

Directory of Community Food Programs & Services



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Last Updated by Emily Burt-Hann, March 2010
www.foodconnections.ca

Introduction

During 2007 and 2008 the Community Food Connections Association and key community partners (Healthy Alberta Communities, Palliser Health Region, City of Medicine Hat, and the Growing Food Security of Alberta Network) sponsored an Asset Mapping process to identify community food assets and resources. This process engaged numerous individuals and organizations in a series of focus groups and gatherings building awareness of food insecurity issues and community resources, while creating momentum to develop sustainable approaches and solutions to food insecurity. The Food Talk Report Phase 1 was released following this process.

In follow up to this report, a second process was initiated – a Directory of Food Programs and Services. This process was also undertaken by the Food Talk Sub-Committee of the Community Food Connections Association of South Eastern Alberta. Utilizing a grant from the Growing Food Security of Alberta Network, the Food Connections Association sponsored the process of conducting a series of interviews with agencies, churches, and schools to identify specific food related programs and services that existed in the community. Under the direction of the Food Talk Sub-committee Elizabeth Sauer was contracted to conduct this asset gathering process, and Josie Stodalka, a University of Alberta Dietetics student volunteered to format and consolidate this data in to the final format. Adding to this data, Josie Stodalka compiled additional information regarding bus routes, the location of grocery stores, and fast food restaurants because of their relationship to healthy eating and food access. The final report of the Directory was formatted by Marcia Stodalka, RD.

The Food Talk Sub-committee was chaired by Gitta Hashizume, with committee members Molly Hansen Nagel, Robbie Fairhurst, Emily Burt and Marcia Stodalka making up the core of this committee. Additional community members also participated in varying stages of the planning process.

This Phase 2 Asset Report of the Food Talk Initiative (Directory) will be utilized to promote awareness of food security programs and services within the community. Greater awareness will give rise to new and more sustainable approaches to food insecurity, while also improving access to existing programs and services for those in need.

This document will be made available on the Community Food Connections Web-site at: www.foodconnections.ca. Questions may be directed to Marcia Stodalka at (403) 502-8209 or E-mail: Marcia.Stodalka@albertahealthservices.ca

Thank you to Elizabeth Sauer for her dedication to diligently collecting most of this information. As well, thanks to Josie Stodalka for volunteering to summarize and reformat the information collected, and for adding to the body of information re: the transit, grocery store mapping activity. Further thanks also go to Gitta Hashizume who has volunteered considerable time to the work of the Food Talk Sub-committee. Thanks also to agency partners: Molly Hansen Nagel, Robbie Fairhurst for their invaluable contributions in directing this project, and to Emily Burt for her enthusiasm in the collation of the original focus group data that formed the basis for this phase 2 initiative.

Marcia Stodalka, RD
Community Food Connections Association

Directory of Community Resources

Food Support:

Canadian Mental Health Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
204, 1865 Dunmore Rd. SE, Medicine Hat, AB T1A 0Z8	403-504-1811	8:15 a.m. to 4:15 p.m. (Mon. to Fri.)`	Food vouchers in crisis situations only	Persons & family with mental illness.

Community Food Connections Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2948 Dunmore Road SE Medicine Hat, AB T1A 8E3	403-502-6096	830 – 4:30pm pm (Mon to Fri)	Good Food Box Buying Club (monthly boxes of seasonal vegetables)	Anyone can purchase the boxes which come in three sizes. (Annual membership fee).

The Dream Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
1714 Saamis Dr. NW Medicine Hat, AB T1C 1W7	403-527-9917	9 am-10 pm (Mon to Thurs) 9 am-4 pm (Fri) 9 am-1 pm (Sun) Closed on Sat	Food Run (delivery of food to 50 different homes a week) Provide food for monthly hot school lunches and breakfast programs	Anyone in need, contact the church for an application

Glenview Nazarene Church – Mission of Grace

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
4235 Black and White Trail, Medicine Hat, AB T1B 3M6	403-528-7436	10 am-2 pm (Mon to Thurs)	Food Hampers Food Vouchers Christmas Hampers Gift Cards	Anyone in need, contact the church for an application

Gordon Memorial United Church

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
401-2 St SE, Redcliff, AB T0J 2P0	403-548-7110	9:30am -11:30am (Mon, Tues, Thurs)	Food Vouchers Supports Campus Care food program	Anyone in need, short application form.

Medicine Hat & District Food Bank and Services

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
532 t Railway St SE Medicine Hat, AB T1A 2V6	403-528-4313	Office hours 8:30 a.m. – 4:30 p.m. (Mon-Fri) Client service hours 1 - 4 p.m. (Mon-Fri)	Food hamper once every two months, Choice Room once every 7days. Make up Christmas hampers for companies. Sponsor Snack Attach program in schools.	Anyone in need in Medicine Hat & Cypress County. Info require ID, proof of income, & custody of children, Rent, utilities, childcare, medical & unexpected expense statements. Schools apply

Medicine Hat Pregnancy & Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
554 – 3 St SE Medicine Hat, AB, T1A 0H3	403-504-8560	9:30 am- 11:30 am (Mon, Tues and Thurs)	Baby food & formula	Women who are pregnant or have children up to age 2.

Santa Claus Fund

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
3257 Dunmore Rd SE Medicine Hat, AB, T1B 3R2	403-527-1101 9 am-5 pm	9 am-5 pm (Mon to Fri)	Food Hampers Food Vouchers Christmas Hampers Support school breakfast and snack programs	Anyone of low income status may apply

Salvation Army Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
737 – 8 St SE, Medicine Hat, AB , T1A 1M6	403-526-9699	9 am-3 pm (Mon to Fri) 1 pm-3 pm (Sat)	Food Hampers Food Vouchers Christmas Hamper Offer Adopt-a-Family Program Hot Meal program at the CORE Association Provide hot meals for daycares Provide funding for school snack programs	Anyone 18 and older. Photo ID, a job confirmation & bill statements required for application for some programs. Anyone in need

Veiner Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
225 Woodman Ave SE, Medicine Hat, AB T1A 3H2	403-529-8383	8 a.m. - 4 p.m. (Mon – Fri).	Cafeteria serves hot lunch Mon-Fri at reasonable prices. Meals on Wheels program (delivered up to 5 times per week) by volunteers Wheels to Meals (2 nd & 4 th Fridays each month) Provide space for Kiwanis Christmas Dinner	Anyone Meals delivered to your home for anyone who cannot cook for themselves due to age, disability, etc. Home Bound seniors Anyone who is alone

Volunteer and Community Information Centre

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
211 – 4 St SE Medicine Hat, AB T1A 0J9	403-528-4636	9 am-4:30pm (Mon to Fri).		

Community Kitchens:

Community Food Connections Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2948 Dunmore Road SE Medicine Hat, AB T1A 8E3	403-502-6096	830-4:30pm (Mon o Fri)	Register with the CFCA to join a kitchen or to start a new one with a group of 4 – 6 people.	Participants contribute to approximately 50% of the cost of the food

Worlds of Women Together

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
21 – 7 St SE Medicine Hat, AB T1A 1K	403-526-5627	9 am-1 pm (Executive Director) 1 pm-4 pm (Programming Coordinator) (Mon to Fri)	Community kitchen that focuses on helping women immigrants integrate into Canadian culture	Immigrant women

Clothing:

Canadian Mental Health Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
204, 1865 Dunmore Rd. SE Medicine Hat, AB T1A 0Z8	403-504-1811	8:15 a.m. to 4:15 p.m. (Mon. to Fri.)`	Clothing vouchers for the Post Store.	Persons & family with mental illness. Referrals from other agencies.

The Dream Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
1714 Saamis Dr NW Medicine Hat, AB T1C 1W7	403-527-9917	9 am-10 pm (Mon to Thurs) 9 am-4 pm (Fri) 9 am-1 pm Sun) Closed on Sat	Free clothing	Anyone in need, contact the church for an application

First Assembly Church of God

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
395 – 9 St S Medicine Hat, AB , T1A 1N	403-526-2946	Clothing room 1:30 – 4 p.m. Tuesdays	Free clothing	Everyone

Medicine Hat Pregnancy and Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
554 – 3 St SE Medicine Hat, AB T1A 0H3	403-504-8560	10 am-2 pm (Tues to Thurs)	Diapers Baby Clothing	Women who are pregnant or have children up to two years of age, contact the center for application

Salvation Army Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
737 – 8 St SE, Medicine Hat, AB , T1A 1M6	403-526-9699	9 am-3 pm (Mon to Fri) 1 pm-3 pm (Sat)	Clothing vouchers	Anyone 18 and older. Photo ID, a job confirmation & bill statements required for application for some programs.

Information and Referral:

Canadian Mental Health Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
204, 1865 Dunmore Rd. SE, Medicine Hat, AB T1A 0Z8	403-504-1811	8:15 a.m. to 4:15 p.m. (Mon. to Fri.)`	Advocacy & referrals	Persons & family with mental illness.

City of Medicine Hat (Community Workers)

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
580 1 St SE, Medicine Hat, AB. T1A 8E6	403-529-8316	8:30 a. – 4:30 p.m. (Mon-Fri)	Community Workers assist people by providing access to appropriate resources and making referrals	Residents of Medicine Hat.

McMan Parent Link

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2425 Southview Dr. SE, Medicine Hat, AB T1B 1E8	403-504-0833	8:30 a.m. – 4:30 p.m. (Mon, Tue, Wed, Fri) 8 a.m. to 8 p.m. (Thur), 10 a.m. to 2 p.m. (Sat)	Referrals to programs for children 0-6 years of age.	Open to all parents & caregivers.

Medicine Hat Community Housing Society

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
104, 516 – 3 St SE, Medicine Hat, AB T1A 0H3	403-528-8153	8 a.m. to 8 p.m. (Mon-Fri)	Connect clients with resources to maintain housing, for budgeting or action plans.	Anyone of low income status.

Medicine Hat Pregnancy and Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
554 – 3 St SE Medicine Hat, AB T1A 0H3	403-504-8560	10 am-2 pm (Tues to Thurs)	Referral to community agencies. Connect mothers with people with baby items to donate.	Women who are pregnant or have children up to two years of age may contact the center for an application.

Miywasin Society of Aboriginal Services

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
517 – 6 St SE, Medicine Hat, AB T1A 0H2	403-526-0756	8:30 a.m. –noon, 12:30 to 4:30 p.m. (Mon-Fri)	Referrals to community resources based on need.	Anyone in need.

Salvation Army Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
737 - 8 St SE, medicine Hat, AB T1A 1M6	403-526-9699	9 a.m. – 3 p.m. (Mon-Fri) 1 – 3 p.m. (Sat)	Referrals to community resources based on need.	Anyone in need.

Veiner Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
225 Woodman Ave. SE, Medicine Hat, AB T1A 3H2	403-529-8383	8 a.m. - 4 p.m. (Mon – Fri).	Seniors Outreach Workers make referrals to community resources based on need.	Seniors 50+

Volunteer and Community Information Centre

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
211 – 4 St SE Medicine Hat, AB T1A 0J9	403-528-4636	9 am-4:30 pm (Mon to Fri).	Referrals to community resources based on need.	Anyone of low income status. Must provide name & phone number when applying.

Disaster Assistance:

Canadian Red Cross

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
398 Aberdeen St SE, Medicine Hat, AB T1A 0R2	403-526-3048	8:30am to Noon 1 – 4:30 p.m. (Mon – Fri)	Provide basic needs assistance to people experiencing a disaster (fire or natural disaster)	Anyone experiencing a disaster.

Free BBQ's, Breakfasts, Suppers, Etc.:

Glenview Nazarene Church

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
421 North Railway St SE, Medicine Hat, AB T1A 2Z3	403-504-0342	Sunday of Thanksgiving Weekend at 2 p.m. (Oct 11/09)	Thanksgiving Dinner at the Volunteer Centre (211 – 4 St SE.)	Anyone in need or alone. .

Salvation Army Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
737 – 8 St SE Medicine Hat, AB T1A 1M6	403-526-9699	Friday before Thanksgiving at 5-7 p.m. (Oct 9/09)	Thanksgiving Dinner at CORE Association (412 – 3 St SE)	Anyone in need or alone.

The Champion's Centre

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
421 North Railway St SE, Medicine Hat, AB T1A 2Z3	403-504-0342	9 a.m. – 3 p.m. (Mon-Fri) 1 – 2 p.m. (Sat), 2-3 p.m. (Sun)	Hot Lunch program on Saturdays at Champion's Centre, Sundays at St. Barnabus Church	Anyone in need.

CORE Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
412 – 3 St SE, Medicine Hat, AB T1A 0H1`	403-527-3302	8:30 a.m. - 4:30 p.m. (Mon-Fri) Dinner is 5 p.m.- 6 p.m. (Mon-Fri)	Hot Meal Program. Hot dinner Mon to Fri	Anyone in need.

Davis Pontiac Buick GMC (Medicine Hat) Ltd.

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
1450 Trans Canada Way SE, Medicine Hat, AB T1B 4M2	403-527-1115	7 a.m. to 11 a.m. (Saturday before Stampede)	Free Pancake breakfast.	Community Members

The Dream Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
1714 Saamis Dr. NW Medicine Hat, AB, T1C 1W7	403-527-9917	9 am-10 pm (Mon to Thurs) 9 am-4 pm (Fri) 9 am-1 pm (Sun) Closed on Sat	Free breakfasts Sunday mornings. Coffee/snacks always available at Center.	Anyone at the Center

First Assembly Church of God

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
395 – 9 St S Medicine Hat, AB , T1A 1N	403-526-2946	Clothing room 1:30 – 4 p.m. Tuesdays	Luke 14 th Christmas Dinner	Anyone in need

Kiwanis Christmas Dinner

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Veiner center 225 Woodman Ave SE, medicine Hat, AB T1A 3H2	Veiner Center 403-529-8383	8 a.m. – 4 p.m. (Mon-Fri)	Christmas Dinner	Anyone in need or alone. People must register before the dinner.

Lions' Club Canada Day Pancake Breakfast (Medicine Hat)

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Kin Coulee Park, Medicine Hat.		7 a.m. – 10 a.m. Canada Day	Free Pancake Breakfast	Community Event

Lions' Club Canada Day Pancake Breakfast (Redcliff)

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Lions Park, Redcliff		Canada Day Free Pancake Breakfast. Hotdogs & hamburgers	Pancake breakfast. Hotdogs & hamburgers. .	Community Event.

Homeless Shelters and Housing:

The Champions' Centre

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
421 North Railway St SE, Medicine Hat, AB T1A 2Z3	403-504-0342	9 a.m. – 3 p.m. (Mon-Fri) 1 – 2 p.m. (Sat), 2-3 p.m. (Sun)	Assisted living housing for men with barriers to independent living	Men over 18 who have barriers to independent living.

Inn Between Youth Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
178 South Ridge Dr. SW Medicine Hat, AB T1B 2E2	403-529-6367	3 p.m. - 9 p.m. (Mon-Fri) Weekends 24 hours	7 beds for youth between the ages of 12-17	Youth at risk of being homeless or parental conflict

Medicine Hat Community Housing Society

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
104, 516 – 3 St SE Medicine Hat, AB T1A 0H3	403-528-8153	8 a.m. to 8 p.m. (Mon-Fri)	Provides affordable transitional housing.	Singles or couples with no children. Contact Society for an application.

Miywasin Society of Aboriginal Services

Address	Phone	Hours of Operation	Resources provided.	Eligibility for Use
517 – 6 St SE, Medicine Hat, AB T1A 0H2	403-526-0756	8:30 a.m. –noon, 12:30 to 4:30 p.m. (Mon-Fri)	Provide transitional housing (suites for one year) (A house for up to three years for Aboriginal families)	Anyone in need of transitional housing may apply.

Salvation Army Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
737 - 8 St SE, Medicine Hat, AB T1A 1M6	403-526-9699	Shelter open 24 hours/day, 365 days a year.	Homeless shelter for men, women & children.	Anyone in need.

Life Skills and Personal Development:**Big Brothers / Big Sisters of Medicine Hat and District**

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
201, 665 Kingsway Ave SE, Medicine Hat, AB T1A 2W8	403-5276640		Provide Go Girls program to girls aged 11-14 to promote healthy living	Go Girls is for girls 11-14.

Boys Scouts of Canada

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
79 Cuyler Rd. SE, Medicine Hat, AB T1B 1V6	403-527-3633		Leadership training, Socialization skills, Outdoor education.	Boys 5-17. Call for an application.

Community Food Connections Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2948 Dunmore Road SE Medicine Hat, AB T1A 8E3	403-502-6096	12 pm - 4 pm (Mon to Fri)	Food Fundamentals program (six week program on nutrition & cooking skills taught by a Dietitian)	Anyone, six week course has a \$24.00 fee.

The Dream Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
1714 Saamis Dr. NW Medicine Hat, AB, T1C 1W7	403-527-9917	9 am-10 pm (Mon to Thurs) 9 am-4 pm (Fri) 9 am-1 pm (Sun) Closed on Sat	Young mothers group meets every Monday, speakers on nutrition are offered.	Young mothers contact church for an application.

Glenview Nazarene Church – Mission of Grace

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
4235 Black and White Trail, Medicine Hat, AB, T1B 3M6	403-528-7436	10 am-2 pm (Mon to Thurs)	Lessons on how to shop & prepare nutritious food. Assistance with budgeting, advocacy & spiritual counselling.	Anyone in need, contact the church for an application

LEARN

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
299 College Dr SE, Medicine Hat, AB T1A 3Y6	403-504-3513	8:30 a.m. – 4:30 p.m. (Mon-Fri)	Family Literacy Program, a program to help parents introduce their children reading and to aid in family bonding.	Low literacy parents with children who have not started school.

Living Healthy Program

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
100, 88 Valleyview Dr SW, Medicine Hat, AB T1A 8N6	403-529-8969	8 a.m. – 4 p.m. (Mon-Fri) Call for class dates or a schedule	Classes for healthy eating, active living, and living with a chronic disease (diabetes, high blood pressure, cholesterol or obesity). Supervised exercise programs (twice a week for 12 weeks, given by a health professional). Action for life workshops.	Education classes are for anyone suffering from a chronic disease, referred by doctor or self-referred. Exercise programs for individuals with difficulties with physical activity due to chronic disease, there is an \$80.00 fee but financial assistance is available. Workshops for chronic disease sufferers, has a \$35.00 fee, financial assistance is available.

McMan Parent Link Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2524 Southview Dr SE, Medicine Hat, AB T1B 1E8	403-504-0833	8:30 a.m. – 4:30 p.m. (Mon-Wed. & Fri) 8:30 a.m. – 8 p.m. (Thur) 10 a.m. – 2 p.m. (Sat)	Parenting classes twice yearly, (Love & Logic & 1-2-3 Magic)_	Open to all parents and caregivers.

Medicine Hat Pregnancy and Family Support Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
554 – 3 St SE Medicine Hat, AB T1A 0H3	403-504-8560	10 am-2 pm (Tues to Thurs)	Parenting classes & counselling	Women, who are pregnant or have children up to two of age, contact Center for application.

Parents as Teachers

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
901 Hargrave Way NW, Medicine Hat AB T1A 6Y8	403-529-2556	Various days & evenings	Home visits to parents to provide information on healthy development and healthy living for children. Workers also provide ideas for age- appropriate activities that parents can do with their children.	Parents & caregivers with children aged 0-5.

Veiner Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
225 Woodman Ave SE, Medicine Hat, AB T1A 3H2	403-529-8383	8 a.m. - 4 p.m. (Mon – Fri).	Wellness Wednesdays education programs Drop-In Life Long Learning Series (Tues). Computer, art & fitness classes.	Open to everyone, no fee. Must have Veiner Center membership.

Worlds of Women Together

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
21 – 7 St SE Medicine Hat, AB , T1A 1K	403-526-5627	9 am-1 pm (Executive Director) 1 pm-4 pm (Programming Coordinator) (Mon to Fri)	Referrals to parenting classes, healthy living classes.	Immigrant women.

Health Education:**Canadian Cancer Society**

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
102, 1865 Dunmore Rd. SE, Medicine Hat, AB T1A 1Z8	403-528-2125	8:30 a.m. – 4:30 p.m. (Mon-Fri)	www.cancer.ca has lots of information about nutrition.	Anyone in need, particularly cancer patients and their family members.

Canadian Diabetes Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
102, 73 – 7 St SE, Medicine Hat, AB T1A 1J2	403-529-1259	8:30 a.m. – 4:30 p.m. (Mon-Fri) Closed from 12 – 1 p.m.	Healthy Living Program (presentations to seniors, schools, and Aboriginal groups) Support group for diabetes patients and their family members every 2 nd Wednesday of each month. Participate in Seniors' Fair. Provide basic information to Primary Care Nurses. Office has lots of information & cookbooks to assist people.	Anyone in need, particularly diabetes patients and their family members.

Alberta Health Services

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2948 Dunmore Rd SE, Medicine Hat, AB T1A 8E3	403-502-8200	8 a.m. – 4:30 p.m. (Mon-Fri)	<p><u>Maternal Child team:</u> -Two breastfeeding clinics per week, breastfeeding consultant ready any time. -Information about immunizations. -Prenatal classes. -Parenting and post-partum classes. -bay and You class on Wed. mornings. -Genetic preconception screening and counselling.</p> <p><u>School Team:</u> -Classes on healthy living in schools. -Participate in Health Fair. -Moving & Choosing Program. (www.movingandchoosing.com)</p> <p><u>community Nutrition:</u> -Grocery store tours & public presentations -School presentations on nutrition & body image -Nutrition resource lending library -Workshops to community agencies -classes on prenatal and toddler nutrition, feeding & related</p>	Anyone in need.

			<p>topics</p> <ul style="list-style-type: none"> -individual consultations on prenatal child nutrition -Partnerships with Food connections & other food security initiatives: Good Food Club, Community Kitchens, Food Fundamentals, Community gardens, Food Charter, Food Talk, etc. <p><u>Dental Health Care:</u></p> <ul style="list-style-type: none"> -Presentations & workshops with schools & seniors. -Participate in prenatal classes <p><u>Sexual Health Services:</u></p> <p>Provide education & information about sexuality across all age groups, including information about STIs & birth control.</p>	
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Heart & Stroke Foundation of Alberta, NWT and Nunavut

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
124, 430 – 6 Ave SE, Medicine Hat, AB T1A 2S8	403-527-0028	8 a.m. to 4 p.m. (Mon-Fri)	<p>Jump Rope for Heart, and Hoops for Heart – school programs to promote active living.</p> <p>Heart Truth is a campaign that addresses women’s health concerns In regard to heart disease.</p>	<p>Elementary students</p> <p>Anyone</p>

Alberta Health Services, Living Healthy Program

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
100, 88 Valleyview Dr SW, Medicine Hat, AB T1A 8N6	403-529-8969	8 a.m. – 4 p.m. (Mon-Fri) Call for class dates or a schedule	Classes for healthy eating, active living, and living with a chronic disease (diabetes, high blood pressure, cholesterol or obesity). Supervised exercise programs (twice a week for 12 weeks, given by a health professional). Action for life Workshops	Education classes are for anyone suffering from a chronic disease, referred by doctor or self-referred. Exercise programs for individuals with difficulties with physical activity due to chronic disease, there is an \$80.00 fee but financial assistance is available. Workshops for chronic disease sufferers, has a \$35.00 fee, financial assistance is available.

Resource Libraries:

Alberta Health Services

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2948 Dunmore Rd SE, Medicine Hat, AB T1A 8E3	403-502-8200	8 a.m. – 4:30 p.m. (Mon-Fri)	Nutrition resource lending library	Anyone

Canadian Mental Health Association

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
204, 1865 Dunmore Rd. SE, Medicine Hat, AB T1A 0Z8	403-504-1811	8:15 a.m. to 4:15 p.m. (Mon. to Fri.)`	Resource lending library	Anyone with a CMHA membership.

McMan Parent Link Center

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
2524 Southview Dr SE, Medicine Hat, AB T1B 1E8	403-504-0833	8:30 a.m. – 4:30 p.m. (Mon-Wed. & Fri) 8:30 a.m. – 8 p.m. (Thur) 10 a.m. – 2 p.m. (Sat)	Toy lending library.	Open to all parents and caregivers.

Community Support Programs:

Gas City Kiwanis Club

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Box 4, 826 – 11 St SE, Medicine Hat, AB T1A 1T7	403-526-2108		<ul style="list-style-type: none"> -One of the sponsors Christmas Dinner at the Veiner Center -Supported Safety City -Children's Christmas Party for the children of the North Flats Neighbourhood Association -Sponsors Are You Okay System? (program calls seniors who live alone each day) -Terrific Kids Program (a stay in school program). 	Sponsor programs to serve children, seniors and people who are alone.

Girls Guides of Canada

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Box 20010, Kennington PO, Medicine Hat, AB T1A 8M4	403-548-7830	Office in Redcliff with answering machine	<ul style="list-style-type: none"> -Assist with food collection at the Christmas Train. Collect stuffed toys for people in the hospital -Sing at seniors homes at Christmas time. -Visit & play with the animals at the MH SPCA -Assists the United Way 	Each Girl Guide unit determines its own activity.

Golden K Kiwanis Club

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
33 Markwick Dr SE, Medicine Hat, AB T1A 7V8	403-527-5984		-One of the sponsors Christmas Dinner at the Veiner Cent -Sponsors Books for Babies Program -Preschool Reading Program -Connaught School K Kids Club Provides drivers for Wheels to Meals -PARTY program	Sponsor programs to serve children, seniors and people who are alone

Kinsmen Club of Medicine Hat

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Box 321, Medicine Hat, AB T1A 7G1	403-529-6546	Meet 1 st & 3 rd Thursdays of each month	-Sponsor St. Louis School Milk Program -Meals on Wheels & Santa Claus Fund -Support various community agencies -Sponsor public skating & swimming -Scholarships -Donate money to City capital projects.	Anyone in need, send a letter of request.

Kiwanis Club of Medicine Hat

Eligibility for Use	Address	Phone	Hours of Operation	Resources Provided
Sponsor programs which mainly serve children.	Box 664, Medicine Hat, AB T1A 7G6	403-528-9488		<ul style="list-style-type: none"> -One of the sponsors Christmas Dinner at the Veiner Cent -Contribute to Vision Program -Support various youth groups -Sponsor City flower beds & Best block -Donate to youth sport clubs -Scholarships

Medicine Hat Elks Club

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
305 – 3 St NW, Medicine Hat AB T1A 6L1	403-529-9581		<ul style="list-style-type: none"> -Milk for Tots Program -Support the Food Bank, crippled children & hearing impaired. -Support various sport teams. 	Residents of Medicine Hat may apply, send a letter of request.

Medicine Hat Optimist Club

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Box 832, Medicine Hat, AB T1A 7G7	403-526-3378	Meet 1 st & 3 rd Wednesday each month at 7 p.m. at the Kiwanis Center	<ul style="list-style-type: none"> -Elm Street School milk & hot lunch program -Donate to SEAB Safety Alliance -Sponsor Ringette, Chess Club & Junior Golf Tournament. -Public speaking & essay contest. 	Support youth Programs.

Food Drives:

Boys Scouts of Canada

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
79 Cuyler Rd. SE, Medicine Hat, AB T1A 1V6	103-527-3633		Annual City wide food drive for Food Bank	

CHAT Radio 94.5

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
10 Boundary Rd., Redcliff, AB T0J 2P0	403-548-8282	Food Drive takes place in November	Annual community wide food drive for Medicine Hat Food Bank	

Girls Guides of Canada

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Box 20010, Kensington PO, Medicine Hat, AB T1A 8M4	403-548-7830	Office in Redcliff with answering machine	Collect food for Food Bank	Each Girl Guide unit determines its own activity.

Funders:

City of Medicine Hat

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
580 – 1 St SE, Medicine Hat, AB T1A 8E6	403-529-8316	8:30 a.m. – 4:30 p.m. (Mon-Fri)	Community Development Grants are available to non profit groups for preventive and/or community enrichment social service projects.	Organizations of Medicine Hat

Community Foundation of Medicine Hat & SE Alberta

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
104, 430 – 6 Ave SE, Medicine Hat, AB T1A 2S8	403-527-9038	8:30 a.m. – 4:30 p.m. (Mon-Thur) 8:30 a.m. – 4 p.m. (Fri)	Funds various social programs in Medicine Hat & SE Alberta.	Organizations of Medicine Hat & SE Alberta with charitable status.

LEARN

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
299 College Dr SE, medicine Hat, AB T1A 3Y6	403-504-3513	8:30 a.m. – 4:30 p.m. (Mon-Fri)	Offers program funding (agencies apply for funding) Offers outreach funding (students who cannot pay registration fees for specific courses/programs can apply for funding)	Organizations may become a member of LEARN by filling out an application

United Way of South-Eastern Alberta

Address	Phone	Hours of Operation	Resources Provided	Eligibility for Use
Box 738, Medicine Hat, AB T1A 7G7	403-526-5544	8:30 a.m. – 4:30 p.m. (Mon-Fri)	Funds various social programs in Medicine Hat & SE Alberta	Organizations of Medicine Hat & SE Alberta

Legend for Asset Map for Medicine Hat, AB


Bus Routes:


College: 


Dunmore: 

Flats: 

Hospital: 

Kensington: 

Crescent Heights (DT): 

Crescent Heights B: 

Ross Glen: 

Southridge: 

Southlands: 

Symbols:

Fast Food Restaurant: 

Grocery Store: 

Directory of Fast Food Restaurants and Grocery Stores

Number on Map	Grocers (Retail)	Location
0	Safeway	615 Division Ave S
1	IGA (Foodland)	302 Maple Ave SE
2	Co-op	3030 13 Ave SE (Co-op Mall)
3	Co-op	10 Northlands Way
4	Real Canadian Superstore	1792 Trans Canada Way SE
5	Sobeys	1960 Strachan Rd SE
Number on Map	Grocers (Wholesale)	Location
6	Brewmaster Wholesale Foods and Coffee Service	764 7 St SE
7	Medicine Hat Wholesale Foods Ltd	702 Industrial Ave
Number on Map	Fast Food Restaurants	Location
8	A & W	4 Northlands Way NE
9	A & W	3033 Dunmore Rd SE
10	A & W	1300 Redcliff Dr SW
11	A & W (the mall)	Bay F7 3292 Dunmore Rd SE
12	Arby's	1321 Trans Canada Way SE
13	Arby's	3292 Dunmore Rd SE # F2
14	Booster Juice	108-3215 Dunmore Rd SE
15	Burger King	3140 Dunmore Rd SE
16	Dairy Queen	94C 8 St NW (Crescent Heights)
17	Dairy Queen	375 3 St SE (Downtown)

Directory of Fast Food Restaurants and Grocery Stores

18	Dairy Queen	3073 Dunmore Rd SE
19	Darby's Bistro	422 6 St SE
20	Edo Japan	6F-3292 Dunmore Rd SE
21	Edo Japan	105-1941 Strachan Rd SE
22	The Extreme Pita	219-3292 Dunmore Rd SE
23	KFC	3215D Dunmore Rd SE
24	KFC	568A Rutherford St NW
25	Louie's Submarine	3292 Dunmore Rd SE #F6
26	Mary Brown's Fried Chicken	1561 Dunmore Rd SE
27	McDonald's	3375 Dunmore Rd SE
28	McDonald's	850 Redcliff Dr SW
29	Mr. Submarine	1561 Dunmore Rd SE
30	Mucho Burrito	102-1941 Strachan Rd SE
31	New York Fries	3292 Dunmore Rd SE
32	Pita Pit	105-3215 Dunmore Rd SE
33	Pita Pit	23 8 St NW
34	Samir's Donair	127A Carry Dr SE
35	Samir's Donair	526 3 St SE (Downtown)
36	Sizzling Wok	F3-3292 Dunmore Rd SE
37	Subway Sandwiches and Salads	223 6 Ave SE

Directory of Fast Food Restaurants and Grocery Stores

38	Subway Sandwiches and Salads	3034 Dunmore Rd SE
39	Subway Sandwiches and Salads	934 Redcliff Dr SW
40	Subway Sandwiches and Salads	94A 8 St NW
41	Subway Sandwiches and Salads	104-1941 Strachan Rd SE
42	Taco Time	202-2960 Dunmore Rd SE
43	Taco Time	Med Hat Mall
44	Tim Horton's	550 3 St SE
45	Tim Horton's	2355 Trans Canada Way SE
46	Tim Horton's	3201 13 Ave SE
47	Tim Horton's	749 1 St SE
48	Tino's Drive-In	860 14 St SW
49	Vanellis	219-3292 Dunmore Rd SE
50	Wendy's	2375 Trans Canada Way SE