
www.rosebud.ca/church.htm
403-677-2244
404 – 1st Ave, Rosebud

...



Sacred Heart Catholic Church
www.sacredhc.ca
403-934-2641
221 - 4th Ave, Strathmore

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St. Andrew's Anglican Parish
403-734-2562
219 – 4th Ave, Gleichen

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St. Rita's Catholic Church

403-533-3791

210 Railway Ave East, Rockyford

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Strathmore Alliance Church

www.strathmorealliance.com

403-934-3543

325 - 1st Ave, Strathmore

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Strathmore Full Gospel Church

www.strathmorefullgospel.com

sfgc@strathmorefullgospel.com

403-934-2225

50 Maplewood Drive,
Strathmore

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**Strathmore Seventh-Day
Adventist**

587-224-2494

sdastrathmorechurch@gmail.com

(sharing Lord of All Lutheran Premises)

112 Lakeside Blvd, Strathmore

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Strathmore United Church

www.smoreuc.com

403-934-3025

410 - 4th St, Strathmore

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**The Church of Jesus Christ
of Latter-Day Saints**

www.churchofjesuschrist.org

403-934-3612

60 Maplewood Drive,
Strathmore



**The Church of Jesus Christ
of Latter-Day Saints**

www.churchofjesuschrist.org

403-734-3547

150 - 9 Ave, Gleichen

...

**The Neighbourhood
Alliance Church**

www.theneighbourhoodalliance.com

587-999-8663

333 Boulder Creek Drive, Langdon

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**The Redeemed Christian
Church of God**

www.rccgstrathmore.com

403-714-2283

322A, 2nd Ave, Strathmore

...

Truth Baptist Church

www.standingfortruth.ca

403-703-2791

Meeting Place: Strathmore Civic Centre

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Educational Services

Brentwood Elementary École

www.brentwood-school.com

brentwood@ghsd75.ca

403-934-5013

Brentwood Elementary School provides Kindergarten to Grade 6 programming, and also has a French Immersion program beginning in Kindergarten and beyond.
95 Brentwood Drive W, Strathmore



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Bow Valley College

www.bowvalleycollege.ca

regional@bowvalleycollege.ca

403-476-2233

Creates a college environment where you can triumph. Get an excellent education for a great career on your terms. Bow Valley College is proud to be your post-secondary institution for the East region. We offer anytime and real time online classes with support from Education Assistants to assist with academic challenges. We also provide local advising sessions to help you reach your education and career goals!

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Carseland School

www.carselandschool.com

403-934-4161

Carseland School offers Kindergarten to Grade 6 programming
200 Langdon Ave, Carseland



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Christ the Redeemer Catholic School Division

www.redeemer.ab.ca

403-938-2659

Christ the Redeemer Catholic School Division (CTR Catholic) operates in eight communities throughout the province of Alberta providing authentic Catholic education to students in 17 traditional schools, four Outreach schools and a distance education school.

...

Fueling Brains Academy

www.fuelingbrains.ca

strathmore@fuelingbrains.com

403-983-2020

Formerly KidsU focuses on whole child development

140 Cambridge Glen Dr. Strathmore

...

George Freeman School

www.georgefreemanschool.ca

gfs.school@ghsd75.ca

403-361-2202

George Freeman School provides Kindergarten to Grade 9 programming.



...

Golden Hills School Division

www.ghsd75.ca

403-394-5121

No. 75 encompasses a large geographical area across rural mid-eastern Alberta.

...

Golden Hills Learning Academy

www.goldenhillslearningacademy.com

learning.academy@ghsd75.ca

403-934-5179

Golden Hills Learning Academy believes in a flexible and adaptive learning environment where every student can choose what, when, and how, they want to learn. Our staff supports and encourages individual student and family choice, allowing students the independence and motivation to continue with their education in an environment that suits them. This is a division of Golden Hills School Division.



...

**NorthStar Academy****nsaschool.ca****office@nsaschool.ca****1-866-335-9587 403-335-9587**

With four choices to help support Christian Education, NorthStar Academy is meeting the individual needs of its students. NorthStar Academy offers an online program, a traditional homeschooling program, a teacher-directed program, and a shared responsibility program. NorthStar Academy is a division of Golden Hills School Division.

...

Sacred Heart Academy**<https://sacredheart.redeemer.ab.ca>****403-901-1544**

Sacred Heart Academy is a K – 6 school with more than 400 students as well as the Little Flower Pre-Kindergarten Program.

709A - 2nd St, Strathmore



...

SAIL (Strathmore & Area Adult Inclusive Learning)**<https://www.strathmorelibrary.ca/SAIL/Strathmorearea-Adult-Inclusive-Learning>****learn@strathmorelibrary.ca****403-934-5440**

We provide accessible informal literacy learning opportunities so every adult can participate fully in society, at home, at work and in the community. Get help with: Digital skills (including learning how to use email, a web browser and other basic tasks). English language learning, reading and writing, math and CAEC (formerly GED). Work at your own speed with support from SAIL.

...

St. Paul's Academy - The Centre for Learning @Home**<http://albertahomeeducation.ca>****1-800-659-1945**

The Centre for Learning @HOME is a faith-based kindergarten to grade 12 school that has been serving Alberta families with their home education and online education needs since 1989. We offer a variety of program options from traditional homeschooling, teacher directed online learning and shared responsibility programs for grades 1 to 8.

...

Wheatland Elementary
<http://wheatland.ghsd75.ca>
403-934-3318

Offers a public Montessori program from Pre-Kindergarten to Grade 3, as well as regular Kindergarten to Grade 6 programming.

220 Brent Blvd, Strathmore

...



Westmount Elementary
www.westmoutelementary.com
westmount@ghsd75.ca
403-934-3041

Westmount Elementary offers grades Kindergarten to Grade 6.

220 Wheatland Trail, Strathmore

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Wheatland Crossing School
<http://wheatlandcrossing.ghsd75.ca>
wheatlandcrossing@ghsd75.ca
403-644-3791

Wheatland Crossing offers Kindergarten to Grade 12 programming

241079 Range Rd 222

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Trinity Christian Academy
www.trinitychristianacademy.ca
403-361-9631

Trinity Academy offers Pre-Kindergarten to Grade 9 programming

630 Westchester Road, Strathmore

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Emergency Services

**Ambulance, Fire, and Police
Emergencies**
911

...

Bullying Helpline
www.bullyingcanada.ca
www.alberta.ca/bullying-find-supports.aspx
1-877-352-4497

...

Child Abuse Reporting
403-297-2995
1-800-638-0715

...

Child and Family Services
Strathmore
403-934-1706

...

Crime Stoppers
<http://calgarycrimestoppers.org>
1-800-222-8477

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Distress Centre/Crisis Line
Calgary
help@distresscentre.com
www.distresscentre.com
For help please call the Crisis
Line - 24 hours
403-266-4357 (HELP)

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Family Violence Info Line
403-310-1818

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Hope For Wellness Line
1-855-242-3310

This help line gives free national
telephone crisis intervention and
support for First Nations and Inuit.

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Health Link (AHS)
811

...

Hospital
403-361-7000

Refer to Medical section

...

Kids Help Phone
1-800-668-6868
Text: 686868

...

Mental Health Help Line
1-877-303-2642

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Poison Centre Alberta
1-800-332-1414

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RCMP Gleichen/Victim Services
403-734-3923 (Non Emergency)
403-734-3056 (Office)

...

RCMP Strathmore
403-934-3535 (Non Emergency)
403-934-3968 (Office)

...

Sexual Abuse Crisis Line
1-866-403-8000 (text and chat
available online)
Alberta's one line for sexual violence

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**Southern Alberta Regional Victim
Serving Society**
www.sarvss.ca
Strathmore Office: 403-934-6552
Gleichen Office: 403-734-3056
strathmoreteam@sarvss.ca

Located in the RCMP Building. Provides
non-judgmental, emotional support, a
listening ear and practical assistance to
victims of crime or tragedy.
500 Westlake Road, Strathmore

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**Strathmore Public Health Unit –
Strathmore (AHS)**
403-361-7200

650 Westchester Road, Strathmore

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Suicide Crisis Hotline
Call 988 or Text 988

A safe space to talk, 24 hours a day,
every day of the year.

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Recovery Alberta
**Mental Health and Addiction
Services**
403-361-7277
1-866-332-2322 24 Hour Help Line
Refer to Health and Wellness

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True North Society (formerly
Wheatland Crisis Society)
truenorthab.com
24 hour Crisis Line
403-934-6634
1-877-934-6634

The True North Society is an organization
dedicated to supporting all individuals
impacted by domestic violence. True
North provides short-term emergency
shelter, community programming,
supportive counselling, referral, and
advocacy.

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Wheatland County Food Bank
www.wheatlandfoodbank.ca
info@wheatlandfoodbank.com
403-324-4335

...





Employment Services

Community Futures Wild Rose

www.wildrose.albertacf.com

wildroseinfo@albertacf.com

403-934-8888

Provides loans and consulting services to new and existing businesses.

101 – 331 3rd Ave, Strathmore

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Prospect - Rockyview and Wheatland Employment Services

www.prospectnow.ca

info@prospectnow.ca

403-983-9910

Rocky View and Wheatland Employment Services will help you with your employment and career goals, including helping you identify the steps needed to achieve your goals. Our services are at no charge and include assistance with resumes and cover letters, building your interview skills, and job search assistance.

Monday to Thursday 8:30 am - 4:00 pm

Unit 119, 320 - 2 St, Strathmore

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Financial Support

Emergency Financial Resources - available through Alberta Works
www.alberta.ca/emergency-financial-assistance.aspx
1-866-644-5135

Income Support Contact Centre
(available 24/7)

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Alberta Children's Health Benefits
ahb@gov.ab.ca
780-427-6848
1-877-469-5437 (toll free)

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Canada Child Benefit (CCB)

Apply, online though mail or call CRA
1-800-387-1193

You should apply for the Canada Child Benefit (CCB) as soon as any of the following situations happen:

- your child is born.
- a child starts to live with you or returns to live with you after a temporary period with someone else.
- you begin, end, or change a shared custody arrangement.
- you get custody of a child.
- you, or your spouse or common-law partner, start to meet the eligibility conditions under "Who Can Apply".

...

Canadian Tire Jumpstart
<https://jumpstart.canadiantire.ca>
1-844-YES-PLAY (937-7529)

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids participate in organized sport and recreation. Helps cover registration, equipment and/or transportation costs.

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Child Care Subsidy
<https://www.alberta.ca/child-care-subsidy.aspx>
780-644-9992

Subsidies are available to offset the cost of childcare for eligible lower-income families.

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County Coats
wfcss.org
Wheatland FCSS 403-934-5335

Wheatland County residents – program located at the Wheatland County Office Hwy #1, travel 8 km east of Strathmore at Range Road 243

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Family Support for Children with Disabilities

If you need assistance with your online application or are unable to apply online, call the Alberta Supports Contact Centre at 1-877-644-9992 or in Edmonton 780-644-9992. The FSCD program works with eligible families to provide support and services based on each child and family's needs.

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Income Support **www.alberta.ca/income-support.css.ascc@gov.ab.ca** **1-877-644-9992**

Hours: 7:30 am to 8 pm (open Monday to Friday, closed statutory holidays)
Supports for individuals and families to pay for basic expenses like food, clothing and shelter.

...

KidSport **www.kidsportcanada.ca/alberta/** KidSport provides assistance to families and local sport clubs to help pay registration fees and distribute the necessary equipment that allows low-income kids to get active and engaged in sports. Applications available online, or through your local sports association.

...

Money Mentors **info@moneymentors.ca** **1-888-294-0076**

Money Mentors is the only not-for-profit credit counselling agency deeply rooted in the Alberta landscape. Their mission is to educate Albertans in personal money management and the wise use of credit, and to provide alternatives for families and individuals facing financial crisis.

...

RESP: Plan Your Child's Education Savings **www.canada.ca/en/services/benefits/education/education-savings/resp.html** **1-800-622-6232**

Learn more about RESPs and saving for your child's future from the Government of Canada.

...

Strathmore Family Community Support Service (SFCSS) **403-934-9090**

The FCSS Community Access Card program ensures that individuals and families facing financial barriers can access Town of Strathmore recreation facilities at reduced rates. This initiative reflects our commitment to enhancing community where our residents have an opportunity to make healthy changes. To apply, visit the FCSS office in person – applications must be completed in person.

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Wild Rose Community Futures**www.wildrose.albertacf.com****403-934-8888**

The Community Futures Wild Rose office provides a wide range of small business services and business management tools for people wanting to start, expand, franchise or sell a business. They also run a number of specialized business programs, organize exciting business events and actively work with community and business leaders to foster rural economic growth.

101, 331 - 3rd Ave, Strathmore



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Wheatland County Family Community Support Service (WFCSS)**403-934-5335**

Wheatland County Municipality, in partnership with Wheatland Wind Project LP and East Strathmore Solar Project, have created the Community Fee Assistance Program to give low-income Wheatland County families and individuals an affordable option to participate in recreation, arts, libraries, culture programs and activities such as exercise or sports (drop-in or formal).

...

Wheatland County Community and Development Services**www.infinitewc.ca/services****403-361-2163**

Wheatland County Community and Development Services provides the full range of municipal services to get your business from concept to building it in Wheatland. If you are looking to expand, diversify and to get an understanding of the community assets and our quality of life we can assist in that as well.

#242006 RR #243 Strathmore



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Food**DeliverMore****www.delivermore.ca****support@delivermore.ca****587-760-2417**

Online ordering and delivery for select local restaurants, Rx delivery for Strathmore No Frills, and custom delivery. Hours of operation: 10 am – 10 pm daily

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Frozen Meal Program
Strathmore FCSS - 403-934-9090
Wheatland FCSS - 403-934-5335

This Frozen Meal Program, produced by Calgary Meals on Wheels, offers nutritious options that can be stored in your freezer for up to 3 months and used at your convenience.

- Available to anyone regardless of age, finances or status
- Call for order & delivery schedule
- Payment by: cash, cheque, debit or credit card

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Good Food Box
Strathmore FCSS - 403-934-9090
Wheatland FCSS - 403-934-5335

Provides residents an opportunity to purchase fresh produce at a very low cost. Participants pre-order & pay on or before the order date

- Strathmore FCSS: Payment by cash, cheque, credit card or e-transfer
Pick up 11am – 12 noon delivery day
- Wheatland FCSS: Payment by cash, cheque, or e-transfer
Pick up 2 - 4 pm delivery day

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Gourmet2Door
gourmet2door.com
order@gourmet2door.com
587-727-2506

Gourmet heat and eat meals prepared by a Red Seal Chef delivered to your door. 1 day a week.
102 Canal Gardens, Strathmore

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Heart to Home Meals
www.hearttohomemeals.ca
403-374-6816 or 1-844-431-2800

Over 200 delicious frozen meals, soups, and desserts, delivered to your home. We offer a wide range of items that are suitable for many dietary needs. Meals are delivered to Strathmore every 2 weeks on Tuesday and need to be ordered by noon the Friday prior.

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Harvest Healing Centre Church
www.harvesthealingcentre.com
403-880-3171

Bread Ministries Cobs Bread available for free distribution on Saturdays 10:30 am - noon
102 Canal Gardens, Strathmore

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Meals on Wheels Strathmore
403-324-0655

Hot meals delivered daily Monday – Friday (including holidays). Available to Strathmore residents only.

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Strathmore and District Christmas Hamper Society
www.christmashampersociety.com
403-934-2266

Screening process for eligibility. Application begins mid-November. Please check website for dates.

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Wheatland County Food Bank**www.wheatlandfoodbank.ca****403-324-4335**

Screening process for eligibility, two months minimum between hampers
Bread & Extras on Tuesday, Wednesday & Thursday from 9:00 am - 10:30 am. No
appointment needed.

...



Health and Wellness

211 Alberta**ab.211.ca****Call 2-1-1 Live Answer 24/7****Text INFO**

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. 211 is available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.

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Access Mental Health**www.albertahealthservices.ca/services/page11443.aspx****403-943-1500**

Mental Health Help Lines

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Addiction Help Line (Drug/Alcohol/Gambling)**www.albertahealthservices.ca/findhealth/service.aspx?id=1008399****1-866-332-2322**

The Addiction and Mental Health Help Line is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling. Available to all Albertans.

...



Addictions Support Groups

AA Meetings Strathmore

All meetings are mixed and open

- Monday: 8:00 pm

Hope Community Church

403-901-9666 or 403-901-4570

- Tuesday: 7:00 pm

Strathmore Full Gospel Church

403-901-6816

- Thursday: 7:00 pm

Strathmore Full Gospel Church

403-361-9396

- Sunday: 2:00 pm

Strathmore United Church

403-934-9570

AA Meetings Gleichen

Meetings are mixed and open

- Wednesday: 7:00 pm

Gleichen Community Church,

204 Haskayne Ave, Gleichen

Main doors, downstairs

AA Meetings Rockyford

Meetings are mixed and open

- Tuesday: 7:00 pm

Rockyford United Church,

110 Main Street, Rockyford

hosted by the 'One Day At A Time Group'

To find an AA meeting close to you, please visit: www.calgaryAA.org/meetings

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Al-Anon

24 Hour Help Line 403-266-5850

Are you concerned or affected by someone's drinking? Strathmore New Hope Al-Anon Family Group can help. Meetings every Thursday at 8:00 pm at Lord of All Lutheran Church. 112 Lakeside Blvd. (Entrance at back)

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Alberta Aids to Daily Living (AADL)

www.health.alberta.ca/services/aids-to-daily-living.html

310-0000 then 780-427-0731

Helps individuals (subsidize the cost) who have a chronic disability/illness or are terminally ill to receive authorized basic medical equipment and supplies. Includes hearing aids, medical and surgical supplies, rehabilitation or respiratory equipment.

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Calgary Rural Primary Care Network
403-901-0142

The Calgary Rural Primary Care Network emphasizes a team approach. With your family provider, we work to improve primary health care through disease and injury prevention, care of patients with chronic disease and medically complex problems, and overall promotion of good health habits. Our team of health specialists work with your family provider to offer group and one-on-one visits for: chronic disease management, nutritional counselling, medication reviews, blood pressure monitoring & management, tobacco cessation, chronic pain management, weight management, lifestyle management, child and adult counselling, foot care for chronic disease patients, health screening, discharge planning from hospital and an Internal Medicine & Geriatrician referral program.

The Primary Care Team consists of Registered Nurses, Licensed Practical Nurses, Registered Dietitians, Diabetes Educators, Peds Nurse Practitioner, Foot Care Nurses, Behavioral Health Clinicians, Community Development Coordinator, Clinic Panel Managers, and Administrative Assistants.

101, 320 - 2nd Ave, Strathmore

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Family and Community Support Services (FCSS)

FCSS is a partnership between the Government of Alberta, Municipalities and Métis Settlements that develops locally driven preventative social initiatives to enhance the well-being of individuals, families, and communities.

Strathmore FCSS Strathmore residents

[https:// strathmore.ca](https://strathmore.ca)

403-934-9090

116 - 3rd Ave, Strathmore

Wheatland FCSS Wheatland residents

[www. wfcss.org](http://www.wfcss.org)

403-934-5335

Located at the County Building off Highway #1 at Range Road 243



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FASD Support Group – Strathmore
faspamg@telus.net

Meets on the 3rd Tuesday of the month from 9:30 am - 12:30 pm.

Strathmore United Church 410 - 4th St, Strathmore

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Flourish Maternity
flourishmaternity.ca
info@jlmaternity.ca
403-901-5040 (Jess)
587-700-2014 (Lee)

At Flourish Maternity, we are dedicated to giving everyone access to the tools and education they deserve. It is our mission to make prenatal education and services accessible to everyone! We hope to achieve this by offering our services at affordable rates, in many rural communities and online, and tailoring to specific circumstances (caesarean births, surrogacy, adoption, single parenting).

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FSM Physiotherapy Functional Strength & Mobility
www.fsmphysio.ca
samuel@fsmphysio.ca
403-901-0664

240 - 3rd Ave, Strathmore

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God's Closet
www.godscloset.com
Strathmore@godscloset.com
403-677-2558

God's Closet is a non-profit organization that offers FREE CHILDREN'S CLOTHES to parents of young children. There is a \$1 entrance fee; then you get to shop for free. The shopping event is held about every 3 months. You can also donate your children's gently used clothes.

...



Growing Families Society
www.growingfamiliesociety.ca
403-361-7216

Mission: To promote, support and advocate for healthy lifestyles within our communities to enhance the unity of family structure.

Programs and/or Partnerships: Bridging the Gap, Growing Opportunities, 5 for Life Early Childhood, Post Partum Support Group.

650 Westchester Road, Strathmore

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Growing Opportunities
www.growingfamiliesociety.ca
403-901-7684 (call or text)

Growing Opportunities supports at risk pregnant women in creating healthy lifestyles for themselves and their babies by providing free and confidential counseling, education, supplements, resources and connecting them to community services. A home visitation service is delivered by program staff, which includes a Registered Nurse and Life Skills Coach. Postnatal, a client who is breastfeeding is eligible to receive support until the babe is 9 months old. Providing supports for the past 28 years to Strathmore, Wheatland County, and the Drumheller areas. A program of Growing Families Society.

650 Westchester Road, Strathmore

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Health First 365 Wellness
www.healthfirst365.com
587-365-1100

244 - 3rd Ave, Strathmore

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Health Link (Alberta Health Services)

811

Provides telephone advice and health information. Available 24 hours a day, seven days a week. Also provides information on finding a family doctor.

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Mainsprings mainsprings.com

403-269-3110 call or text

Facing an unplanned pregnancy can be confusing and overwhelming, even when you have a strong network of support around you. It gets even harder when you are alone. Our peer counselors are here to listen. We are available to discuss all your options — adoption, parenting, and abortion — in a caring, respectful environment. All our services are free and confidential. Call us to make an appointment. Walk-ins welcome.

304 - 3rd Ave, Strathmore

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NorthernStar Mothers Milk Bank www.northernstarmilkbank.ca 403-475-6455

NorthernStar Mothers Milk Bank is Canada's only community-based milk bank. Operating as a charitable organization, NorthernStar screens breastfeeding mothers, accepting donations of excess milk from approved donors to be pasteurized in their laboratory. Milk is then dispensed to sick babies in hospitals and at home. We believe that human milk is the best option for any baby and that all babies have the right to life-saving nutrients of pasteurized donor human milk.

106, 6712 Fisher St SE, Calgary

Postpartum Support Group 403-361-7277

The aim of the group is to help support postpartum mothers through all the emotions of a new baby in a safe and constructive atmosphere by teaching coping skills. The group meets one morning per week, for a nine week session. Childcare is provided and the program is free. Postpartum support group is held three times a year in Strathmore.

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Recovery Alberta Mental Health and Addiction Services RecoveryAlberta.ca 403-361-7277 Strathmore Office 403-934-1500 Intake Line

- Therapy related to abuse/violence, addiction, complex grief, complex stress, anxiety and/or depression, suicidal thoughts, self-harm, persistent or severe mental illness, to individuals of all ages and their families.
 - Assessment, treatment and follow-up are provided.
 - Provides group therapy depending on need and availability.
 - Geriatric services – provide client and caregivers with follow-up services for age related cognitive issues.
 - Psychiatry is made available as necessary. For psychiatry only services, please speak with a family physician.
- 203 – 3rd Ave, Unit 1202, 2nd Floor Hilton Plaza

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Rebloom

rebloomstrathmore.com
info@rebloomstrathmore.com
403-983-3325

Rebloom has many different services to offer to meet your health needs. They range from counseling to art therapy, yoga as well as homeopathy. There is also group therapy sessions offered. The Rebloom team is sure to be able to meet your health needs.

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Refreshing Insight

www.refreshinginsight.ca
403-837-8600

Supporting individuals, couples, and families to reach their goals of healing and growth with over 15 years of professional counselling experience.

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Root to Crown

rtcstrathmore@gmail.com
403-324-7742

A community hub where people can come to learn, grow, heal and connect, with diverse offerings and practitioners. Offering crystal healing, energy healing, hypnotherapy, mediumship, reiki, sound healing, therapy and yoga.
235 - 3rd Ave, Strathmore

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Siksika Health Services

www.siksikahealth.com
403-734-5600

Offering dental, home care, pharmacy, eye care, community wellness – mental health, doctor’s office, lab, ultrasound, transportation, NNADAP – National Native Alcohol & Drug Abuse Program.

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Strathmore Diabetes Clinic

403-361-7210

The Strathmore Diabetes Clinic is a free service, covered by Alberta Health Care. We have a Registered Nurse and a Dietitian that are both trained as Certified Diabetes Educators. You can be referred by your doctor or just call to book an appointment. We welcome those with a new diagnosis and folks that have had Diabetes for a long time. You can see the RN for your yearly foot exam. We offer classes and 1:1 appointments.

200 Brent Blvd, Strathmore

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Strathmore Farmer’s Market

www.strathmorefarmersmarket.ca
Runs June to September at the Kinsmen Park pavilion.



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Strathmore Physiotherapy Clinic

www.strathmorephysio.ca
403-934-2913

231 - 2nd Ave (Lower Level Valley Medical Clinic), Strathmore

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Strathmore Public Health Unit
403-361-7200

Offering services to the general public, including: vaccinations, maternal-child support, lactation consultations, nutrition services, public health inspection, and has self-referring services for preschool aged children available, such as, speech and language therapy, occupation therapy, pediatric wellness navigator and physiotherapy.

650 Westchester Road, Strathmore

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Strathmore Hospital
403-361-7000

Refer to medical section

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Travel Immunization
www.travelhealthclinics.ca

Travel vaccines are recommended and often required for travel to most countries outside of Canada and the United States. It is important to protect yourself from infectious travel disease such as Yellow Fever, Typhoid, Malaria and Polio. There may be a fee for services.

For a complete schedule on child vaccinations and vaccination information, please visit <http://immunizealberta.ca>

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Wheatland County Counselling
www.

wheatlandcountycounselling.com
403-901-3761

Wheatland County Counselling is a full-service psychology practice with locations in both Strathmore and Drumheller. A team of therapists and admin provide a full range of services, including individual, family and couples counselling, as well as specialized services for children. In addition, Wheatland County Counselling offers services through several third-party contracts including subsidized counselling, counselling for children involved in the child welfare system, employee and family assistance programs and third-party disability providers. Sliding scale fees are available and direct billing for residents of Strathmore, Wheatland County, Drumheller, Starland County and the villages within.

101, 95 Brent Blvd, Strathmore

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Pharmacies

Loblaw Pharmacy**403-934-6510**100 – 900 Pine Road, Strathmore
(Located inside No Frills)

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Medicine Shop**#416 Gleichen**

www.medicineshop.ca

403-734-2766

216 – 5th Ave, Gleichen

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The Medicine Shoppe Pharmacy**403-734-5658**

¼ TWP 6 RR2, Siksika

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Mint Health + Drugs**Crystal Ridge**

www.mintdrugs.com

403-901-2244

crystalridge@mintdrugs.com

55 Wheatland Trail, Strathmore

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Pharmasave Carseland**403-902-1774**

104 Main St, Carseland

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Sandstone Pharmacy Langdon

www.sandstonepharmacies.com

403-936-5006

201 – 97 Centre St SW, Langdon

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Shoppers Drug Mart**403-901-2451**

117 – 100 Ranch Market, Strathmore

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Strathmore CO-OP Pharmacy

www.calgarycoop.com

403-934-6632100 Edgefield Gate,
Strathmore

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**Strathmore Remedy's Rx
Pharmacy**

www.remedys.ca

403-902-0402

strathmoreRx@gmail.com

320 – 2nd St, Strathmore

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**Strathmore Value
Drug Mart**

www.valuedrugmart.com

403-934-3122

strathmore@valuedrugmart.com

132 – 2nd Ave, Strathmore

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Valley Medical Pharmacy**403-983-8450**

231 – 2nd Ave, Strathmore

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Walmart Pharmacy**403-934-3338**

200 Ranch Market, Strathmore

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Housing

Avenue Living - Sagecourt**www.avenueliving.ca****587-848-3163**

Offers affordable townhouse-style family complex featuring 1 and 2 bedroom rentals for low-to-moderate income families and individuals seeking safe and comfortable housing in Strathmore.

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**Emerald Management
& Realty Ltd.****www.emeraldmanagement.com****403-237-8600**

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Free RentSmart Alberta Course**<https://calgarypublic-rentsmart.talentlms.com/>****chcrentsmart@calgary.ca****403-988-6787**

RentSmart is a course designed to help tenants know and understand their rights and responsibilities when renting a home. It is a housing readiness model that gives participants the skills and knowledge to be great tenants and positively impact housing stability. Calgary Housing Company offers the RentSmart course to applicants and tenants free of charge.

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Landlord Tenant Information**www.alberta.ca/information-for-landlords-and-tenants****1-877-427-4088**

Provides information on the rights and responsibilities of all tenants, landlords, and agents involved in renting residential premises in Alberta under the Residential Tenancies Act (RTA) and regulations in Alberta.

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Rentfaster**www.rentfaster.ca/ab/strathmore/rentals**

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Step One Furniture**403-934-2424**

Free gently used furniture is available to Strathmore and Wheatland County residents through Hope Community Covenant Church.

...

Step One Housing Society**www.wfcss.org****info@wfcss.org****403-934-5335**

Provides transitional shared living accommodation/funding for persons with mental illness and at risk of being homeless. Offered to Strathmore and Wheatland County residents by referral only.

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Strathmore Overnight Shelter
www.strathmoreovernightshelter.ca
403-880-3171

We will provide a variety of services, including: men's and women's dorms, a hot meal, showers, laundry facilities, change of clothing, crisis counselling, and referrals for services.

102 Canal Gardens, Strathmore

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Strathmore Rental Properties Group
www.facebook.com/groups/472069439496412

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Wheatland Housing Management Body
www.wheatlandhousing.ca
403-934-3937

Wheatland Housing offers a variety of subsidy programs that provide subsidized rent for low income families, senior citizens, or individuals who cannot afford rents in the private sector accommodation. Subsidy is available only under an approval process prescribed by the Alberta Government and administered through management bodies (in this case by Wheatland Housing).

95 Wheatland Trail, Strathmore (Sunset Haven)

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Legal

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

Volunteer lawyers provide complimentary legal advice for individuals with low income.

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Law Society of Alberta
www.lawsociety.ab.ca
1-800-661-9003
403-229-4700

The lawyer Directory allows people to search for information on a specific lawyer or find a lawyer who can help you with your legal issue based on certain search criteria. Members of the public can find a lawyer to assist with their legal needs by searching by name, firm, location, practice areas, language(s) spoken, gender, and whether a lawyer offers limited scope retainers.

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Legal Aid Alberta
www.legalaid.ab.ca
1-866-845-3425

Based on clients' legal issues and financial eligibility, people are eligible to receive services such as referrals, information and legal advice. Services are provided on the phone or in person.

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Office of the Public Guardian
www.alberta.ca/office-public-guardian-trustee.aspx
403-297-3364

The Office of the Public Guardian provides decision making mechanisms for individuals who are unable to make non-financial or personal decisions for themselves.

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Office of the Public Trustee
www.alberta.ca/office-public-guardian-trustee.aspx
403-297-6541

The primary function of the Public Trustee is to act as a trustee for a deceased person's estate, and for clients with mental disabilities. They also assist minors who inherit from a deceased relative and/or are awarded a victim of crimes settlement.

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Residential Tenancy Dispute Service
www.alberta.ca/residential-tenancy-dispute-resolution-service

Landlords and tenants involved in a dispute can apply to this service to help resolve their dispute.

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Service Alberta Consumer Contact Centre
www.alberta.ca/service-alberta.aspx
1-877-427-4088

A government program in Alberta that investigates consumer complaints, enforces consumer protection legislation and residential tenancies.

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Local Law Offices

**Getz, Collins & Associates
Law Office**

www.getzcollins.com

403-934-2500

225A Wheatland Trail,
Strathmore

...

**Heming & Associates
Barristers and Solicitors**

heminglaw.ca

info@heminglaw.ca

403-934-5922

225D Wheatland Trail,
Strathmore

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Lynn Woods Law Office

403-934-6333

101, 318 - 3rd Ave,
Strathmore

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Jarvis Law Office

403-934-5000

110, 304 - 3rd Ave,
Strathmore

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Visit your local library for a wide selection of books, movies, audiobooks, and magazines. Library cards are free for all residents and are a great way to get your child off to a great start. Browse the full catalogue at www.tracpac.ab.ca. Your card also gives you access to digital resources, including eBooks, audiobooks, magazines, and streaming options for children and adults. Your Library also provides access to public computers and free wi-fi. Visit your Library's website or social media to discover current programs and services available near you.

Libraries

Carseland Municipal Library
www.carselandlibrary.ca
403-836-8090

330 Railway Ave W, Carseland

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Rockyford Municipal Library
www.rockyfordlibrary.ca
403-533-3964

Rockyford Community Centre

412 Serviceberry Trail,

Rockyford

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Gleichen & District Library
www.gleichenlibrary.ca
403-734-2390

404 Main St, Gleichen

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Standard Municipal Library
www.standardlibrary.ca
403-644-3995

822 The Broadway St,

Standard

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Hussar Municipal Library
www.hussarlibrary.ca
1-855-934-5334

Hussar Municipal Library Board invests in Remote Lockers to provide alternative means of library service for the Village. Lockers have been installed in the Chinook Financial Building.

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Strathmore Municipal Library
www.strathmorelibrary.ca
403-934-5440

85 Lakeside Blvd, Strathmore

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Media

Drumheller Mail

www.drumhellermail.com

403-823-2580

Weekly newspaper; available at retail businesses.

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The Newsy Neighbour Magazine

www.thenewsyneighbour.com

403-478-9114

Monthly online publication.

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Strathmore Now 104.5 More Country

strathmorenow.com

403-902-1111 Studio

403-902-1212 Reception

265 Edgefield Place, Strathmore

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Strathmore Times

www.strathmoretimes.com

403-934-5589

Free weekly newspaper with mail delivery or available at retail businesses throughout Strathmore and the Wheatland County.

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Medical

CHIROPRACTOR

**Back to Health Chiropractic
& Wellness Clinic**
www.backtohealthstrathmore.com
403-901-0664
240 – 3rd Ave, Strathmore

...

**Centerpoint Chiropractic &
Natural Health**
403-901-6088
Suite 102, 304 - 3rd Ave, Strathmore

...

Langdon Chiropractic
403-936-2450
Unit #117 355 Centre St, Langdon

...

Optimum Wellness Centres
403-934-5633
9, 55 Wheatland Trail, Strathmore

...

DENTAL

Crystal Ridge Dental Care
403-934-9681
11, 55 Wheatland Trail, Strathmore

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Family Dental Clinic
403-983-2001
410 Lakeside Blvd, Strathmore

...

Ranch Dental Centre
403-934-5292
105 Ranch Market, Strathmore

...

Siksika Dental
403-734-3488

...

**Strathmore
Dental Centre**
403-934-5620
115 - 2nd Ave, Strathmore

...

Strathmore Smiles Dental
403-962-0080
293 Edgefield Place, Strathmore

...

Valley Dental Clinic
403-934-2882
231 - 2nd Ave, Strathmore

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DIAGNOSTIC IMAGING

Frontier Diagnostics**www.fds.health****admin@fds.health****403-983-9998**

231 - 2nd Ave, Strathmore

DOCTORS

Crystal Ridge Medical**403-934-5911**

3, 55 Wheatland Trail, Strathmore

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Strathmore**Medical Clinic****403-361-2422**

320 - 2nd St, Strathmore

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Gleichen**Medical Clinic****403-734-3434**

216 - 5th Ave, Gleichen

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Valley Medical Clinic**403-934-4444**

231 - 2nd Ave, Strathmore

...

Langdon Medical Clinic**403-936-5990**

106 - 355 Centre St NW, Langdon

...

Dr. Maria Muller

(Private Practice)

403-934-9210

28 Hillcrest Blvd, Strathmore

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HOSPITAL

Strathmore District Health Services (AHS)

200 Brent Blvd, Strathmore

Has acute care beds and long-term care beds. Services include acute care, rehabilitation, respite, palliative care, home care, diagnostic imaging, laboratory, ultrasound, cardiology, physical therapy, respiratory and social worker.

Switchboard 403-361-7000**General Radiography 403-361-7126 (X-Ray)****Respiratory Therapy 403-361-7155**LAB SERVICES

Alberta Precision Labs

albertaprecisionlabs.ca

403-814-0709

299 Edgefield Place, Strathmore

OPTOMETRISTS

FYidocors**Strathmore****403-934-5034**321 - 3rd St,
Strathmore

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Gleichen Optical**403-734-3434**216 - 5th Ave,
Gleichen

...

Jaffery Optical**587-333-2546**219 A - 3rd Ave,
Strathmore

...

Ranch Market Eyecare**403-934-4159**1051, 1 - 100
Ranch Market,
Strathmore

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Parental Support

Dad Central – A Site For Dads, By Dads **dadcentral.ca**

This is a guy's site – developed by fathers for fathers. We've been in your shoes. We all remember what it was like to be a new dad – overwhelming, confusing, intimidating, tiring, but also amazing and just really cool. We want to help you get to the cool part by answering your basic questions about babies, new moms and new dads.

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Accredited Supports to the Community **http://asc-mva.ab.ca** **403-901-1951**

Accredited Supports to the Community offers a variety of family support programs for families with children that have disabilities. The Family Support program is offered from birth to eighteen years of age.

216 - 4th Ave, Strathmore

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Ages and Stages Questionnaire (ASQ)

www.agesandstages.com
403-983-0076

Are you interested in how your child is developing? ASQ is a developmental screening and monitoring tool for children 1 month to 5.5 years. It can provide a quick check of your child's strengths and areas of concern. To obtain a questionnaire, and if you require assistance to fill one out, contact Trellis Family Resource Network.

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Families Matter **www.familiesmatter.ca** **403-205-5178**

Families Matter is all about healthy and resilient thriving families. ALL families. We promote optimal child development by empowering families to be resilient and to foster positive family relationships.

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Healthy Families **1-866-556-4122** **http://asc-mva.ab.ca**

A program provided by Accredited Supports to the Community to meet your family's needs during the critical years of your child's early childhood. For families with children 0-6. Visits for up to an hour a week provide information and support that will make a difference to you and your child.

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Preschool Talk Time

This program is offered through the Chestermere-Strathmore Family Resource Network Hub and Alberta Health Services. Drop-in time to play! A pre-school Speech Pathologist and/or an Occupational Therapist will be on site during this program to answer questions you may have about your child's speech, physical, and sensory development. Meets on the fourth Tuesday of each month from 10 - 11:30 am.

419B 2nd St, Strathmore

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Talk Box

<https://open.alberta.ca/publications/talk-box-a-parent-s-guide-to-creating-language-rich-environments-preschool#summary>

The Talk Box shares ideas and activities for creating language-rich environments. It has everyday tips, information about what to expect in speech and language development, when to get help, and where to get help. Go to Family and Support Service on our website, or look for the box at your local library.

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**Trellis Commons – Chestermere/Strathmore & Area
Family Resource Network Hub**

www.growwithtrellis.ca/families/resources

strathmoreFRN@growwithtrellis.ca

403.983.0076

Trellis' Family Resource Network provides a wide spectrum of prevention to intensive services for families with children aged 0-18, at no cost. Programming and services support child safety, well-being and development, parent education and support, while incorporating Indigenous and culturally appropriate services throughout. Early childhood development programs for families with children ages 0-6 focus on: early learning and play; activities to build developmental skills; social and emotional development support to build positive relationships and self-regulation skills; and activities that promote positive connection between children, youth, families and communities. Positive experiences in early years can create the foundation for strong and healthy children and youth. We recognize that children and youth are the future, and we are committed to helping young people have a healthy start in life so that they can thrive in adulthood.

419B 2nd St, Strathmore

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Playgroups

Alliance Church Strathmore

Tuesdays 9:30 am - 11:00 am

325 - 1st Ave, Strathmore

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Parent & Tot Playgroup

403-934-3025

Mondays 9:30 - 11:00 am

Strathmore United Church Basement

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Mom & Tots Bow Valley Alliance Church

403-934-9337

This Carseland Mom & Tot group welcomes all moms and pre-kindergarten children. Come, hang out, and enjoy good conversation, coffee, and munchies. Meets every Tuesday from 9:00 am – 11:00 am at Bow Valley Alliance Church.

Mainstreet, Carseland, AB

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Pre-Kindergarten and Child Care

Brentwood's Learn and Play

Brentwoodslearnandplay.ca

Brentwoodlearnandplay@gmail.com

587-727-0702

Playschool and Out of School Care

Brentwood's Learn & Play believes that every child matters. When given the opportunity to explore, discover & play they will excel. Our rooms are set up for students to grow through play & exploration. Staff are there to guide & celebrate their growth, exploration & discovery in a positive & encouraging way. Yet introduce new areas of interest. We want the kids to love learning so strive to provide an engaging, changing & devolving program that meets the kids needs. We currently operate an Out of School care for kids enrolled in kindergarten to grade 6 at École Brentwood Elementary. As well we offer Playschool 2 half days a week or 4 half days a week.

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Calgary & Region Family Day Home Agency Inc.
www.calgaryfamilydayhomes.com
dayhomes@calgaryfamilydayhomes.com
403-217-5394

Calgary & Region Family Dayhome Agency Inc. is an accredited family-based child care agency which has been providing approved and monitored child care services to children and families throughout the city of Calgary for over 35 years. Our services also extend to the communities of Airdrie, DeWinton, Langdon, Strathmore and Turner Valley.

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Carseland Busy Bee Preschool Association
www.carspreschoolbacare.weebly.com
carselandbusybee@gmail.com

A registered government subsidized parent operated program for 3-5 year olds offered twice weekly in Carseland School. Multi programmed, children learn through play, crafts and recreation guided by a Level 3 licensed teacher.

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C.O.R.E Child Care
403-983-9430

Creating Opportunities to Reach Excellence a division of NEXT Kids Inc.
12 months - 5 years, Full day care, Kindergarten Readiness
204 2nd Ave, Strathmore

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Country Kids Child Care
countrykidsccs@hotmail.com
403-644-2205

Country Kids Child Care is a licensed day care, school aged care, and preschool program located in Standard, Alberta.
818 The Broadway, Standard

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Fueling Brains Academy
www.fuelingbrains.ca
403-983-2020

Formerly KidsU, focuses on whole child development
140 Cambridge Glen Dr, Strathmore

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Hussar Playschool
hussarplayschool@gmail.com
403-787-2707

Located in the basement of the Hussar Community Hall.

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Kids Connection Daycare
kidsconnectionstrathmore@gmail.com
587-222-5611

At Kids Connection Daycare we know that it takes a village to raise a child. That is why at all of our locations we try to make it as seamless as possible for our parents, to be stress free. We provide 2 snacks per day, drinks (water/milk), diapers, wipes, sunscreen, bug spray, etc.

710 - 2nd St. Strathmore

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Little Flower Pre-Kindergarten
<https://sacredheart.redeemer.ab.ca/little-flower>
admin@littleflower.redeemer.ab.ca
403-901-1544 ext 7

An exciting world of learning through a play-based, child-oriented program in an enriched, catholic learning environment.

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Montessori Pre-Kindergarten Program
<http://wheatland.ghsd75.ca>
403-934-3318

A multi-aged, multi-graded diverse grouping of students (Pre-Kindergarten for ages 3 & 4, Kindergarten and grades 1, 2 and 3). Held at Wheatland Elementary School.

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NEXT Kids C.O.R.E.
www.nextkidsinc.com
strathmorenext@gmail.com
403-983-9433

Creating Opportunities to Reach Excellence. Before and after school care and summer in Strathmore for Kindergarten – Grade 6. Drop in child care available.
19, 204 Strathaven Drive, Strathmore

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Rockyford Playschool
rockyfordplayschool@outlook.com
403-677-2633

Offers a program designed for 3 and 4 year old children to develop social, cognitive, motor and personal skills through play, art, guidance and group activities.

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School-Linked Before & After Care
school-linked-strathmore.com
403-324-9807

School-linked is a Before & After School care program catering to Westmount & Trinity students in Strathmore Alberta. We focus on quality childcare with a mission of learning through play and creating a positive, supportive, and welcoming environment for all. We offer a consistent routine with child focused learning being the priority. We believe in quality connections for each and every family that chooses to attend our program. We believe in being linked together. From the school, to our program, to our families.

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Standard Playschool
StandardPlayschool@hotmail.com

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Strathmore and Area DayCare and Babysitting Facebook Group



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Strathmore & District Playschool
www.strathmoreplayschool.ca
info@strathmoreplayschool.ca
403-901-1700

Strathmore & District Playschool offers programming for children 3 and 4 years old, 2 mornings or 2 afternoons a week from September to May. Our program is play based with lots of learning opportunities. Classes consist of free play, circle time, snack time, craft time and gross motor activities. Classes are set up to benefit your child socially, physically, intellectually, creatively and emotionally.

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Tiny Stars Day Home
bakernadia81@hotmail.com
403-618-3687

Nadia Naeem - Private Dayhome located in Hillview. Hours of Operation 6:30 am - 6:00 pm.

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Trecia's Day Home
trecia@cyberjunction.ca
403-630-6811

Trecia Mueller- Private Dayhome located in Hillview. Hours of Operation 6:45 am - 5:45 pm.

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Trinity Christian Academy Pre-Kindergarten
www.trinitychristianacademy.ca
403-361-9631

Pre-Kindergarten at Trinity Christian Academy is a fun hands-on Academic Program. As a Christian School, we also read through Bible stories, sing Christian songs, and pray. Children are surrounded by caring staff who create a positive atmosphere which invites questions from students about God & Faith.

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Toddle Inn Day Care
www.toddleinndaycare.com
toddlein@telus.net
403-934-5139

Toddle Inn Day Care Society is a licensed and accredited charitable day care organization that has been in Strathmore for over 25 years, and offers programming for children of all ages.

309 - 2nd Ave, Strathmore

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Sports and Recreation

For financial assistance for sports fees, please see the Financial Support section of this book.

All Canadian Karate Union – Strathmore

www.acku.org

403-232-0228

There are special classes for children aged 4 - 6 year olds. Train together as a family. Local and international tournament competition is available.

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Dance For Fun

403-901-5542

danceforfun@gmail.com

Ages 3-teen

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Expressions the Dance Gallery

www.expressionthedancegallery.com

403-934-3536

Offers dance classes in; Tap, Jazz, Ballet, Lyrical, Acrobatics, Musical Theatre, Contemporary, Modern, Pointe, Hip Hop, Aerial Dance and more. Classes are available for students of all ages, including adult classes!

245 Canal Ave, Strathmore



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Gleichen & District Pond Hockey

www.gleichenpondhockey.ca

gleichenph@gmail.com

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Gleichen Figure Skating Club

gleichenskateclub@gmail.com

403-734-3059

Can Skate program is available for children 4 years old and up.

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Hussar Fine Arts Society
403-901-5247

The dance classes offered are: Jazz, Tap, Ballet, Hip-Hop, Musical Theatre, Irish soft and hard shoe, and Highland. The music classes offered are: Guitar (electric and acoustic), Ukulele, Bass, Drums, Piano Voice and various big band brass instruments. Drama classes are offered and will focus on Monologue, and improve techniques, also available is scene study and audition work. Classes available in Hussar and Standard.

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Hussar Hockey & Ringette
www.hussararena.ca

Offers programs for children under 7 years of age.

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Lasting Strides Equine Assisted Learning
www.lastingstridesequine.com
info@lastingstridesequine.com

EAPD (Equine Assisted Personal Development) sessions (age 6+) are one-on-one sessions where we use the horses to assist the participant gain a better understanding of their emotions and reactions.

255219 Range Road 281 Rocky View County No. 44



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Provincial Martial Arts
pmastrathmore@gmail.com
Trinity School 403-870-9853

Sessions at Trinity School. Family classes Tuesday and Thursdays at 6:00 pm. Ages 5-10 yrs.

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Rockyford Curling Club
403-533-3883

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Rockyford Minor Ringette & Hockey
www.rmhra.com

Rockyford Minor Hockey & Ringette Association offers opportunities for children of all abilities and ages a chance to play hockey and ringette in a safe & fun environment. Please visit their website for more information.

Rodeo Society / Horse Club

403-934-0300

Standard

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Standard Arena

www.standardarena.ca

standardagsociety@gmail.com

902 Broadway, Standard

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Standard Baseball

403-934-0969

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Standard Figure Skating Club

403-901-9551

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Standard Hockey

403-934-0969 Perry Ellis

Minor Hockey - Tyke to Midget

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Strathmore Aquatic Centre

<https://rec.strathmore.ca>

Aquatic@Strathmore.ca

403-934-3325

The Aquatic Centre offers residents, their families and friends a healthy environment for aquatic recreation, fitness and fun. Swimming classes, led by qualified instructors, are offered all year.

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Strathmore Baseball

www.strathmorebaseball.ca

smba@hotmail.ca

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Strathmore Disc Golf Course
www.strathmorediscgolf.com
strathmorediscgolf@gmail.com
403-934-3133

Disc Golf is very similar to golf, except the players throw a disc instead of hitting a ball and best of all – no green fees! The goal is simple, throw the disc from each tee location into the wire basket located down the fairway in the least number of throws. Holes are indicated by posted tee signs and markings on pathways. Visit the website to find the map.

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Strathmore & District Curling Club
www.strathmorecurling.ca
403-934-4514

180 Brent Blvd, Strathmore

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Strathmore Family Centre (Arena)
<https://rec.strathmore.ca>
403-934-4772, 1

The destination for ice sports in the winter including hockey, ringette, and figure skating. Public skating and family skating sessions are offered. Please check the website for details

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Strathmore Golf Club
www.strathmoregolfclub.com
403-934-2299 Ext 1

The starters program introduces children age 5 to 7 the basics of golf, in a safe & fun environment. Over the course of four weeks, students will learn the key fundamentals required to play the game, along with proper etiquette, safety and basic rules of golf. The golf course also provides private lessons.

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Strathmore Gymnastics Centre
www.strathmoregymnastics.com
403-934-3450

Strathmore Gymnastics offers a variety of programs for children of all ages.
70 Slater Road, Bay i, Strathmore

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Strathmore Lacrosse Club
www.strathmorelacrosse.com
Info@strathmorelacrosse.com

Mini-Tyke is for players aged 4, 5, and 6 years old on December 31 of the current year. The purpose of Mini-Tyke is to introduce, emphasize, and develop the fundamental skills of Lacrosse.

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Strathmore Minor Hockey Association
www.smhockey.com

Offers programs for ages 3 and up



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Strathmore Minor Ringette Association
www.strathmoreringette.com

Offers programs for ages 3 and up. Teaches the fundamentals of skating and the rules of ringette.

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Strathmore Minor Soccer Association
info@strathmoresoccer.ca
strathmoresoccer.ca
403-324-SPUR (7787)

Indoor and outdoor soccer programs for all ages starting at 3 years old.

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Strathmore Motor Products Sports Center
403-361-2121

1150 Edgeview Road, Strathmore

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Strathmore Polominos Water Polo Club
www.strathmorepolominos.com
strathmorewaterpoloclub@gmail.com

Offers a ponies program for children ages 6-10.
130 Brent Blvd, Strathmore

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Strathmore Parks and Recreation
www.rec.strathmore.ca

The website lists facilities, activities and parks located in Strathmore.

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Strathmore Run Club

runstrathmore@outlook.com

Leaving from Starbucks every Sunday 9:00 am sharp! Come join us for a run, and stick around for coffee and socialization afterwards! No matter what your skill level, beginner or elite, you're sure to find someone to run with.

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Strathmore Skate Club

<https://strathmore.skatingclub.com>

strathmoreskatingclub@gmail.com

The Can Skate program is for beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

Strathmore Family Centre, 160 Brent Blvd, Strathmore

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Strathmore Silver Sharks

www.teamunify.com/Home.jsp?_tabid_ =0&team=cansss

information.sssc@gmail.com

Offers a minnow program for anyone ages 5-9 who passes the lifeguards test to get into the deep end.

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Strathmore United Church

Parent and Tot playgroup, Mondays 9:30-11:00 am.

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Tanya's Dance Worx

www.tanyadanceworx.ca

tanya@tanyadanceworx.ca

403-607-1711

Tanya's Dance Worx provides fun, affordable and motivating dance classes in a safe and enriching environment. With over 30+ years of experience and operating since September 2004, they strive to bring out the best in each and every dancer, no matter how experienced. They offer classes for ages 3 and up in Creative Dance, Mix 'n Match, Ballet, Pointe, Stretch and Technique, Jazz, Lyrical, Tap & Hip Hop. Tanya's Dance Worx also specializes in Competitive and Non-Competitive seasonal dance instruction. Langdon

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The Humblehorse Ranch

www.humblehorse.com

403-934-3738

Our Learn to Ride program is designed to give our children an opportunity to learn the basics of horse safety and riding, while participating in fun-filled activities.

2100 Range Road 254, Strathmore

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The Piano Studio of Melissa Wiley

www.melissawileypianostudio.com

melissa.wiley26@gmail.com

403-901-7546

Specializing in beginner and intermediate piano instruction.

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Tri-Smore Family Triathlon

<https://platinumracing.ca>

403-480-1218

Categories for all ages including the 2 Bite Smore category for children 8 years and under. It can be a family affair.

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Tyrell Riding Academy

Jessicatyrell@hotmail.com

403-680-3319

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Taxes

PROPERTY TAXES

Town of Strathmore
[https://strathmore.ca/en/residents/
seniors-tax-rebate-program.aspx](https://strathmore.ca/en/residents/seniors-tax-rebate-program.aspx)
tax@strathmore.ca
403-934-3133

Wheatland County
wheatlandcounty.ca/taxes/
Property Taxes:
403-934-3321
**Personal Tax Services: 403-934-
5335**

TAX SERVICES

Income Tax Program
Strathmore FCSS 403-934-9090
Wheatland FCSS 403-934-5335

If you have a modest income and a simple tax situation, FCSS and volunteers can help prepare your basic income taxes. This service is for seniors and people that can't prepare their taxes on their own.

Drop in or call to make an appointment.

Excludes – self employed, rental property, capital gains or losses, bankruptcies, filing for a deceased person.

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Transportation

Genesis Medi Shuttle

www.genesismedishuttle.ca

403-201-2053 1-888-201-2030

A non-emergency stretcher and wheelchair transportation service. Our success has grown by providing a cost-effective option to using ambulances for routine, yet time-sensitive appointments. Transfer Care Attendants provide a pillow to pillow service and look after all the cares and concerns that are involved with any medical or social appointment.

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KARE Volunteer Driver Program

(Kind, Accessible, Reliable, Economical)

403-934-9090 Strathmore FCSS

The purpose of KARE Volunteer Driver Program (KVDP) is to assist those who do not have access to affordable, inter-municipal transportation (between communities) for their Healthcare and personal appointments. By creating a formal program, the Strathmore FCSS office ensures that drivers and passengers alike are protected through appropriate insurance coverage and adequate volunteer screening.

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Strathmore Handi-Bus

www.handibus.ca

Dispatch **403-934-3418**

Provides safe, courteous, timely and cost-effective transportation service for physically handicapped residents of the Town of Strathmore and Wheatland County.

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TAXI

Strathmore Cabs

countrycabs.ca

403-499-9301

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Wheatland Taxi/Calgary Airport Shuttle

wheatlandtaxi.com

403-499-8294

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Strathmore Taxi

strathmoretaxi.ca

403-830-8294

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5 for Life Early Childhood Committee has always felt the strong need to be the hub of information for our families with children 0 to 5 years of age in Strathmore and Wheatland County. This Resource Handbook is a result of that community need. We truly appreciate the many hours that dedicated individuals spent collecting, writing, proofing and sharing what might be of value to the families of our communities. If we did not have the answer we searched for it.

A very special THANK YOU to the dedicated volunteer parents, caregivers, and agencies for the realization of this 4th edition.

We do anticipate that there are more resources and services that will need to be added in the 5th edition, so please share your updates and comments with us at 5forlifeforever@gmail.com, on our 5 for Life Facebook page, or call Growing Families Society at 403-361-7216. Please be aware that no one was intentionally missed because a resource handbook like this is always a work in progress. 5 for Life is in no way affiliated with any of the agencies/ services listed in this book and takes no responsibility for their business practices.

www.5forlife.ca



A Program of Growing Families Society



And all our dedicated volunteers.