

# YOUTH SERVICES DIRECTORY



(PLEASE NOTE: blue titles are links)

**Emergency Help:** 911 (Fire, Police, Ambulance)

**24 Hour Distress Line:** (888) 787-2880

**Bullying Hotline:** (888) 456-2323

**Child Abuse Hotline:**  
(800) 387-KIDS (5437)

**Chinook Regional Hospital:**  
(403) 388-6111

**Emergency Youth Shelter (Wood's):**  
(403) 317-1777

**Family Violence Info Line:**  
(403) 310-1818

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

**Police:** (403) 328-4444, or 911 (if an emergency)

**Victim/Witness Services Unit:**  
(403) 330-5023

For more information & referrals to services available in Lethbridge, visit **Community Links:** (403) 328-LINK (5465)

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**Alberta Health Services - Find a Physician Search**

**Alberta Health Services - Mental Health Services:** (403) 338-6244

**Birthright:** (403) 320-1003

**Canadian Mental Health Association:**  
(403) 329-4775

To find a clinic: **Chinook Primary Care Network** (403) 388-6510

**HEALTHLink Alberta:**  
1-866-408-LINK (5465)

**HIV Connection:** (403) 328-8186

**Lethbridge Health Unit:** (403) 388-6666

**McMan (FASD):** (403) 328-2488 x 223

**PDD (Persons with Developmental Disabilities):**  
18+: (403) 381-5777  
**Under 18 (Family Supports & Assistance for Children with Disabilities):** (403) 382-4275

**Sexual Health (including Parenthood Planning):** (403) 320-0110

**Needle Exchange Locations:**  
**PHARMASAVE Draffin's Pharmacy:**  
(403) 327-3364  
**Norbridge Pharmacy:** (403) 329-1211

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**Boys and Girls Club:**  
**Teen Homework Club:** (403) 327-6423  
**Teen Stuff Drop-in Program:**  
(403) 327-6423

**Big Brothers Big Sisters:**  
(403) 328-9355

**KidSport Lethbridge & Taber:**  
(403) 381-8331

**Lethbridge Public Library:**  
Main Branch: (403) 380-7310  
Crossings Branch: (403) 320-4037

**Opokaa'sin Youth Programs:**  
(403) 380-2569

**TRAC (To Reach and Connect):**  
(403) 308-6633

**YMCA:** (403) 327-9622

**YWCA:** (403) 329-0088

**YWCA GirlSpace:** (403) 329-0088

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**Counseling Services (subsidy available):**  
**Addictions Counseling:** (403) 381-5183  
(866) 332-2322  
**Associates Counseling Services Inc:**  
(403) 381-6000  
**Crossroads Counseling:** (403) 327-7080  
**Family Centre:** (403) 320-4232  
**Lethbridge Family Services - Counseling:** (403) 327-5724

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**Lethbridge College Pride:**  
lethbridgecollegepride@gmail.com

**PFLAG Canada – Lethbridge Chapter:**  
lethbridgeab@pflagcanada.ca

**ULSU (University of Lethbridge Students Union) PRIDE Centre:** [www.ulsupride.ca](http://www.ulsupride.ca)

**Youth OUTreach Program:**  
(403) 308-2893

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**5th on 5th:** (403) 329-3555

**Assisted Learning Environment Response Team "Making Connections":**  
(403) 380-5320

**Lethbridge Alternative Schools and Programs:** (403) 327-3945

**Lethbridge College Students Association:** (403) 320-3373

**Lethbridge College Student Services:**  
(403) 320-3200

**University of Lethbridge Student Services:** (403) 320-5700

**University of Lethbridge Students Union:**  
(403) 329-2222

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**Alberta Employment and Immigration - Income Supports:** (403) 380-2272

**Alberta Supports:** (877) 644-9992

**Child and Family Service Authorities:**  
(Site links to many services) (403) 381-5555

**Community Resource Sergeant (LRPS):**  
(403) 330-5035

**Crime Stoppers:** 1-800-222-TIPS (8477)

**Families First and First Steps:**  
(403) 388-6351

**Legal Aid Alberta:** (403) 381-5194

**Legal Guidance:** (403) 380-6338

**Lethbridge Family Services - Immigrant Services:** (403) 320-1589

**Lethbridge Food Bank Society:**  
(403) 320-1879