



Community Resources for Students and Families



Mental Wellness and Safety Supports

Call or Text 211 in Alberta

Mental Health Helpline
1-877-303-2642

Addiction Help Line
1-866-332-2322

Lethbridge Family Services
403-327-5724

Chinook Sexual Assault Centre
403-694-1094

Kid's Help Phone Lethbridge
Text CONNECT to 686868 or
call 1-800-668-6868

Distress Line for Southern Alberta
403-327-5724

YWCA Harbour House
403-329-0556

Food Supports

Interfaith Food Bank - 403-320-8779

Lethbridge Food Bank - 403-320-1879

My City Care - 403-942-1378

**Lethbridge Public Library has snacks
and lunches available while schools
are closed.**

LETHBRIDGE ICA

is a resource which
provides families with a
list of helping agencies
in Southern Alberta.

Medical Supports

**Call 411 for medical advice from
Alberta Health Services**

Walk-In Clinics and Online Doctors
My Family Doctor, Bridge City
Medical, Medicentres Haig Clinic

Online Medical Advice
Telus Heath MyCare

Support in Finding a Family Doctor
Alberta Find A Doctor

Clothing Supports

My City Care - 403-942-1378

Salvation Army - 403-328-8611

Streets Alive - 403-320-1159



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Community Activities and Spaces to Enjoy

Lethbridge Public Library

**City of Lethbridge
Swimming Pools**

CASA Lethbridge

Helen Schuler Nature Centre

Family Centre
Free Activities for Families

Galt Museum

Nikka Yuko Japanese Gardens

**City of Lethbridge
Parks and Recreation**

**City of Lethbridge
Community Calendar**

Wellness Tips At Home

- Stick to your regular routine - wake-up, meal, and bed times!
- Rotate activities when possible to include outdoor time, reading, playing, screens, and time with family and friends.
- Acknowledge and manage your emotions - practice strategies like breathing, stretching, and talking it out.