

# 0 - 5 Years Resource Handbook



## 5 for Life

### Early Childhood

[www.5forlife.ca](http://www.5forlife.ca)



# 2023



Serving  
Town of  
Strathmore  
and Wheatland  
County





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## Development Skills

The first five years of a child's life are the most critical period in development and have a lifelong impact on learning, health, work, relationships and well-being. By five years old a child should show age appropriate knowledge and behaviours in the following five areas of development:

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

For more information on developmental stages go to [www.healthyparentshealthychildren.ca](http://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**

**[www.albertafarmdays.ca](http://www.albertafarmdays.ca)**

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



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### **Aspen Crossing**

**[www.aspencrossing.com](http://www.aspencrossing.com)**

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

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



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### **Blackfoot Crossing Historical Park**

**[www.blackfootcrossing.ca](http://www.blackfootcrossing.ca)**

**[info@blackfootcrossing.ca](mailto:info@blackfootcrossing.ca)**

**403-734-5171**

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



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### **Canada Day – Strathmore**

**[www.strathmore.ca](http://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](http://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.

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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.

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### **Hussar Summer Daze**

**[hussarsummerdaze@gmail.com](mailto: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](http://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****[www.livefreeartstudios.com](http://www.livefreeartstudios.com)****[livefree.artstudios@gmail.com](mailto:livefree.artstudios@gmail.com)****403-808-8154**

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



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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.

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**Rockyford Rodeo****403-533-3771**

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



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**Rosebud Theatre****[www.rosebudtheatre.com](http://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](http://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**  
**www.tyrrellmuseum.com**  
**tyrrell.info@gov.ab.ca**  
**310-0000 then 403-823-7707**

The Royal Tyrrell Museum of Palaeontology is Canada's only museum dedicated exclusively to the study of ancient life. In addition to featuring one of the world's largest displays of dinosaurs, we offer a wide variety of creative, fun, and educational programs that bring the prehistoric past to life.  
6 km (4 mi) northwest of Drumheller



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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**  
**403-680-7721 403-361-0546**

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**

**[www.strathmoreplayers.ca](http://www.strathmoreplayers.ca)**

**[strathmoreplayers@hotmail.com](mailto:strathmoreplayers@hotmail.com)**

**403-917-1206**

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

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



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**Strathmore High School**

**[www.strathmorehighschool.com](http://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 Society**

**[www.wdhsociety.ca](http://www.wdhsociety.ca)**

**[wdhsociety@gmail.com](mailto:wdhsociety@gmail.com)**

**403-880-7446**

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

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**Wheatland Society of the Arts**

**[www.wheatlandarts.ca](http://www.wheatlandarts.ca)**

**[info@wheatlandarts.ca](mailto:info@wheatlandarts.ca)**

**403-934-6665**

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

Information: 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](http://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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**C.O.R.E. Child Care**  
**587-727-7374**

Full daycare for 12 months – 5 years, Kindergarten readiness  
204 – 2nd Avenue, Strathmore

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**Country Kids Child Care**  
**[www.countrykidsccs.com](http://www.countrykidsccs.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.



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**Girl Guides of Canada**  
**[www.girlguides.ca](http://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**

**5forlifeforever@gmail.com**

**www.5forlife.ca**

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



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**Scout Canada**

**www.scouts.ca**

**1-888-855-3336**

1st Strathmore Scouts; open to both boys and girls.

Scouts meet on Monday's @ 6:30, Cubs meet on Tuesdays @ 6:15, Beavers meet on Tuesdays @ 6:30, and Venturers meet on Thursday @ 6:30.

All meetings are currently outdoors.



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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 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**  
**403-991-6143**  
[www.bowriveralliance.com](http://www.bowriveralliance.com)  
105 Main Street, Carseland

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**Gleichen Community Church**  
**403-734-2140**  
Gleichen

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

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**Hope Community Covenant Church**  
**403-934-2424**  
[www.hope-community.ca](http://www.hope-community.ca)  
245 Brent Blvd, Strathmore

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

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**Lord of All Lutheran Church**  
**403-934-2374**  
[www.lordofall.ca](http://www.lordofall.ca)  
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**  
**403-823-7010**  
Center Street & 1st Avenue,  
Hussar

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**The Redeemed Christian Church of God Peculiar People Assembly (1 Peter 2:9)**  
**403-667-7832**  
[www.rccgstrathmore.com](http://www.rccgstrathmore.com)  
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**  
**403-677-2244**  
[www.rosebud.ca/church.htm](http://www.rosebud.ca/church.htm)  
404 – 1st Avenue, Rosebud

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**Sacred Heart  
Catholic Church**  
[www.sacredhc.ca](http://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**  
219 – 4th Avenue, Gleichen

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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](http://www.strathmorealliance.com)  
**403-934-3543**

325 – 1st Avenue, Strathmore



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**Strathmore Full Gospel Church**  
[www.strathmorefullgospel.com](http://www.strathmorefullgospel.com)  
[sfgc@strathmorefullgospel.com](mailto:sfgc@strathmorefullgospel.com)  
**403-934-2225**

50 Maplewood Drive,  
Strathmore



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**Strathmore Seventh-Day  
Adventist**  
**403-630-5609**  
[sdastrathmorechurch@gmail.com](mailto:sdastrathmorechurch@gmail.com)

112 Lakeside Blvd, Strathmore

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**Strathmore United Church**  
[www.smoreuc.com](http://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](http://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](http://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](http://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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**Fueling Brains Academy**  
**[www.fuelingbrains.ca](http://www.fuelingbrains.ca)**  
**403-983-2020**

Formerly KidsU focuses on whole child development

140 Cambridge Glen Dr. Strathmore

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**George Freeman School**  
**[www.georgefreemanschool.ca](http://www.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](http://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](http://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.nsaschool.ca](http://www.nsaschool.ca)**

**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**

**<https://sacredheart.redeemer.ab.ca>**

**403-901-1544**

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

709A - 2nd 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.westmoutelementary.com](http://www.westmoutelementary.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](http://www.trinitychristianacademy.ca)**

**403-361-9631**

Trinity Academy offers Pre-Kindergarten to Grade 9 programming

630 Westchester Road, Strathmore



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## Emergency Services

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

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**Bullying Helpline**  
**www.bullyingcanada.ca**  
**www.alberta.ca/bullying-find-  
supports.aspx**  
**1-877-352-4997**  
**310-1818 Alberta**

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**Centre for Suicide Prevention**  
**Emergency call 911**  
**AHS Mental Health Help Line**  
**1-877-303-2642**  
**Talk Suicide Canada**  
**1-833-456-4566**

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**Child Abuse Reporting**  
**403-297-2995**  
**1-800-387-5437**

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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 (HELP)**

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**Family Violence Info Line**  
**403-310-1818**

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**Hope For Wellness Line**  
**1-855-242-3310**

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

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**Health Link (AHS)**  
**811**

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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**

**1-866-403-8000** (text and chat available online)

Alberta's one line for sexual violence

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**Strathmore Shelter/  
Wheatland Crisis Society**

**wcs.general@wcsab.ca**

**24 hour Crisis Line**

**403-934-6634** (push 1)

**1-877-934-6634**

**wcs.general@wcsab.ca**

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



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**Strathmore Addiction and Mental Health (AHS)**

**403-361-7277**

Refer to Health and Wellness on Page 29.

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**Strathmore Public Health –**

**Strathmore (AHS)**

**403-361-7200**

650 Westchester Road, Strathmore

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**Strathmore Regional Victim Services**

**www.strathmoreregionalvictim services.com**

**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.ca**

**info@wheatlandfoodbank.com**

**403-324-4335**

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## Employment Services

**Bow Valley College**  
**www.bowvalleycollege.ca**  
**403-983-1221**

**bvcstrathmore@bowvalleycollege.ca**

Creates a college environment where you can triumph. 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 (Prospect)**

**www.rwemploymentservices.com**

**www.prospectnow.ca**

**info@prospectnow.ca**

**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](http://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](http://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**

**<https://jumpstart.canadiantire.ca>**

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

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### **Child Care Subsidy**

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

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

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### **Community Coats**

Strathmore residents – program located at Harvest Healing Church.

**403-901-0893**

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](http://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.kidsportcanada.ca/alberta/](http://www.kidsportcanada.ca/alberta/)**

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

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**Money Mentors**

**[info@moneymentors.ca](mailto: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.canada.ca/en/services/benefits/education/education-savings/resp.html](http://www.canada.ca/en/services/benefits/education/education-savings/resp.html)**

**1-800-622-6232**

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

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**Wild Rose Community Futures**

**[www.wildrose.albertacf.com](http://www.wildrose.albertacf.com)**

**403-934-8888**

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

101, 331 3rd Avenue Strathmore



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**Wheatland County Community and Development Services**

**[www.infinitewc.ca/services](http://www.infinitewc.ca/services)**

**403-361-2163**

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

#242006 RR #243 Strathmore



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## Food

### **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](http://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](http://www.wfcss.org)**



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### **Harvest Healing Church**

**[www.harvesthealingcentre.com](http://www.harvesthealingcentre.com)**

- Bread Ministries

Bread available for free distribution

Wednesday 6:30 – 8 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**  
**[www.christmashampersociety.com](http://www.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.ca](http://www.wheatlandfoodbank.ca)**

**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.

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## Health and Wellness

**Access Mental Health**

**[www.albertahealthservices.ca/services/page11443.aspx](http://www.albertahealthservices.ca/services/page11443.aspx)**

**403-943-1500**

Mental Health Help Lines

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**Addiction and Mental Health Services (AHS)**

**[www.albertahealthservices.ca/findhealth/Service.aspx?id=1015555&serviceAtFacilityID=1033402#contentStart](http://www.albertahealthservices.ca/findhealth/Service.aspx?id=1015555&serviceAtFacilityID=1033402#contentStart)**

**403-361-7277** Strathmore

**Intake Line 1-877-652-4700** Provincial

- Providing therapy related to abuse/violence, addiction, grief, stress, aging, relationships, anxiety and/or depression, suicidal thoughts, persistent or severe mental illness, to individuals of all ages and their families.
  - Assessment, treatments and follow-ups 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 mental health and cognitive issues; services are provided by an interdisciplinary team (usually nurses) either in a clinic or in-home settings.
  - Psycho-Geriatric services available; Psychiatry is made available as necessary.
  - If clients are urgently needing to see a Therapist, please call the clinic as there is one urgent appointment available each day.
- 209 - 3rd Avenue, Strathmore

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**Addiction Help Line (Drug/Alcohol/Gambling)**

**[www.albertahealthservices.ca/findhealth/service.aspx?id=1008399](http://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, St. Andrew Church

- AA Meetings Langdon

\*Meetings are closed and in person

Friday: 8:00 pm, Langdon Field House

- AA Meetings Rockyford

\*Meetings are closed and in person

Tuesday: 7:00pm, Rockyford United Church

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

[www.calgaryAA.org/meetings](http://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](http://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](http://www.health.alberta.ca/services/aids-to-daily-living.html)

**310-0000 then 780-427-0731**

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

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**Calgary Rural Primary Care Network**

**www.crpcn.ca**

**403-901-0142**

The Calgary Rural Primary Care Network emphasizes a team approach with your family doctor to improve primary health care through health promotion, disease and injury prevention, care of patients with chronic disease and medically complex problems and overall promotion of good health habits. Our team of health specialists work with your family doctor to offer group and one-on-one visits for: chronic disease management, youth/family and nutritional counselling, medication reviews, blood pressure monitoring & 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 & Geriatrician referral program.

The Primary Care Team consists of Primary Care Registered Nurses, Licensed Practical Nurses, a Youth/Family Counsellors, Social Worker, Registered Dietitian, Nurse Practitioners, Administrative Assistants and a Community Development Coordinator.

#101, 320 – 2nd Street, Strathmore

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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**

**403-934-9090**

116 - 3rd Avenue, Strathmore

Wheatland residents **Wheatland FCSS**

**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****www.growingfamiliesociety.ca****403-361-7216**

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

Programs and/or Partnerships: Bridging the Gap, Growing Opportunities, 5 for Life Early Childhood, FASD Outreach – Drumheller, Post Partum Support Group and Strathmore Wheatland Wellness Resource Project.

650 Westchester Road, Strathmore

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

Growing Opportunities supports at risk pregnant women in creating healthy lifestyles for themselves and their babies by providing free and confidential counseling, education, supplements, resources and connecting them to community services. A home visitation service is delivered by program staff, which includes a Registered Nurse and Life Skills Coach. Postnatal, a client who is breastfeeding is eligible to receive support until the babe is 9 months old. Providing supports for the past 27 years to Strathmore, Wheatland County, and the Drumheller areas. A program of Growing Families Society.

650 Westchester Road, Strathmore

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**Health First Traditional Chinese Medicine Centre**

**[www.healthfirst365.com](http://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.

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**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](http://www.northernstarmilkbank.ca)**

**403-475-6455**

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

106, 6712 Fisher St SE, Calgary

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**Postpartum Support Group  
Addictions and Mental Health - Strathmore  
403-361-7277**

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

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**Siksika Health Services  
www.siksikahealth.com  
403-734-5600**

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

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**Strathmore Diabetes Clinic  
403-361-7210**

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

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**Strathmore Farmer's Market  
www.strathmorefarmersmarket.ca**

Runs June to September at the 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](http://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, pediatric wellness navigator and physiotherapy.

650 Westchester Road, Strathmore

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**Strathmore Hospital**

**403-361-7000**

Refer to medical section

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**Strathmore Wheatland Addictions Team (SWAT)**

**[www.swatteam.ca](http://www.swatteam.ca)**

**[info@swatteam.ca](mailto: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

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**Strathmore Wheatland Wellness Resource Project (SWWRP)****[www.swwellness.ca](http://www.swwellness.ca)****[resources@swwellness.ca](mailto:resources@swwellness.ca)****403-962-0167**

The Strathmore Wheatland Wellness Resource Project is a community initiative that seeks to connect Strathmore and Wheatland County residents to the services and supports they need. The non-crisis resource phone line, email and website are monitored by a Resource Navigator. Or visit us in person at the SW Wellness Desk at the Strathmore Municipal Library, over a 6 hour period per week at different times and days. SWWRP would also be able to attend a session or meetings to explain and answer questions about community resources.

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**Travel Immunization****[www.travelhealthclinics.ca](http://www.travelhealthclinics.ca)**

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

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

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**Wheatland County Counselling****[www.wheatlandcountycounselling.com](http://www.wheatlandcountycounselling.com)****403-901-3761**

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

101, 95 Brent Blvd, Strathmore

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Pharmacies

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**Mint Health & Drugs**  
**Crytal Ridge**  
[crystalridge@mintdrugs.com](mailto:crystalridge@mintdrugs.com)  
[www.mintdrugs.com](http://www.mintdrugs.com)  
**403-901-2244**  
55 Wheatland Trail, Strathmore

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**Sandstone Pharmacy - Langdon**  
[www.sandstonepharmacies.com](http://www.sandstonepharmacies.com)  
**403-936-5006**  
201 – 97 Centre Street SW, Langdon

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**Shoppers Drug Mart**  
[www.shoppersdrugmart.ca](http://www.shoppersdrugmart.ca)  
**403-901-2451**  
117 – 100 Ranch Market, Strathmore

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**Strathmore CO-OP Pharmacy**  
[www.calgarycoop.com](http://www.calgarycoop.com)  
**403-934-6632**  
100 Edgefield, Strathmore

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**Strathmore Remedy's  
Rx Pharmacy**  
[www.remedys.ca](http://www.remedys.ca)  
**403-902-0402**  
216 – 4th Avenue, Strathmore

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**Strathmore Value Drug Mart**  
[www.valuedrugmart.com](http://www.valuedrugmart.com)  
[strathmore@valuedrugmart.com](mailto:strathmore@valuedrugmart.com)  
**403-934-3122**  
132 – 2nd Avenue, Strathmore

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**The Medicine Shoppe**  
[www.medicineshop.ca](http://www.medicineshop.ca)  
**403-734-3389**  
216 – 5th Avenue, Gleichen

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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](http://www.valuedrugmart.com)  
[strathmore@valuedrugmart.com](mailto:strathmore@valuedrugmart.com)  
**403-983-8450**  
231 – 2nd Avenue, Strathmore

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**Walmart Pharmacy**  
[www.walmart.ca/en/strathmore-supercentre/1049](http://www.walmart.ca/en/strathmore-supercentre/1049)  
**403-934-3338**  
200 Ranch Market, Strathmore

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## Housing

### **Emerald Management & Realty Ltd.**

**[www.emeraldmanagement.com](http://www.emeraldmanagement.com)**

Leasing Agent Rhona **403-801-2101**

Leasing Department **403-237-8811** to schedule a viewing

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### **Free RentSmart Alberta Course**

**[calgaryhousingcompany.org/free-rentsmart-alberta-course/](http://calgaryhousingcompany.org/free-rentsmart-alberta-course/)**

**[chcrentsmart@calgary.ca](mailto:chcrentsmart@calgary.ca)**

**403-988-6787**

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

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### **Landlord Tenant Information**

**[www.servicealberta.ca/RTA-handbook-and-quickreference-guide.cfm](http://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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### **Rentfaster**

**[www.rentfaster.ca/ab/strathmore/rentals](http://www.rentfaster.ca/ab/strathmore/rentals)**

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### **Sagecourt**

**[www.hestiaproPERTIES.ca](http://www.hestiaproPERTIES.ca)**

**[strathmore@hestiagroup.ca](mailto: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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**Step One Housing Society**  
**www.wfcss.org**  
**info@wfcss.org**  
**403-934-5335**

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

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**Strathmore Overnight Shelter**  
**www.strathmoreovernightshelter.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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**Strathmore Rental Properties Group**  
**www.facebook.com/groups/472069439496412**



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**Wheatland Housing Management Body**  
**www.wheatlandhousing.ca**  
**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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## 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://lawcentralalberta.ca/en/dial-law-calgary-legal-guidance>**

**403-234-9022**

**1-800-332-1091**

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### **Lawyer Referral Service**

**<http://lawsociety.ab.ca>**

**1-800-661-1095 403-229-4701**

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](http://www.legalaid.ab.ca)**

**1-866-845-3425**

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

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### **Office of the Public Guardian**

**[www.alberta.ca/office-public-guardian-trustee.aspx](http://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](http://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.

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**Service Alberta Consumer Contact Centre**

**[www.alberta.ca/service-alberta.aspx](http://www.alberta.ca/service-alberta.aspx)**

**1-877-427-4088**

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

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Local Law Offices

**Getz, Collins & Associates  
Law Office**

**[www.getzcollins.com](http://www.getzcollins.com)**

**403-934-2500**

225A Wheatland Trail,  
Strathmore

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**Lynn Woods Law Office**

**403-934-6333**

101, 318 - 3rd Avenue, Strathmore

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**Randal Jarvis Law Office**

**403-934-5000**

110, 304 - 3rd Avenue, Strathmore

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**Heming & Associates Barristers  
and Solicitors**

**[www.heminglaw.ca](http://www.heminglaw.ca)**

**[info@heminglaw.ca](mailto:info@heminglaw.ca)**

**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](http://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](http://www.carselandlibrary.ca)  
**403-934-6007**

330 Railway Ave W, Carseland  
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**Gleichen & District Library Society**

[www.gleichenlibrary.ca](http://www.gleichenlibrary.ca)  
**403-734-2390**

404 Main Street, Gleichen  
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**Hussar Municipal Library**  
[www.hussarlibrary.ca](http://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](http://www.rockyfordlibrary.ca)  
**403-533-3964**

Rockyford Community Centre  
412 Serviceberry Trail,  
Rockyford  
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**Standard Municipal Library**  
[www.standardlibrary.ca](http://www.standardlibrary.ca)  
**403-644-3995**

822 The Broadway St.,  
Standard  
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**Strathmore Municipal Library**  
[www.strathmorelibrary.ca](http://www.strathmorelibrary.ca)  
**403-934-5440**

85 Lakeside Blvd, Strathmore  
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## Media

### **Drumheller Mail**

**[www.drumhellermail.com](http://www.drumhellermail.com)**

**403-823-2580**

Weekly newspaper; available at retail businesses.

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### **The Newsy Neighbour Magazine**

**[www.thenewsyneighbour.com](http://www.thenewsyneighbour.com)**

**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](http://www.strathmoretimes.com)**

**403-934-5589**

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

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## Medical

### CHIROPRACTOR

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**Back to Health Chiropractic & Wellness Clinic**  
**[www.backtohealthstrathmore.com](http://www.backtohealthstrathmore.com)**  
**403-901-0664**

240 – 3rd Avenue, Strathmore  
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**Centerpoint Chiropractic & Natural Health**  
**403-901-6088**

102 – 3rd Avenue, Strathmore  
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**Optimum Wellness Centres**  
**403-934-5633**

9, 55 Wheatland Trail, Strathmore  
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**Wellness Within Centre**  
**403-934-5566**

118 - 2nd Avenue, Strathmore  
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### DENTAL

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**Crystal Ridge Dental Care**  
**[www.crystalridgedental.com](http://www.crystalridgedental.com)**  
**403-934-9681**

11 - 55 Wheatland Trail, Strathmore  
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**Strathmore Dental Hygiene / Family Dental Centre**  
**403-983-2001**

2, 410 Lakeside Boulevard, Strathmore  
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**Ranch Dental Centre**  
**[www.theranchdentalcentre.com](http://www.theranchdentalcentre.com)**  
**403-934-5292**

105 Ranch Market, Strathmore  
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**Valley Dental Clinic**  
**[www.dentiststrathmore.ca](http://www.dentiststrathmore.ca)**  
**403-934-2882**

231 – 2nd Avenue, Strathmore  
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**Strathmore Dental Centre**  
**[www.strathmoredental.ca](http://www.strathmoredental.ca)**  
**403-934-5620**

115 – 2nd Avenue, Strathmore  
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DIAGNOSTIC IMAGING

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**Frontier Diagnostics**

**www.fds.health**

**admin@fds.health**

**403-983-9998**

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

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**Crystal Ridge Medical Clinic**

**www.crystalridgemedical.com**

**403-934-5911**

3, 55 Wheatland Trail, Strathmore

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**Dr. Maria Muller**

**(Private Practice)**

**403-934-9210**

28 Hillcrest Boulevard, Strathmore

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**Gleichen Medical Clinic**

**403-734-3434**

216 – 5th Avenue

Gleichen

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**Pinnacle Medical Centre**

**www.pinnaclemedicalcentres.com/strathmore**

**403-814-9780**

120 Edgefield Place, Strathmore

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**Langdon Medical Clinic**

**www.langdonmedical.com**

**403-936-5990**

203 97 Center Street SW,

Langdon

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**Strathmore Medical Clinic**

**www.strathmoremedical.ca**

**403-361-2422**

320 – 2nd Street, Strathmore

**Valley Medical Clinic**

**403-934-4444**

231 – 2nd Avenue, Strathmore

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## HOSPITAL

**Strathmore District Health Services (AHS)**

200 Brent Blvd, Strathmore

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

**Switchboard 403-361-7000****General Radiography 403-361-7126 (X-Ray)****Laboratory Services 403-361-7123 (Lab)****Respiratory Therapy 403-361-7155****Ultrasound 403-361-7126**

## OPTOMETRISTS

**FYi doctors, Strathmore****[www.fyidoctors.com](http://www.fyidoctors.com)****403-934-5034**

321 – 3rd Street, Strathmore

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**Gleichen Optical****403-734-3434**

216 – 5th Avenue, Gleichen

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**Jaffery Optical****587-333-2546**

219A – 3rd Avenue, Strathmore

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**Ranch Market Eyecare****[www.ranchmarketeyecare.com](http://www.ranchmarketeyecare.com)****403-934-4192**

105 Ranch Market, Strathmore

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## Parental Support

### **24 Hour Cribside Support**

**[www.cribside.ca](http://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.

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### **Accredited Supports to the Community**

**<http://asc-mva.ab.ca>**

**403-901-1951**

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

104 - 95 Brent Blvd, Strathmore

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### **Ages and Stages Questionnaire (ASQ)**

**[www.agesandstages.com](http://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](http://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****[www.familiesmatter.ca](http://www.familiesmatter.ca)****403-205-5178**

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



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

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

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**Rebloom****[www.rebloomstrathmore.com](http://www.rebloomstrathmore.com)****[info@rebloomstrathmore.com](mailto:info@rebloomstrathmore.com)****403-983-3325**

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

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**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 pm.  
419B 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.

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

**[www.growwithtrellis.ca/families/resources](http://www.growwithtrellis.ca/families/resources)**

**[strathmoreFRN@growwithtrellis.ca](mailto:strathmoreFRN@growwithtrellis.ca)**

**403.983.0076**

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

419B 2nd Street, Strathmore

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## Pre-Kindergarten and Child Care

### **Brentwood's Learn and Play**

**[www.facebook.com/brentwoodslearnandplay/](https://www.facebook.com/brentwoodslearnandplay/)**

**[brentwoodslearnandplay4.godaddysites.com/](http://brentwoodslearnandplay4.godaddysites.com/)**

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



### **Calgary & Region Family Day Home Agency Inc.**

**[www.calgaryfamilydayhomes.com](http://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](http://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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**Fueling Brains Academy**

**[www.fuelingbrains.ca](http://www.fuelingbrains.ca)**

**403-983-2020**

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

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**Hussar Playschool**

**403-787-2707**

Located in the basement of the Hussar Community Hall.

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**Little Flower Pre-Kindergarten**

**<https://sacredheart.redeemer.ab.ca/little-flower>**

**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](http://www.nextkidsinc.com)**

**403-983-9433**

Before and after school care and summer in Strathmore for Kindergarten – Grade 6. Drop in child care available.

19, 204 Strathaven Drive, Strathmore

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

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

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**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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## 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](http://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](http://www.expressionthedancegallery.com)**

**403-901-6392**

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

126 Canal Gardens, Strathmore



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### **Gleichen & District Pond Hockey**

**[www.gleichenpondhockey.ca](http://www.gleichenpondhockey.ca)**

**[gleichenph@gmail.com](mailto:gleichenph@gmail.com)**



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### **Gleichen Figure Skating Club**

**[gleichenskateclub@gmail.com](mailto: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](http://www.hussararena.ca)**

Offers programs for children under 7 years of age.

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**Lasting Strides Equine Assisted Learning**

**[www.lastingstridesequine.com](http://www.lastingstridesequine.com)**

**[info@lastingstridesequine.com](mailto: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](http://www.strathmorematrixcheer.com)**

**[info@strathmorematrixcheer.com](mailto: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](http://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 Arena**

**[www.standardarena.ca](http://www.standardarena.ca)**

**[standardagsociety@gmail.com](mailto:standardagsociety@gmail.com)**

902 Broadway, Standard AB

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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**

**[www.strathmorebaseball.ca](http://www.strathmorebaseball.ca)**

**[smba@hotmail.ca](mailto:smba@hotmail.ca)**

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**Strathmore Disc Golf Course**  
**[www.strathmorediscgolf.com](http://www.strathmorediscgolf.com)**  
**[strathmorediscgolf@gmail.com](mailto:strathmorediscgolf@gmail.com)**  
**403-934-3133**

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

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**Strathmore 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](http://www.strathmoregolfclub.com)**  
**403-934-2299 Ext 1**

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

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**Strathmore Gymnastics Centre**  
**[www.strathmoregymnastics.com](http://www.strathmoregymnastics.com)**  
**403-934-3450**

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

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**Strathmore Lacrosse Club**

**[www.strathmorelacrosse.com](http://www.strathmorelacrosse.com)**

**[Info@strathmorelacrosse.com](mailto: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](http://www.smhockey.com)**

Offers programs for ages 3 and up



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**Strathmore Minor Ringette Association**

**[www.strathmoreringette.com](http://www.strathmoreringette.com)**

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

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**Strathmore Minor Soccer Association**

**[www.strathmoresoccer.ca](http://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**

**[www.strathmorepolominos.com](http://www.strathmorepolominos.com)**

**[strathmorewaterpoloclub@gmail.com](mailto:strathmorewaterpoloclub@gmail.com)**

Offers a ponies program for children ages 6-10.

130 Brent Blvd., Strathmore

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**Strathmore Parks and Recreation**

**<https://strathmore.ca/en/visiting/parks-and-recreation.aspx>**

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

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**Strathmore Run Club**  
**runstrathmore@outlook.com**

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

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**Strathmore Skate Club**  
**https://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.

Strathmore Family Centre, 160 Brent Blvd., Strathmore



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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**  
**www.melissawileypianostudio.com**  
**melissa.wiley26@gmail.com**  
**403-901-7546**

Specializing in beginner and intermediate piano instruction.

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**Tri-Smore Family Triathlon**

**[www.tri-smore.com](http://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](http://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](mailto:tanya@tanyasdanceworx.ca)

Langdon

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## Taxes

### PROPERTY TAXES

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**Town of Strathmore**  
**[https://strathmore.ca/residents/  
townservices](https://strathmore.ca/residents/townservices)**  
**[tax@strathmore.ca](mailto:tax@strathmore.ca)**  
**403-934-3133**

**County of Wheatland**  
**<https://wheatlandcounty.ca/taxes/>**  
**403-934-3321**

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### TAX SERVICES

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

Drop in or call to make an appointment

Bring Government issued photo identification, and all your tax slips to your appointment. At your appointment you'll fill in consent forms that allow FCSS to complete your taxes. Your tax slips will be stored in a locked location until they are processed. Taxes are processed in the order they are received, generally within 2 weeks of your appointment.

Once done, you'll review your taxes and sign off on them before they are submitted to Efile.

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## Transportation

### **Genesis Medi Shuttle**

**[www.genesismedishuttle.ca](http://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/en/residents/kare-volunteer-driver-program-kind-accessible-reliable-economical.aspx>**

**403-934-9090**

Strathmore FCSS

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

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### **Strathmore Handi-Bus**

**[www.handibus.ca](http://www.handibus.ca)**

Dispatch **403-934-3418**

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

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### **TAXI**

#### **Strathmore Taxi**

**[www.strathmoretaxi.ca](http://www.strathmoretaxi.ca)**

**403-830-8294**

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#### **Wheatland Taxi/Calgary Airport Shuttle**

**[www.wheatlandtaxi.com](http://www.wheatlandtaxi.com)**

**403-499-8294**

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

A very special THANK YOU to the dedicated volunteer parents, caregivers, and agencies for the realization of this 3rd edition.

We do anticipate that there are more resources and services that will need to be added in the 4th edition, so please share your updates and comments with us at [5forlifeforever@gmail.com](mailto: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.

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