

0 - 5 Years Resource Handbook



www.5forlife.ca

2021



Serving
Town of
Strathmore
and Wheatland
County



TABLE OF CONTENTS

Development Skills.....	1-7
Arts, Culture, Entertainment	8-12
Children's Programs and Clubs	13-16
Churches and Religious Organizations	17-18
Educational Services	19-21
Emergency Services	22-23
Employment Services	24
Financial Support.....	25-27
Food	28-29
Health and Wellness	29-38
Housing	39-40
Legal	40-42
Libraries.....	43
Media	44
Medical	45-47
Parent and Tot Play Groups.....	47
Parental Support.....	48-50
Pre-Kindergarten and Child Care.....	51-53
Sports and Recreation	54-59
Taxes.....	60
Transportation.....	60-61

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.

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

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.



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Aspen Crossing

www.aspencrossing.com

403-534-2129

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.



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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.

Alberta 1, P.O. Box 1639, Siksika, AB, T0J 3W0



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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.

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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.

Carseland



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Celebration of Lights – Strathmore

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 p.m. – 9 p.m. daily, starting on the last Saturday of November, seven days a week, attracting approximately 35,000 guests annually. Contact 403-880-7446 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. Gleichen Fall Fair is usually held in late August. Gleichen

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Hussar Summer Daze

hussarsummerdaze@gmail.com

Baseball, Camping, Dance, Kids Activities, Parade, Pancake Breakfast, Garage Sale. Event is usually held in June - See their Facebook page for more details.



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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

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Live Free Art Studios

livefree.artstudios@gmail.com

403-808-8154

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

Standard



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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 Street, Langdon (side door entrance)

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Rockyford Rodeo

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



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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+.



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Rosebud & District Centennial Museum

www.rosebud.ca/museum_home.htm

403-677-2601 office or Bonita Hudson 403-820-2870

Tours available on request



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Royal Tyrrell Museum
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



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Strathmore Stampede
www.strathmoreag.com
403-934-5811

The Strathmore Heritage Days is Strathmore's largest annual event. This community event has been happening each year since its commencement in 1966, bringing in fans from all over the world. The August long weekend kicks off with a number of pancake breakfasts, the annual parade, and of course the Strathmore stampede, which includes Running With the Bulls, a full circuit of rodeo competitions, World Professional Chuckwagon Association races, stage & grounds entertainment, concessions and vendor market.



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Strathmore Musical Arts Society (SMAS)
www.strathmorearts.com
403-934-3254 403-934-3180

Mission: To provide excellent musical concerts and events to the Strathmore region.

Has 4-6 regular concerts per year presenting artists from the region, Alberta and beyond! Tickets available through local businesses.

The website will inform patrons of upcoming events.



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Strathmore Theatre Players Guild**strathmoreplayers@hotmail.com**

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.



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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.



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Western District Historical SocietyRhonda Stockwell **403-880-7446**or Lynn Fair **403-934-4359**

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 "OnThis Spot" app!

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Wheatland Society of the Arts**www.wheatlandarts.ca****info@wheatlandarts.ca****403-312-7244**

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: This 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.

213 – 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 1:5 leader-to-camper ratio, ensuring a safe and affirming environment for all children.

1041 East Lakeview Road, Chestermere

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Country Kids Child Care

www.countrykidsccs.com

countrykidsccs@hotmail.com

403-644-2205

We provide child care and family support in the village of Standard, Alberta and its surrounding communities. Our goal is to be a hub for community collaboration, resources, as well as a nurturing and stimulating environment which nourishes each child's natural desire and right to develop through play.

818 The Broadway PO Box 442, Standard



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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).

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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 Boulevard, Strathmore



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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!



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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.



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Mother Goose in the Park
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, and the Strathmore Municipal Library.



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NEXT Kids
www.nextkidsinc.com
403-983-9433

Themed weekly summer camp programs available in Strathmore for ages Kindergarten – Grade 6.

19, 204 Strathaven Drive, Strathmore



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Scout Canada
www.scouts.ca
1-888-SCOUTS-NOW

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 Venturers meet on Thursday @ 6:30.

All meetings are currently outdoors.



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Shining Stars Music Together
www.shiningstarsmt@gmail.com
Jodi.shiningstarsmt@gmail.com
403-512-9241

Looking for something fun to do with your 0-5 year-old in Strathmore? Shining Stars Music Together offers a 10 week music program. Nurture the musical growth of your child, regardless of your own musical ability.



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Strathmore Alliance Church
Summer Day Camp
www.strathmorealliance.com
403-934-3543

For children in Kindergarten to Grade 6. This is a great way to reach out to our community children and show them God's love through relationship building and fun.

325 - 1st Avenue, Strathmore

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Strathmore Children's Choir
www.strathmorechildrenschoir.com
director@strathmorechildrenschoir.com
403-629-9820

This is an opportunity for young children who are Kindergarten age and older, and are enthusiastic about singing to learn about music in a fun, educational environment. The choir will perform at our yearly Christmas and Spring concerts.



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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 Kids

403-934-9430

An all season program that offers full-time, part-time, drop-in, and hourly care for children ages 12 months - 6 years

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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 Boulevard, Strathmore

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Churches and Religious Organizations

**Bow River
Alliance Church**
www.bowriveralliance.com
403-934-9337

105 Main Street, Carseland

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Cluny Holy Trinity Parish
403-734-2028

Cluny

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Gleichen Community Church

403-734-2140 or

403-734-3647

Gleichen

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

102 Canal Gardens, Strathmore

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**Hope Community
Covenant Church**
www.hope-community.ca
403-934-2424

245 Brent Blvd, Strathmore

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Jehovah's Witnesses
www.jw.org/en
403-934-3427

1 Bayside Place, Strathmore

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Jesus Rock of Ages Ministries
**[www.jesusrockofages.com/
services/AB/strathmore](http://www.jesusrockofages.com/services/AB/strathmore)**
403-472-0818

Email: [Jram.strathmore@](mailto:Jram.strathmore@jesusrockofages.com)

jesusrockofages.com

Strathmore Family Centre,

160 Brent Blvd, Strathmore

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Lord of All Lutheran Church

www.lordofall.ca

403-934-2374

112 Lakeside Blvd, Strathmore

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Nazareth Lutheran Church

403-644-3848

1020 – 1st Street,

Standard, AB

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**Our Savior's Community
Lutheran Church**

403-787-3933

Center Street & 1st Avenue,

Hussar

...



**The Redeemed Christian
Church of God
Peculiar People Assembly
(1 Peter 2:9)**

www.rccgstrathmore.com

403-667-7832

322A 2nd Avenue, Strathmore

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Rockyford United Church
403-533-2411 or
403-533-2202

Worship on the 4th Sunday
of the month
3rd Avenue, Rockyford

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Rosebud Community Church
www.rosebud.ca/church.htm
403-677-2244

404 – 1st Avenue, Rosebud

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Sacred Heart
Catholic Church
www.sacredhc.ca
403-934-2641

Worship services
at Holy Cross Collegiate
709B – 2nd Street, Strathmore

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St. Andrew's Anglican Parish
403-934-3017

219 – 4th Avenue, Gleichen

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St Michael's Anglican Church
587-727-0649

106, 304 – 3rd Avenue,
Strathmore
(Lower Level)

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St. Rita's Catholic Church
403-533-3791

210 Railway Avenue East, Rockyford

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Strathmore Alliance Church
www.strathmorealliance.com
403-934-3543

325 – 1st Avenue, 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
403-630-5609

112 Lakeside Blvd, Strathmore

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Strathmore United Church
www.smoreuc.com
403-934-3025

410 – 4th Street, Strathmore

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The Church of Jesus Christ
of Latter-Day Saints
403-934-3612

60 Maplewood Drive,
Strathmore

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Educational Services

Brentwood Elementary École

www.brentwood-school.com

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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Carseland School

www.carselandschool.com

403-934-4161

Carseland School offers Kindergarten to Grade 6 programming

200 Langdon Avenue, Carseland



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Christ the Redeemer

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.

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George Freeman School

Georgefreemanschool.ca

403-361-2202

George Freeman School provides Kindergarten to Grade 9 programming.



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Golden Hills School Division

www.ghsd75.ca

403-394-5121

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

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Golden Hills Learning Academy
www.goldenhillslearningacademy.com
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.



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North Star Academy
www.northstaracademycanada.org
1-877-335-1171

With three choices to help support Christian Education, NorthStar Academy Canada is meeting the individual needs of its students. NorthStar Academy Canada offers an online program, a traditional home schooling program and a teacher-directed program. This is a division of Golden Hills School Division.

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Sacred Heart Academy
www.sacredheartacademy.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 Street, Strathmore



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

Combining the expertise of Okotoks Home Schooling Services and St. Paul's Academy Online School, The Centre for Learning@HOME is a fully-accredited and publicly-funded Christian school, open to all Alberta students and those studying abroad. This is a division of Christ the Redeemer School Division.

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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 Boulevard, Strathmore

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Westmount Elementary

www.westmuntelementary.com

403-934-3041

Westmount Elementary offers grades Kindergarten to Grade 6.

220 Wheatland Trail, Strathmore

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Wheatland Crossing

<http://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/index.php

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**

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**Bullying Helpline
1-888-456-2323**

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**Centre for Suicide Prevention
403-245-3900**

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**Child Abuse Reporting
403-297-2995**

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**Child and Family Services,
Strathmore
403-934-1706**

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

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

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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**

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**Hospital
403-361-7000**

Refer to Medical section on Page 46

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**Kids Help Phone
1-800-668-6868**

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**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)**

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

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Sexual Abuse Crisis Line
1-877-237-5888

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**Strathmore Shelter/
Wheatland Crisis Society**
24 hour Crisis Line
403-934-6634 (push 1)

Provides ongoing supports and services to women, men and children who are affected by family violence or in crisis.

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**Strathmore Addictions and
Mental Health (AHS)**
403-361-7277

Refer to Health and Wellness on Page 25.

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**Strathmore Public Health –
Strathmore (AHS)**
403-361-7200
650 Westchester Road, Strathmore

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**Strathmore Regional Victim
Services**
403-934-6552

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

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Employment Services

Bow Valley College - Strathmore Campus

www.bowvalleycollege.ca

403-462-2550

Email: bvcstrathmore@bowvalleycollege.ca

Creates a college environment where you can triumph, right here in Strathmore. Get an excellent education for a great career on your terms. Bow Valley is proud to be your post-secondary education institution for the Strathmore region. Focuses on bringing relevant programming from multiple colleges and universities to help reach your education and career goals.



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Rockyview and Wheatland Employment Services

www.rwemploymentservices.com

403-983-9910

We help Wheatland residents and employers accomplish their employment goals, making our community more prosperous and a better place to live.

119, 320 2nd Street, Strathmore



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Financial Support

Alberta Works – Calgary East

www.humanservices.alberta.ca/services-near-you/2929.html

403-297-1907

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Emergency Financial Resources - available through Alberta Works

www.alberta.ca/emergency-financial-assistance.aspx

1-866-644-5135

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Alberta Children's Health Benefits

780-427-6848 or

1-877-469-5437 (toll free)

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Canadian Tire Jumpstart

www.jumpstart.canadiantire.ca/en

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>

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

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Community Coats

Strathmore residents – program located at Harvest Healing Centre Church.

Strathmore FCSS 403-934-9090

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

Wheatland FCSS 403-934-5335

www.wfcss.org

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Income Support

<https://www.alberta.ca/income-support.aspx>

Supports for individuals and families to pay for basic expenses like food, clothing and shelter.

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KidSport

www.kidsport.ab.ca

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.

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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.

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RESP: Plan Your Child's Education Savings

www.CanLearn.ca

1-800-622-6232

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

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Tools for Schools

403-934-9090

Strathmore FCSS and Wheatland FCSS. Help Children In Our Community meet their Back to School supply needs

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Wild Rose Community Futures

<http://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 3 Avenue Strathmore

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Wheatland County Community and Development Services

<https://www.infinetwc.ca/services>

wc@wheatlandcounty.ca

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

Frozen Meal Program

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
- Strathmore residents
- Payment by cash, cheque, debit or credit card

Strathmore FCSS 403-934-9090

Wheatland residents

- Payment by cash, cheque, e-transfer

Wheatland FCSS 403-934-5335

www.wfcss.org



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Good Food Box

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

- Must be picked up by 4:00 on delivery day.

Strathmore residents

- Payment by cash, cheque, debit or credit card

Strathmore FCSS 403-934-9090

Wheatland residents

Payment by cash, cheque, debit or e-transfer

Wheatland FCSS 403-934-5335

www.wfcss.org



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Harvest Healing Center Church

www.harvesthealingcentre.com

- Bread Ministries

Bread available for free distribution

Wednesday 6 – 7 pm; Saturdays noon – 1:00 pm

- Abraham's Plate – Sit down lunch provided at no charge

Saturdays noon – 1:00 pm

102 Canal Gardens, Strathmore

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Strathmore & Wheatland County Christmas Hamper Society

Christmashampersociety.com

403-934-2266 to apply during the campaign

All residents living within Strathmore and Wheatland County are eligible to apply for a Christmas Hamper. To refer or apply for a hamper, call starting mid November. For additional information, or if you are interested in volunteering, please contact Wheatland FCSS at 403-934-5335 or Strathmore FCSS at 403-934-9090.

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Wheatland County Food Bank

www.wheatlandfoodbank.com

403-324-4335

All residents living within Strathmore and Wheatland County are eligible to apply for a hamper, there is a 2 month minimum between hampers.

Health and Wellness

Access Mental Health

www.albertahealthservices.ca/services/page11443.aspx

Mental Health Help Lines

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Addictions and Mental Health Services (AHS)

**www.albertahealthservices.ca/findhealth/facility.aspx?id=1004516
403-361-7277**

Intake Line (Access Mental Health) **1-844-943-1500**

- 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 assessment, outreach and follow up services for seniors and their caregivers with age related cognitive issues.

- Psychiatry is made available as necessary. For psychiatry only service, please speak with her family physician.

209 - 3rd Avenue, Strathmore

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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.

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Addictions Support Groups

- AA Meetings Strathmore

*All meetings are mixed and open.

Sunday: 2:00 pm, Strathmore United Church

Monday: 8:00 pm, Hope Community Covenant Church

Tuesday: 8:00 pm, Full Gospel Church

Thursday: 8:00 pm, Full Gospel Church

- AA Meetings Gleichen

*Meetings are mixed and open

Wednesday: 7:00 pm, Elders Lodge

- AA Meetings Langdon

*Meetings are mixed and open

Friday: 8:00 pm, Langdon Field House

- AA Meetings Rockyford

*Meetings are mixed and open

Tuesday: 7:00pm, Rockyford United Church

To find an AA meeting close to you, please visit:

www.calgaryAA.org/meetings

- Al-Anon Meetings Strathmore

*Meetings are mixed and open

Thursday: 8:00 pm, Lord of All Lutheran Church

Child supervision is not available.

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Al-Anon

al-anon.ab.ca

Strathmore 403-934-6385 Hussar 403-644-3807

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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 Diabetes Clinic**403-361-7210**

Offers diabetes education and counselling for people with type 1 or type 2 diabetes. This service may provide:

- diabetes education/counselling in a classroom setting
- one-to-one appointments with nurses and dietitians, which include an overview of the disease, complications, medications, exercise, and nutrition

650 Westchester Road, Strathmore

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Calgary Rural Primary Care Network**<http://crpcn.ca>****403-901-0142 403-324-3077** (cell and text)

Calgary Rural Primary Care Objectives: Increase emphasis on a team approach with Primary Physicians to improve primary health care through health promotion, disease and injury prevention, care of patients with chronic disease and medically complex problems. The team works locally with your Family Physician by offering programs through group activities as well as one-on-one visits designed for: chronic disease management, nutritional counselling, medication reviews, blood pressure monitoring and management, tobacco cessation, chronic pain management, weight management, lifestyle management, foot care for chronic disease patients, health screening, discharge planning from Hospital and an Internal Medicine referral program.

The Primary Care Team consists of an LPN Patient Navigator, Administration Assistant, Primary Care RN's, Registered Dietitian & Community Development Coordinator.
Bay H, 510 Hwy 1 (Country Lane Mall)

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Family and Community Support Services (FCSS)

FCSS is a partnership between the Province, municipalities and Métis Settlements that develops locally driven preventive social initiatives to enhance the well-being of individuals, families, and communities.

Strathmore residents **Strathmore FCSS**

[https:// strathmore.ca](https://strathmore.ca)**403-934-9090**

116 - 3rd Avenue, Strathmore

Wheatland residents **Wheatland FCSS**

[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 9:30-12:30am.

Strathmore United Church

410 4th Street, Strathmore

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FSM Physiotherapy Functional Strength & Mobility

www.fsmphysio.ca

samuel@fsmphysio.ca

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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.



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Growing Families Society

<https://bridgingthegapalberta.ca>

www.5forlife.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, Car Seats for Kids, Growing Opportunities, 5 for Life Early Childhood, FASD Outreach – Drumheller, Post Partum Support Group and Workshops.



...

Growing Opportunities**<https://bridgingthegapalberta.ca>****www.5forlife.ca****403-361-7216**

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



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HEAL our Future Coalition**403-901-8047**

HEAL our Future is a community development coalition in Strathmore, Alberta, which aims to create a community environment that supports healthy eating and active living.



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Health First Traditional Chinese Medicine Centre**www.healthfirst365.com****587-365-1100**

244 - 3rd Avenue, 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.

...

Karen Bayley Counseling**403-934-2424**

Addictions, marriage and family, issues of abuse and grief.

245 Brent Blvd, Strathmore

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Joni Elliott Counselling Services

403-901-8224

Addictions, marriage, and family issues, issues with abuse and grief

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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.

103, 10333 Southport Road SW, Calgary

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Postpartum Support Group

403-361-7277

Postpartum support group is held three times a year in Strathmore. 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.

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Rural Calgary East Postpartum Support Group

403-361-7277

Addictions and Mental Health - Strathmore

We help any woman struggling with, or at risk of developing postpartum depression by teaching coping skills. The group meets in Strathmore one morning per week, for an eight week session. Childcare is provided and the program is free.

...

Siksika Health Services

www.siksikahealth.com

403-734-5686

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

Strathmore Farmer's Market**<https://strathmorefarmersmarket.ca>**

Runs June to September at the Strathmore Ag Society Grounds.



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Strathmore Physiotherapy Clinic**403-934-2913**

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Strathmore Pregnancy Care Center**www.pregcare.com****403-269-3110** (Help Line) **or 403-934-3017**

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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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, and physiotherapy.

650 Westchester Road, Strathmore

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Strathmore Hospital**403-361-7000**

Refer to medical section

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Strathmore Wheatland Addictions Team SWAT**<http://swatteam.ca/>****info@swatteam.ca****403-934-5335**

The Strathmore Wheatland Addictions Team (SWAT) builds substance use awareness for the residents of Strathmore and Wheatland County by advocating healthy, informed decisions through community-driven initiatives.

Hwy 1, RR 1, Strathmore



Strathmore Wheatland Wellness Resource Project

www.swwellness.ca

resources@swwellness.ca

403-962-0167

A dedicated non-crisis navigation phone line for Strathmore and Wheatland County residents to connect them with wellness resources.

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Travel Immunization

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 inc. is a full-service psychology practice with locations in both Strathmore and Drumheller. A team of 7 therapists and 2 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, direct billing, and subsidized services for residents of Strathmore, Wheatland County, Drumheller, Starland County and the villages within.

101, 95 Brent Blvd, Strathmore



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Pharmacies

**Crystal Ridge
Professional Pharmacy**
crystalridge@mintdrugs.com
www.mintdrugs.com
403-901-2244
55 Wheatland Trail, Strathmore

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Sandstone Pharmacy - Langdon
www.sandstonepharmacies.com
403-936-5006
201 – 97 Centre Street SW, Langdon

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Shoppers Drug Mart
www1.shoppersdrugmart.ca
403-901-2451
117 – 100 Ranch Market, Strathmore

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Strathmore CO-OP Pharmacy
www.calgarycoop.com
403-934-6632
100 Edgefield, Strathmore

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**Strathmore Remedy's
Rx Pharmacy**
www.remedys.ca
403-902-0402
216 – 4th Avenue, Strathmore

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Strathmore Value Drug Mart
www.valuedrugmart.com
strathmore@valuedrugmart.com
403-934-3122
132 – 2nd Avenue, Strathmore

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**Tina's No Frill's
Pharmacy Strathmore**
403-934-6510
100 – 900 Pine Road, Strathmore

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Valley Medical Pharmacy
www.valuedrugmart.com
strathmore@valuedrugmart.com
403-983-8450
231 – 2nd Avenue, Strathmore

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Walmart Pharmacy
**www.walmart.ca/en/strathmore-
supercentre/1049**
403-934-3338
200 Ranch Market, Strathmore

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Housing

Landlord Tenant Information

**www.servicealberta.ca/RTA-handbook-and-quickreference-guide.cfm
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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Sagecourt

**www.hestiaproPERTIES.ca
strathmore@hestiagroup.ca
403-361-8044**

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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Step One Furniture

403-934-2424

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

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Strathmore Overnight Shelter

**www.strathmoreovernightshelter.com
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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Wheatland Housing Management Body**www.wheatlandhousing.com****socialhousing@whmb.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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Wheatland Serenity House**403-816-9711**

We offer respite, day programs tailored to individuals needs (thru the Wheatlands Wish program for young adults) and full residential services including after school care.

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Legal

Calgary Legal Guidance**<http://clg.ab.ca/>****403-234-9266**

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

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Dial-A-Law (Calgary Legal Guidance)**<http://clg.ab.ca/programs-services/dial-a-law/>****403-234-9022**

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Lawyer Referral Service

<http://clg.ab.ca/lawyer-referral-service/>

1-800-661-1095

The lawyer referral service is a program to assist the public in finding a lawyer for the legal services that they require. The lawyer referral operator at that time will give the names and telephone numbers of three lawyers practicing in the specific area of law required.

Clients can then make an appointment with any of the three lawyers. There is no charge for the first 30 minute interview.

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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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Legal Aid Society

403-297-2260

Provides legal aid on the phone or in person on civil and criminal matters, for people who are unable to pay for a lawyer.

...

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 persons' 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.

**Service Alberta Consumer Contact Centre
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**Donna Hallet,
Lawyer and Mediator
403-934-2500**

225A Wheatland Trail,
Strathmore

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**Lynn Woods Law Office
403-934-6333**

101, 318 - 3rd Avenue, Strathmore

...

**Randal Jarvis Law Office
403-934-5000**

110, 304 - 3rd Avenue, Strathmore

...

**Getz, Collins & Associates
Law Office
403-934-2500**

225A Wheatland Trail,
Strathmore

...

**Hemming Thornborough LLP
403-934-5922**

225D Wheatland Trail,
Strathmore

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Check out your local library for a wide selection of books, DVDs, audio books, and magazines. Browse the full catalogue at www.tracpac.ab.ca. Download free eBooks, audio books, and magazines with your library card using apps like Libby, Cloud Library, Hoopla, and RB Digital. Go to your library's website to get started. The library has public computers and free wi-fi available.

Visit your library and follow us on Facebook to discover more programs and services.

Libraries

Carseland Municipal Library

www.carselandlibrary.ca

403-934-6007

330 Railway Ave W, Carseland

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Gleichen & District Library Society

www.gleichenlibrary.ca

403-734-2390

404 Main Street, Gleichen

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Hussar Municipal Library

www.hussarlibrary.ca

1-855-934-5334

ext. 230

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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Rockyford Municipal Library

www.rockyfordlibrary.ca

403-533-3964

Rockyford Community Centre

412 Serviceberry Trail,

Rockyford

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Standard Municipal Library

www.standardlibrary.ca

403-644-3995

822 The Broadway St.,

Standard

...



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 or 403-608-0686

The Newsy Neighbour is the largest publication east of Calgary, catering to local businesses and residents in Chestermere, Langdon and Strathmore. Our magazine focuses on local advertisers, funny jokes, delicious recipes and so much more, including large local events like the Get to Know Your Neighbour Festival and the Readers' Choice Best in Business Awards. We have been in business for 13+ years and look forward to continuing our legacy!

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Strathmore Now

<https://strathmorenow.com>

403-902-1111 Studio

403-902-1212 Reception

265 Edgefield Place, Strathmore

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Strathmore Times

www.strathmoretimes.com

03-934-5589

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 Avenue, Strathmore
...

**Centerpoint Chiropractic &
Natural Health**
403-901-6088
102 – 3rd Avenue, Strathmore
...

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

Wellness Within Centre
403-934-5566
118 – 2nd Avenue, Strathmore
...

DENTAL

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

Ranch Dental Centre
www.theranchdentalcentre.com
403-934-5292
105 Ranch Market, Strathmore
...

Strathmore Dental Centre
www.strathmoredental.ca
403-934-5620
115 – 2nd Avenue, Strathmore
...

**Strathmore Dental Hygiene /
Family Dental Centre**
403-983-2001
2, 410 Lakeside Boulevard, Strathmore
...

Valley Dental Clinic
www.dentiststrathmore.ca
403-361-9008
231 – 2nd Avenue, Strathmore
...

Many of the Local Clinics offer Walk-In Clinics, these days and times can change without notice, so please contact the Clinic to verify walk-in service availability.

DOCTORS

Crystal Ridge Medical Clinic
www.crystalridgemedical.com
403-934-5911

Walk-In Clinic
3, 55 Wheatland Trail, Strathmore
...

Gleichen Medical Clinic
403-734-3434

Walk-In Clinic
216 – 5th Avenue, Gleichen
...

Langdon Medical Clinic
www.langdonmedical.com
403-936-5990

Walk-In Clinic
106, 355 Centre Street NW,
Langdon
...

Dr. Maria Muller
(Private Practice)
403-934-9210

28 Hillcrest Boulevard, Strathmore
...

Pinnacle Medical Centre
www.pinnaclemedicalcentres.com
403-814-9780

Walk-In Clinic
120 Edgefield Place, Strathmore
...

Strathmore Medical Clinic
strathmoremedical.ca
403-361-2422

216 – 4th Avenue, Strathmore

Valley Medical Clinic
403-934-4444

Walk-In Clinic
231 – 2nd Avenue, Strathmore
...

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)

Laboratory Services 403-361-7123 (Lab)

Respiratory Therapy 403-361-7155

Ultrasound 403-361-7126



OPTOMETRISTS

Crystal Clear Vision

403-901-2782

318, 3rd Avenue, Strathmore

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Jaffery Optical

587-333-2546

219 – 3rd Avenue, Strathmore

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FYi doctors, Strathmore

www.fyidoctors.com

403-934-5034

321 – 3rd Street, Strathmore

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Ranch Market Eyecare

www.ranchmarketyecare.com

403-934-4192

1051 - 1, 100 Ranch Market,
Strathmore

Gleichen Optical

403-734-3434

216 – 5th Avenue, Gleichen

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Parent and Tot Play Groups

Libraries run regular, weekly programs for families. Please check your local library website. Libraries listed on Page 43.

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Due to COVID-19 most play groups are currently on hold

This is a list of all known programs as of December 2020. Program availability may be subject to funding, availability and program demand.

Mother Goose in the Park

www.5forlife.ca

Join us in Kinsmen Park for stories, rhymes, crafts and games for ages 0-5. This is a free and is usually held in July and August.

Kinsmen Park, Strathmore

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Parent and Tot Playgroup

403-934-3081

Interactive play group for pre-school aged children in Strathmore and area. It is also a great way to meet other parents in the community and surrounding areas. The playgroup is held every Monday from 9:30 – 11:30 am in the United Church basement in Strathmore. There is a \$1 fee per child.

410 - 4th Street, Strathmore United Church

Parental Support

24 Hour Cribside Support

www.cribside.ca

24 HR Cribside Assistance for New Dads online. It is a very cool website giving new and expecting fathers great information about new babies, diapering, burping, car seats, supporting mom, breastfeeding, and more.

...

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.

104 - 95 Brent Blvd, Strathmore

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Ages and Stages Questionnaire (ASQ)

www.agesandstages.com

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: 403-983-0076

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Alberta Father Involvement Initiative

www.abdads.ca

Alberta Father Involvement Initiative began in 2009. We are proud to promote engagement between fathers, grandfathers, uncles, brothers, and any other man who is influencing a child. Be the best dad you can be.

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Families Matter
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.



...

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.

...

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 10:30 am to 12 p.m.
419 2nd Street, 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.

...

**Trellis Commons - Chestermere/Strathmore & Area
Family Resource Network Hub****www.aspenfamily.org/programs/frnchestermerestrathmore****Strathmore_FRN@aspenfamily.org****403.983.0076**

Trellis is the new agency that was formed when Aspen Family & Community Network Society completed a merger with the Boys and Girls Clubs of Calgary.

Please see the AmalCo: website: <https://onebigdoor.ca/>

Trellis operates two Family Resource Network (FRN) Hubs: Trellis Commons Family Resource Network Southwest Calgary and the Trellis Commons Family Resource Network Chestermere/Strathmore & Area. These Family Resource Network Hubs provide a wide spectrum of prevention to intensive services for families with children aged 0-18, at no cost. The Family Resource Networks work with families, caregivers and communities to support the safety and resiliency of infants, children and youth within nurturing and supportive environments. Programming and services support child safety, well-being and development, caregiver capacity and support, while incorporating Indigenous and culturally appropriate services throughout. We know that 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. The communities served include Carseland, Chestermere, Dalemead, Dalroy, Delacour, Gleichen, Hussar, Indus, Langdon, Lyalta, Rocky View County SE, Rockyford, Standard, Strathmore, and Wheatland County.

419B - 2nd Street, Strathmore.



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Pre-Kindergarten and Child Care

Calgary & Region Family Day Home Agency Inc.

www.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.busybeepreschoolcarseland.weebly.com

403-901-5008

Carseland Preschool is located in the Carseland School. Every day is filled with fun activities that promote learning socially, physically, intellectually, creatively, & emotionally.

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Hope Community Preschool

www.hope-community.ca

403-934-2424

The purpose of Hope Community Preschool is to facilitate the individual child's natural development in the physical, emotional, intellectual, creative and spiritual areas. The program offers classes for 3 and 4 year olds.

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Hussar Playschool

403-787-2707

Located in the basement of the Hussar Community Hall.

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KidsU Daycare

www.kidsu.ca/strathmore/

1-855-80KidsU

403-983-2020 (Strathmore)

Kids U Inc. operates as an Early Learning Institute serving families with children ranging in age from 0 months to 6 years. Kids U Strathmore offers a full day preschool and child care program, for ages 19 months to 6 years. Our center is licensed for up to 48 children.

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Little Flower Pre-Kindergarten

www.sacredheartacademy.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

www.nextkidsinc.com

403-983-9433

Before and after school care 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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Standard Playschool
StandardPlayschool@hotmail.com



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

Strathmore & District Playschool is a non-profit, parent-assisted organization. Parents participate in the classroom on a regular basis, assisting the teacher and providing guidance to the students. For children 3 and 4 years old.
615 Westchester Road, Strathmore

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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
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 Avenue, Strathmore

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Strathmore Kids
www.strathmorekids.com
403-934-9430

Strathmore Kids offers before and after school care, and transportation to every school in Strathmore. Offers day care for children 1 - 5 years old.
3-102 Strathaven Drive, 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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Expressions the Dance Gallery

www.expressionthedancegallery.com

403-901-6392

We offer 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!

126 Canal Gardens, 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 or 403-901-5651

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.

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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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Matrix Cheer All-Stars

www.strathmorematrixcheer.com

info@strathmorematrixcheer.com

At Matrix Cheer All-Stars we offer cheerleading (competitive and recreational), tumbling classes, birthday parties and monthly events. We focus on fun, fitness and fundamentals of cheerleading!

Bay D 70 Slater Road, Strathmore, AB

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Red Cross Swimming Lessons

Offers a preschool program (4 months-6 years) at the Strathmore Aquatic Centre.

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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.

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Rodeo Society / Horse Club**403-934-0300**

Standard

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Standard Baseball**403-644-3963**

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Standard Figure Skating Club**403-644-2955**

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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>****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**strathmorebaseball.com**

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**Strathmore Disc Golf Course****<https://strathmore.ca/en/news/disc-golf-a-walk-in-the-park.aspx>****strathmorediscgolf@gmail.com**

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 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

Strathmoregymnastics.com

403-934-3450

Strathmore Gymnastics offers a variety of programs for children of all ages.
122 Canal Garden, 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

strathmoringette.teamsnapsites.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

www.strathmoresoccer.ca

403-324-SPUR (7787)

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

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Strathmore Polominos Water Polo Club

strathmorepolominos.com

strathmorewaterpoloclub@gmail.com

Offers a ponies program for children ages 6-10.

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Strathmore Parks and Recreation

<https://strathmore.ca>

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

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Strathmore Run Club

<http://runsmore.ca>

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://strathmoresc.uplifterinc.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.

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Strathmore Silver Sharks

**www.teamunify.com/Home.jsp?_tabid_=0&team=cansss
information.ssssc@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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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

melissa.wiley26@gmail.com

Specializing in beginner and intermediate piano instruction

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Tri-Smore Family Triathlon

**www.tri-smore.com
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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Tanya's Dance Worx

**www.tanyasdanceworx.ca
403-726-2347**

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.

tanya@tanyasdanceworx.ca
Langdon

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Taxes

PROPERTY TAXES

Town of Strathmore
<https://strathmore.ca/residents/townservices>
tax@strathmore.ca
403-934-3133

...

County of Wheatland
www.wheatlandcounty.ca/living-in-wheatland-county/taxes-and-assessment
403-934-3321

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TAX SERVICES

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

Free income tax preparation for low-income families. Excludes self-employed, rental property, mileage claims, T3 returns, bankruptcies and deceased.

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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)

<https://strathmore.ca/residents/communityservices/fcss>

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

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 Taxi

403-830-8294

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Wheatland Taxi/Calgary Airport Shuttle

403-499-8294

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Strathmore Hotshot/Shuttle Service

403-901-6172

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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 nobody 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

