

Lethbridge Community Resources

COVID-19 Edition

Created March 20, 2020. Subjected to change, please call agencies ahead of time to discuss options

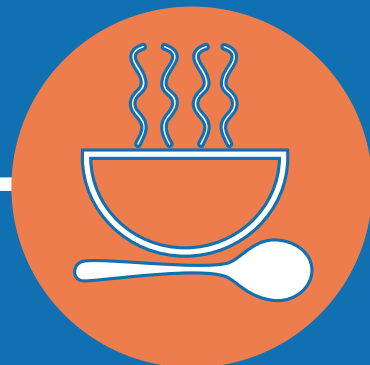
When in doubt refer to Community LINKS (403) 328-5465 or Helpseeker.org

WHAT'S THE NEED?



HOUSING

Home Base (403) 942-7040
Woods Homes (403) 317-1777



FOOD

Interfaith Food Bank (403) 320-8779
Lethbridge Food Bank (403) 320-1879
My City Care (403) 942-1378

DELIVERY SERVICES

We Deliver (403) 360-3637
Torak Express (403) 315-3454



MENTAL HEALTH SUPPORTS

Kids Help Phone 1-800-668-6868
Mental Health Help Line 1-877-303-2642
Addiction Helpline 1-866-332-2322
Family Violence 310-1818
Kids Help Phone 1-800-668-6868
Distress Line of Southwestern Alberta 403-327-7905



MEDICAL SUPPORT

Health Link 811
Online Doctor: purposemed.com
Need a Family Doctor: chinookprimarycarenetwork.ab.ca/
Pharmacies that deliver: Stubbs pharmacy, Stafford Pharmacy, Thirtway Pharmacy, Stokes Pharmacy, Costco



FINANCIAL SUPPORTS

Income Supports 1-866-644-5135
Regular E.I. Benefits 1-800-206-7218
E.I. Sickness Benefits (self-quarantine) 1-833-381-2725
Emergency Care Benefit applications will be available on your CRA Account in April 2020

