

# Free or Subsidized Community Referrals

What's the need?



## CLOTHING

Salvation Army Voucher  
 Streets Alive  
 My City Care- Free Clothing store  
 YWCA Hidden Treasures



## FOOD

Interfaith Food Bank  
 Lethbridge Food Bank  
 My City Care- Emergency food Hamper



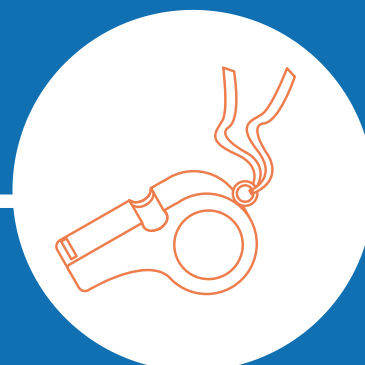
## MENTAL HEALTH SUPPORTS

Family Doctor- Chinook Primary Care Network  
 Canadian Mental Health Association  
 Child and Adolescent Addictions & Mental Health  
 Lethbridge Family Services Groups



## COUNSELLING

Lethbridge Family Services  
 Family Center  
 Private Agencies (If they have benefits)  
 Crossroads Counselling



## RECREATION SUBSIDIES

Jumpstart (Max \$300/yr)  
 Kidsport (Max \$300/yr)  
 Recreation and Culture Fee Assistance Program (Max \$300/yr)  
 YMCA Fee Assistance Program (scaled)  
 Lace Em UP (Hockey only)  
 Comries Sports (Equipment Bank)



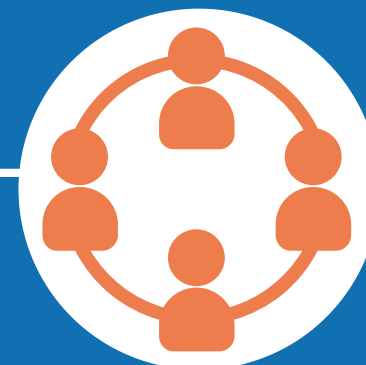
## HOUSING

Lethbridge Housing Authority  
 Home Base  
 YWCA (Harbour House and Residence)



## Parent Support

Family Center\*  
 Family Services for Children with Disabilities (FSCD)  
 Parents as Teachers\*  
 Opokaa'sin\*  
 CMHA Caregivers Connect



## Community Programs

YWCA Youth Programs  
 Boys & Girls Club  
 Big Brothers Big Sisters  
 Girl Guides/Scouts  
 Lethbridge Public Library  
 Family Center\*

When in doubt refer to Community LINKS Book

\*\*\*Agency funding will also be affected as of March 31, 2020 and services offered may change