

### COVID-19 Information

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For the most updated information, please visit AHS' [COVID-19 page](#) for the latest updates and accurate information: [ahs.ca/covid](https://ahs.ca/covid)\*

### Grocery:

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#### **Black Diamond/Turner Valley**

##### **Country Food Mart AG Foods**

403-933-4112

402 Centre Ave W, Black Diamond

Seniors & immunocompromised: 8-9am Tues

Public: 9 am – 9 pm

Will deliver

#### **High River**

##### **Burgardt's Butcher Shop**

701 Centre Street SE

Phone: 403-498-6393

Taking orders only and will deliver for free. Delivery available Monday-Friday.

##### **Coop**

1220 1st street SE

Phone General Line: 403-652-2857

Phone Pharmacy: 403-601-8080

Hours: 8 am – 8 pm

##### **JRRR BBQ**

118 4 Ave SE

Phone: 403-200-4578

Email orders at: [jrrrbbq@gmail.com](mailto:jrrrbbq@gmail.com)

Deliveries made between 5 – 7 pm

Daily \$9 meal specials delivered

##### **No Frills**

1103 18 St SE High River

Phone General Line: 403-498-6393

Phone Pharmacy: 403-652-8650

Hours: 9 am – 9 pm

##### **Sobeys**

General: 403-652-5515

Orders & Deliveries: 403-601-2910

98 Centre Street SE

Order by email: <https://bit.ly/sobeysrorderform>

Seniors & immunocompromised: 7 am – 8 am

General Hours: 8 am – 9 pm

### Okotoks

#### No Frills

9 Sandstone Gate

General: 403-938-8010

Pharmacy: 403-938-8080

Hours: 8 am – 8 pm

Deliveries in Okotoks

#### Safeway

610 Big Rock Lane

General: 403-938-9341

Pharmacy: 403-938-9351

Hours: 7 am – 8 pm

#### Sobeys

700 Cornerstone, 201 Southridge Drive

General: 403-938-3439

Deliveries: 403-938-4043

Pharmacy: 403-995-4123

Seniors & immunocompromised: 7 am – 8 am

Public: 8 am – 8 pm

#### Walmart

201 Southridge Drive

General: 403-995-1371

Pharmacy: 403-995-1375

Seniors & immunocompromised: 7 am – 8 am

Public: 8 am – 8 pm

#### Okotoks Transit

Transit will be assisting local grocery stores with deliveries within the transit service area. This temporary service will be co-ordinated between the grocery store and Okotoks Transit.

The \$2.50 transit charge is generously being paid by the participating grocery stores. Grocery delivery will operate in a separate vehicle from passenger transit. For information on ordering the delivery service, please contact the respective stores:

#### Benchmark Land Surveyors

Benchmark Land Surveyors in Okotoks, High River, Black Diamond, Turner Valley and area are offering free pick-up and delivery of groceries to seniors, mobility challenged, front-line workers or anyone who needs their groceries delivered. Call **403-995-7737** during business hours.

## PHARMACIES

### Black Diamond / Turner Valley

#### Pharmasave Black Diamond

124 Centre Ave W, Black Diamond

Phone: 403-933-7979

### Sandul's Pharmacy Ltd

127 Centre Ave W, Black Diamond

Phone: 403-933-4818

**Turner Valley****Pharmasave Turner Valley**

101 Sunset Blvd NW #2

Phone: 403-933-2682

**High River****Co-op Pharmacy 403-601-2634**

100 1220 1<sup>st</sup> St SE, High River

**Rexall Drugs 403-652-7185**

139 5<sup>th</sup> Ave SW, High River

**Shoppers Drug Mart 403-652-2634**

30 3<sup>rd</sup> Ave SE, High River

**No Frills Pharmacy 403-652-8080**

1103 18<sup>th</sup> St SE, High River

**The Medicine Shoppe 403-652-4449**

303 9<sup>th</sup> Ave SW, High River

**High River Pharmacy 403-652-5608**

103 3<sup>rd</sup> Ave SW, High River

**NuAid High River Pharmacy 403-652-2499**

300 High Country Drive NW, High River

**Okotoks****IDA Crystal Ridge Pharmacy 403-982-0029**

106-26 Crystal Ridge Dr, Okotoks, AB, T1S 2C3

**Remedy's Rx – Okotoks Holy Cross Pharmacy 403-995-1080**

74 Elizabeth St Okotoks, AB, T1S 1K0

**Westmount Remedy's Rx Okotoks 403-917-0655**

1031-200 Southridge Dr Okotoks, AB, T1S 0B2

**Southbank Pharmacy and Travel Clinic 403-982-9779**

158 Southbank St

**Shoppers Drug Mart 403-995-3798**

31 Southridge Dr #171 · In Centennial Village

**Pharmasave Milligan Drive 403-982-7663**

100 Milligan Dr

**Safeway Pharmacy Okotoks 403-938-9351**

610 Big Rock Lane

**Sobeys Pharmacy Okotoks 403-995-4123**

201 Southridge Dr

**No Frills Drug Store Pharmacy 403-938-8080**

9 Sandstone Gate

**Healthland Pharmacy 403-995-7732**

116 Southbank Blvd #102

**Walmart Pharmacy 403-995-1375**

201 Southridge Dr #500

**Costco Pharmacy 403-995-5159**

202-104 Southbank Blvd

**Village Lane Pharmacy & Travel Clinic 403-938-0110**

1300 Village Lane #15

**FOOD BANKS****High River Food Bank 403-652-2195**

119 Centre Street SE

**Wild Rose Community Connections Food Rescue**

Location – The Commons: 55 8 Ave SE, High River

Phone: 403-601-2910

You must call/email to get your name on our list

Email (preferred) is [highriverfoodrescue@gmail.com](mailto:highriverfoodrescue@gmail.com)

Call 403-601-2910 during business hours

March 30 Face Book Post:

We will distribute food Tuesdays and Thursdays between 11:30 am-12:30 pm. We will call between 10:30-11:30 am if it's your turn to receive food and give you a pick-up time. If you don't receive a call then you will NOT be receiving food that day. We will be calling people in the order they registered.

Bags will be pre-filled prior to pick-up and pick-up will be outside of the Commons (55 8 Ave SE). Please ensure you leave a cell phone number where you can be reached on Tuesday or Thursday morning.

So, if we rescue enough food to make 15 bags we will call the first 15 who registered. The next rescue we'll move to the 16th person and so on. You only need to register one time. We will keep cycling through the list.

### **Okotoks Food Bank 403-651-6629**

#7 109 Stockton Point

Tuesday – 1-4 pm / Wednesday – 4:30-6:30 pm / Thursday – 6-8:30 pm / Friday – 12-4 pm

### **Turner Valley District Food Bank 403-612-1291 or 403-933-4114**

125 Royal Avenue (Basement)

Tuesday – 1-3 pm

### **Virtual (Facebook, Twitter, etc.) Food Support**

Hashtag (#) Okotoks, Black Diamond, Turner Valley, High River

#Need, #Give

Use the # followed by what you need and add community you live in, ie, #flourblackdiamond;

#soapturnervalley

If you have something to give, use the # system followed by what it is you have to give and the community you will give to, ie, # pencilcrayonshighriver, #childrensbooksokotoks

#NeedOkotoks- state your need. Replace the word need with what is needed, ie, #foodokotoks, #ideasforkids

#GiveOkotoks –state what you can give. Replace the word give with what you can give, ie, #deliveriesootoks,

#computersupportokotoks

Contact- Tim Korthuis, Okotoks

### **Facebook Resources**

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#### **Stone Soup Okotoks**

A place to post a need or if have extra to share

Contact – Anastasiya Shapka

#### **Foothills COVID 19 Volunteers- Facebook**

#### **High River and Area Community COVID-19 Quarantine Resource Forum**

Purpose is to build connections and support in the Alberta Foothills region; High River, Okotoks, Black Diamond, Turner Valley

### **Key Contacts**

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**Black Diamond FCSS** – Family & Community Support Service

Email: [suzann@town.blackdiamond.ab.ca](mailto:suzann@town.blackdiamond.ab.ca) Phone: 403-933-4348

**Foothills County FCSS** – Family & Community Support Service

Email: [amanda.midgley@foothillscountyab.ca](mailto:amanda.midgley@foothillscountyab.ca) Phone: 403-603-6229

**High River FCSS** – Family & Community Support Services

Email: fcss@highriver.ca Phone: 403-603-3425

**Okotoks FCSS** – Family & Community Support Services

Email: fcss@okotoks.ca Phone: 403-995-6329

**Turner Valley FCSS** – Family & Community Support Services

Email: fcss@turnervalley.ca Phone: 403-933-6206

Please Note:

FCSS can help with filing income tax. Please call your local FCSS for more information.

Some benefits are only available to individuals who have filed personal income tax.

**Greater Foothills Family Resource Network** – Telephone: 403-652-8633; Email – gffc@highriver.ca

**Rowan House Emergency Shelter** - Telephone: 403-652-3311

**Big Brothers Big Sisters** – Telephone: 403-909-7507

**Boys and Girls Club** – Telephone: 403-933-4066

**McMan Youth, Family & Community Services** – Telephone: 403-995-5477

**MCG Careers** – Telephone: 403-995-4377 or 403-601-2660

**Okotoks Family Resource Centre** – Telephone: 403-995-2626

**Foothills Community Immigration Services** – Telephone: 403-978-1412

**Salvation Army**- Telephone: 403-652-2195

**Wild Rose Community Connections** – Telephone: 403-601-2910

**Inclusion Foothills** – Telephone: 403-603-3232

**Foothills Fetal Alcohol Society (Healthy Futures)**–Telephone: 403-652-4776

**Minds Matter** –Telephone: 403-922-6328

## Financial Assistance

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### Income Support

**EI (Maternity / Parental Benefits)** are available as per the regular process, please apply online ([www.canada.ca](http://www.canada.ca)) with a copy of your ROE, you must have 600 insurable hours to be eligible, inquiries can be directed to Service Canada (1-800-203-7218)

**EI Benefits (Regular)** are available to anyone who has been laid off and has 700 insurable hours, please apply online ([www.canada.ca](http://www.canada.ca)), inquiries can be directed to Service Canada (1-800-203-7218)

**EI (Illness Benefits)** are available to anyone unable to work due to illness, injury or quarantine, apply online ([www.canada.ca](http://www.canada.ca)) with a copy of your ROE, you must have 600 insurable hours to be eligible, if you are applying due to COVID-19 and have questions, please use the dedicated Service Canada line for inquiries 1-833-381-2725

**Canada Emergency Response Benefit** (\$2000 per month for four months) is a federal benefit available to workers who must stop working due to COVID-19, do not have access to paid leave from their employer and are ineligible for EI; this includes those who are sick, quarantined or caring for someone who is ill with COVID-19, working parents who must stay home without pay with their children due to school and daycare closures, those who are self-employed as well as those who still have a job but are not being paid because there is

currently not sufficient work and their employer has asked them not to come to work. Applications will be accepted online beginning as of April 6 at ([www.canada.ca](http://www.canada.ca)). A CRA on line account is required. If one isn't established, call 1-800-959-8281

**Alberta Works – Income Support** remains available to Albertans who have no source of income and no significant assets, leaving them unable to meet their basic needs, you can apply by phone via Alberta Supports (1-877-644-9992)

\*\* All Service Canada and Alberta Supports offices are presently closed, so contact with these services must be made via telephone at this time, unfortunately wait times are very long, so please be patient; Service Canada (1-800-203-7218), Alberta Supports (1-877-644-9992)

### Government Benefits

**Canada Child Benefit** will provide an additional one-time benefit of \$300 per child (on top of what you typically receive) on May 20 2020, no additional application is required.

**GST/HST Credit** will provide an additional one-time benefit in early May (\$400 for single/\$600 per couple), in addition to your four quarterly payments this year (January 3, April 3, July 3, October 5), no additional application is required.

**Personal Income Tax Returns** Individuals now have until June 1 2020 to file their personal income tax returns, however if your personal income tax return is not filed prior to April 30 2020, there will be an interruption in payment of your Canada Child Benefit and GST Credit in July 2020. Support in filing your personal income tax return is available via telephone from The Women's Centre (403-264-1155) and Sunrise Community Resource Centre (403-2048280) during the pandemic.

**Mortgage / Rent / Utilities** If you are unable to pay your mortgage, please contact your bank/lender to request a deferral, many banks are offering a deferral period of up to six months. If you are unable to pay your rent and are facing eviction, please contact Alberta Works – Emergency Needs Allowance (1-866-644-5135) and/or 2-1-1 for support, no Albertan will be evicted in April 2020 due to inability to pay rent, as per provincial order. If you are unable to pay your utility bill with Enmax, you can access the Enmax Covid-19 Relief program that is offering installment plans, payment date extensions and a three month deferral on payments (March 18 2020 to June 18 2020) if needed. Please contact Enmax directly to inquire (403-310-2010). Customers will need to pay any balance deferred after June 18 2020. Enmax is currently suspending disconnection due to nonpayment.

### Mental Health

#### AHS – Addictions and Mental Health

Rural Addiction and Mental Health Services serving Okotoks, High River, Black Diamond, Turner Valley and surrounding area.

Still offering therapy sessions for individuals who self-identify & call Access Mental Health (403-943-1500) with moderate to severe mental health & addiction concerns. Will do follow up and new client via telephone and utilizing Zoom where available.

New clients may still access services by contacting Access Mental Health @ 403-943-1500.

All Groups are temporarily suspended at this time, but we are currently working on ZOOM delivery of group.

All RURAL SOUTH clinics are still accepting referrals for child psychiatry, by faxing directly to the clinic.

### Access Mental Health

Telephone: 403-943-1500

### FOOTHILLS COMMUNITY COUNSELLING

#101 303 9<sup>TH</sup> Avenue S.W. (Charles Clark Medical Centre Building), High River, Alberta

Email: [fcc@highriver.ca](mailto:fcc@highriver.ca)

Telephone: 403-603-3549

Counselling still available via video or telephone. Call for appointments at 403-603-3549

### Rowan House Crisis Line

Available 24/7

Telephone: 403-652-3311

### MUMS-Families Matter

Peer Support over the telephone for rural families only  
403-827-6245

### Text4Health

Daily text message of encouragement and resilience building. With each brief message there is a link to more in-depth information. To join, text "covid19hope" in the text box and send it to 393939.

### Single Session at South Calgary Health Campus (formerly the walk in program)

By appointment only – call to book for a same day appointment – 403-943-9374

**Distress Line** – 877-303-2642

### Sexual Health Resources

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Local Sexual and Reproductive Health Clinics in High River, Okotoks and Black Diamond are closed during the Covid 19 Pandemic.

### In-person support options:

#### [Sexual and Reproductive Health Clinics – Calgary](#)

\*For teens and adults 19 years of age and under\*

- **South:** South Calgary Health Centre, 31 Sunpark Plaza SE 403-943-9510
  - Monday 1:00pm - 5:15pm
  - Tuesday 4:00pm – 7:30pm
  - Friday 12:00pm – 3:30pm
- **Downtown:** Sheldon M Chumir Health Centre, 1213 4<sup>th</sup> St SW 403-955-6500
  - Monday – Thursday 1:00pm – 5:15pm
  - Friday/Saturday 12:00pm – 3:30pm
- **East:** East Calgary Health Centre, 4715 8<sup>th</sup>Ave. SE 403-955-1071

- Tuesday and Thursday 12:30pm – 5pm
- **North:** Sunridge Professional Building, 2675 – 36 St. NE 403-944-7666
  - Monday – Thursday 1:00pm – 5:15pm
  - Friday/Saturday 12:00pm – 3:30pm

### STI Clinic - Calgary

- Sheldon M Chumir Health Centre, 1213 4th St SW, Calgary. 403-955-6700
  - Monday – Wednesday 8:45am- 4:45pm
  - Thursday 10:30am – 4:45pm
  - Friday/Saturday 8:30am – 4:00pm

### Family Doctor or Walk-in Clinic\*

**\*Need to call to book same-day walk-in appointment**

- **Pinnacle Medical**
  - Westmount 403-917-0653
  - Southbank 403-917-0664
- **Premier Health 403-995-4055**
- **Village Lane Medical 403-938-4990**
  - evening and weekend appointments available

### Other options for help:

- **Drugstores**
  - Many pharmacists can extend prescriptions for birth control and prescribe STI medication
  - Most carry Emergency Contraception. No doctor prescription required.
- **Okotoks Urgent Care; 11 Cimarron Common (8.00 a.m. to 10.00 p.m.)**
  - \*Sickest patients are seen first\***
    - Emergency contraception
    - Sexual assault

### Sexual Health Websites

- **Sex & U:** [www.sexandu.ca](http://www.sexandu.ca)
  - Canadian website with information on sexual health for teens, adults and educators.
- **Centre for Sexuality:** [www.centreforsexuality.ca/](http://www.centreforsexuality.ca/)
  - General sexual health information for teens, adults and educators.
- **Calgary Outlink – Centre for Gender and Sexual Diversity:** [www.calgaryoutlink.ca/](http://www.calgaryoutlink.ca/)
  - A community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the LGBTQ2IA+ and allied community in Calgary, Alberta.
- **Sex germs:** [www.sexgerms.com](http://www.sexgerms.com)
  - Information for teens and young adults about Sexually Transmitted Infections in Alberta.
- **Alberta Health Services Sexual & Reproductive Health Services:** [www.ahs.ca/srh](http://www.ahs.ca/srh)
  - Sexual Health services and clinics in Calgary and surrounding areas. Call 811 to speak to a Registered Nurse 24 hours a day.



- **Need Help Now:** [www.needhelpnow.ca](http://www.needhelpnow.ca)
  - Helps teens stop the spread of sexual pictures or videos and provides support along the way.
- **Connect Network:** <http://connectnetwork.ca/>
  - A service for people who have big and small questions about relationships and experiences. Our goal is to help people recognize unhealthy relationships and abusive relationships in all its forms.
- **Calgary Communities Against**
- **Sexual Abuse (CCASA):**
  - [www.calgarycasa.com](http://www.calgarycasa.com)
  - CCASA is the primary sexual abuse and sexual assault crisis and education service provider for Calgary and surrounding areas.

### [General Health Website](#)

**My Health Alberta:** [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

- Offers information on all health topics, local health services and phone numbers to contact a nurse 24 hours 7 days a week to ask your questions.

### **Parenting Information**

Healthy Parents Healthy Children - [www.healthyparentshealthychildren.ca](http://www.healthyparentshealthychildren.ca)

Foothills Children's Wellness Network – [www.foothillsnetwork.ca](http://www.foothillsnetwork.ca)

### **Local Health Services**

High River Health Unit – Telephone: 403-652-5450

Okotoks Health Centre – Telephone: 403-995-2600

Black Diamond Health Unit – Telephone: 403-933-6505

High River Hospital - 403-652-2200

Oilfields Hospital – 403-933-2222

Okotoks Urgent Care – 403-995-2600

Health Link – 811 – 24/7

### [COVID-19 Information](#)

- For the most updated information, please visit AHS' [COVID-19 page](#) for the latest updates and accurate information: [ahs.ca/covid](http://ahs.ca/covid)\*