

## SHORT TERM SHELTER

**McMan Inn Between Youth Shelter**—(403) 529-6367; (403) 527-1588  
178 Southridge Drive SW

A 6 bed facility that offers temporary accommodations, food and basic necessities to youth ages 12–17.

**Miwasin Society of Aboriginal Services**—(403) 526-0756

Transitional Housing offers temporary shelter to single males or females as well as families. Application process required.

**Phoenix Safe House** (operated by the Medicine Hat Women's Shelter Society)—(403) 529-1091

Offers temporary emergency shelter and support services to women and their children fleeing abusive relationships and/or women in crisis. Outside Medicine Hat call 1-800-661-7949

**The Salvation Army Family Support Centre**—(403) 526-9699  
737—8th Street SE

Offers temporary shelter and support to individuals and families.

### ADDITIONAL SUPPORT PROGRAMS:

**The Salvation Army Family Services** —(403) 526-6822

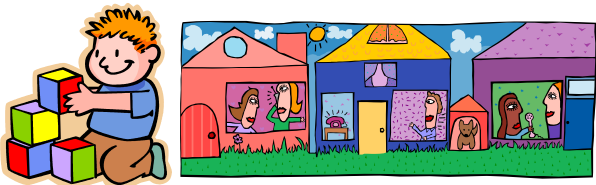
May be able to help either with funds or to advocate for funds for help in paying rent, a damage deposit or a utility bill.

**Bridges Family Programs**—(403) 526-7473  
#477 — 3rd Street SE

They provide families with children aged 0–18 years with information and support regarding what services and supports are available and how they can be accessed. Services are free and referrals are accepted from anyone.

**The Dream Centre** —(403) 527-9917

Family Play Group—call for times and days.



## FOOD SERVICES

**Medicine Hat and District Food Bank**—(403) 528-4566 (client services) or (403) 528-4313 (administration)

532 South Railway Street SE  
(Between Pattison Funeral Home & Fountain Tire)

**SERVICES AVAILABLE** — Emergency Grocery Baskets and Healthy Bundles

**PROCESS** —

**Grocery Baskets—Walk-Ins** available Monday to Friday between 1:00pm and 3:30pm. Identification is required for each person in the household.

**Healthy Bundles—By Appointment Only** (403) 528-4566 Tuesdays and Thursdays between 10:00am and 11:00am.

**WEEKDAY HOT MEAL PROGRAM**— (403) 526-9699

In conjunction with the Salvation Army and The United Way. Served Monday to Friday from 5:00 pm—6:00 pm at CORE Association at 412 3rd Street SE. Prepared by volunteers from Salvation Army and CORE Association.

**WEEKEND HOT MEAL PROGRAMS**

**Saturday**—served from 1:00–2:00 p.m at **The Champion Centre** at 435 North Railway Street SE. Prepared by volunteers and staff of the Champion Centre. For more information on The Champion Centre low-income housing for men, please call (403) 504-0342.

**Sunday**—served at 2:00 pm. Doors open at 1:30 pm at **Hope Street Church** (403) 529-9300. www.hopetreechurch.ca Location—St. Barnabas Anglican Church Gymnasium—635—4th Street SE (Gymnasium doors off of 5th Street) Various food items are also distributed during the meal to take home. ALL ARE WELCOME!  
\* Hope Street Church is a Good Samaritan Church Ministry of Glenview Nazarene Church

**The Dream Centre**—(403) 527-9917  
1714 Saamis Drive NW

**FOOD RUN** — call to sign up. They usually deliver on Thursday. (Not a guaranteed service; 8 week rotation)

**COFFEE BAR** — Free coffee and free Internet service

**PANCAKE BREAKFAST** — Free every Sunday from 9:00 am to 10:00 am at the Dream Centre

**The Good Food Box Club**—(403) 502-6096

Is a group buying club that makes it easier and more affordable for members to purchase fresh vegetables and fruits. Visit [www.foodconnections.ca](http://www.foodconnections.ca) for more information.



## NEED SOMEONE TO TALK TO?

Looking for work can be a real roller coaster ride with lots of ups and downs in addition to the demands of daily living. Sometimes it is helpful to talk to a caring professional. Depending on your concerns, the following organizations may be of help.

**Medicine Hat Family Services**—(403) 504-8026

477—3rd Street SE (5th Avenue Entrance)

Call to book an appointment; fee based on income

**Medicine Hat & District Pregnancy & Family Support Centre**

(403) 504-8560

#4, 554 - 3rd Street SE

Open at 10:00 am - 3:00 pm, Monday - Friday

**Miwasin Society of Aboriginal Services** — (403) 526-0756

#517— 3rd Street SE

Call Marlene Cadotte Monday–Friday from 8:30am–4:30pm

**Medicine Hat Women's Shelter Society**—(403) 527-8223

Non-Residential Programs:

**Outreach Program**—Provides support and guidance to women in transition from shelter living to independent community living. The Outreach Worker works with clients to identify goals and develop a plan of action to fulfill those goals. Women who have not been in residence at the shelters can also access the Outreach Programs.

**Weekly Support Groups**—MHWSS offers support groups for women, youth and children from September to June. All participants complete an initial one-on-one interview before entering into the group.

**Courage to Change**—MHWSS offers Courage to Change, an educational group in partnership with Medicine Hat Family Services geared to assist women in pursuing healthy choices to protect the emotional wellness and safety of their family. Emphasis is placed on changing destructive relationship patterns while promoting self-awareness.

**Community Mental Health Services** — (403) 529-3500

#2, 346—3rd Street SE (Provincial Building)

Open Monday through Thursday from 8:00 am – 7:15 pm and Friday from 8:00 am – 4:30 pm.



# FACED WITH A CRISIS?

## Help is Available

### Resources to Assist With Your Journey to Employment

Looking for work can be a very stressful time and even more so if you are faced with a financial crisis. When basic needs are not being met and/or you cannot afford the costs of job searching, the following resources are here to help.

This information was prepared by:

Community Employment Services  
#120-1310 Kingsway Avenue SE  
Medicine Hat, Alberta T1A 2Y4  
(403) 527-3400 (phone) or (403) 529-1545 (fax)



Updated: January 19, 2012



### LOOKING YOUR BEST!

Making a good first impression with employers is so important. Help with clothing and grooming is available.

**FREE** second hand clothes may be obtained on Tuesday from 1:15 pm–4:00 pm and Thursday from 9:30 am–11:00am at the **First Assembly of God** – (403) 526-2946 395 – 9th Street SE

**The Dream Centre** – (403) 527-9917

1714 Saamis Drive NW

**FREE** laundry services; detergent provided–Monday–Thursday from 9:00 am–9:30 pm and Friday from 9:00 am–4:00 pm

Summer hours are from 9:00 am–4:00 pm–Monday - Friday

Clothing vouchers may also be obtained from The Salvation Army Family Services at **The Salvation Army Thrift Store** at 457– 3rd Street SE (please call (403) 526-6822)

Second hand clothing may be purchased at reasonable prices at the following locations:

**The Post** – 410 South Railway Street SE

**The Salvation Army Thrift Store** – 457– 3rd Street SE

**Value Village** – 1368 Trans Canada Way SE



**Masters School of Hair Design** – 634–2nd Street SE (403) 527-6822; has very reasonably priced services. Men's Shampoo and Cut–\$10.00; Women's Shampoo, Cut and Style ranges from \$13.00 to \$18.00. Visit [www.mastersschoolofhairdesign.com](http://www.mastersschoolofhairdesign.com) for more information.

What if the clothing you need is not available second hand? How do you afford to purchase the work boots you need or the uniform that you require for the job you have accepted? The following program may be able to assist you in this regard.

### **Alberta Works / Employment & Training**

Alberta Employment & Immigration

#5, 346 – 3rd Street SE

Provides training and employment supports to assist Albertans in reaching their employment potential. Income Support may be available to Albertans making every effort to become financially independent.

### FEELING YOUR BEST!

Looking for work is a full time job in itself. Getting a good night sleep and eating properly can help with your success. Help with food and shelter for those in crisis is available.

### **Health Link**

24 hour health advice from a medical professional.

For more information on health care and health services call toll free 1-866-408-5465

