

# **Grande Prairie Area Resource Directory**

**For families experiencing pregnancy and infant loss**

## **Emergency & Crisis Support**

### **Waiting on Sunrise Alberta Pregnancy Loss Helpline**

- Services: Alberta Pregnancy Loss Helpline
- Phone: 1-888-910-1551
- Website: [babyloss.ca](http://babyloss.ca)

### **National Crisis Line**

- Services: 24/7 crisis support
- Phone: 988 (Call or text)

### **Alberta Mental Health Hotline**

- Services: Mental health crisis support
- Phone: 1-877-303-2642

### **Health Link (Nurse Advice)**

- Services: 24/7 health information and advice from registered nurses
- Phone: 811

### **Hope for Wellness Help Line (Indigenous Support) (24/7)**

- Services: Mental health counselling and crisis intervention for Indigenous peoples
- Phone: 1-855-242-3310

### **Indigenous Mental Health Help Line**

- Services: Mental health support for Indigenous community members
- Phone: 1-855-242-3310

### **Adult Bullying Help Line**

- Services: Support for adults experiencing bullying
- Phone: 1-888-456-2323

# Pregnancy & Infant Loss Specific Support

## Pregnancy Care Centre (Grande Prairie)

- Services: Free grief counselling for pregnancy and infant loss, prenatal education, parenting support
- Address: 9909 – 102 Street, Suite 525, Grande Prairie
- Contact: Becky McKay (Client Services)
- Phone: 780-533-2888
- Email: [client.services@pccgp.ca](mailto:client.services@pccgp.ca)

## Alberta Health Services – Pregnancy & Infant Loss Grief Counselling Program

- Services: Grief counselling, memorial events, keepsakes, and ongoing support
- Website: <https://www.albertahealthservices.ca>

## Babyloss.ca / Waiting on Sunrise

- Services: Alberta Pregnancy Loss Helpline
- Phone: 1-888-910-1551
- Website: <https://babyloss.ca>

## MyHealth Alberta – "After Your Loss" Guide

- Services: Comprehensive resource guide for families coping with neonatal loss
- Website: <https://myhealth.alberta.ca>
- PDF Download: After Your Loss – MyHealth Alberta (PDF) **After Your Loss – Neonatal Loss Guide**  
<https://myhealth.alberta.ca/alberta/AlbertaDocuments/neonatal-loss-patient-family-guide.pdf>

## Parent Bereavement Program – Grande Prairie Hospital Foundation

- Services: Bereavement support for families experiencing the loss of a child, including grief resources, memorial items, and compassionate navigation through the hospital
- Phone: 825-412-4130
- Website: [gphospitalfoundation.ca](http://gphospitalfoundation.ca)

# Grief & Loss Support Services

## Burden Bearers Society

- Services: Bereavement support and counselling services
- Contact: Mavis Lee (Office Manager)
- Email: [info@burdenbearersgp.com](mailto:info@burdenbearersgp.com)

### **Kimberley Talmey – Grief Coach (via Oliver's Funeral Home)**

- Services: Free 30-minute grief coaching sessions
- Website: <https://kimberleytalmey.ca>

### **Bear Creek Funeral Home – Good Grief Community**

- Services: Weekly grief support groups
- Phone: 780-830-7742
- Email: [info@bearcreekfuneral.com](mailto:info@bearcreekfuneral.com)
- Website: <https://bearcreekfuneral.com>

### **Oliver's Funeral Home**

- Services: Funeral services and grief resources
- Phone: 780-532-2929
- Website: <https://oliversfuneralhome.com>

### **Rainbows Grief and Loss Program (Family Education Society)**

- Services: Curriculum-based grief and loss groups for children aged 3+, youth, and families
- Contact: Treva
- Email: [cayprograms@gpfes.com](mailto:cayprograms@gpfes.com)

## **Mental Health & Counselling Services**

### **Integrated Access Team (ICAT) – Adult Mental Health & Addictions**

- Services: Walk-in counselling and assessment services for adults
- Location: Aberdeen Centre, 3rd Floor, 9728 – 101 Avenue
- Phone: 587-259-5513 (Intake and screening, Mon-Fri 9 AM–5 PM)
- Walk-in hours: Mon-Fri 9 AM–4:30 PM

### **Child and Youth Mental Health & Addictions Services**

- Services: Mental health and addiction supports for children and youth
- Location: Nordic Court, 4th Floor, 10014 – 99 Street
- Phone: 780-538-5162
- Note: Initial intake at Aberdeen Centre or by phone via ICAT intake line (587-259-5513)

### **Grande Prairie Primary Care Network (PCN)**

- Services: Mental health therapy services with self-referral option
- Phone: 780-539-9204

### **Rapid Access Counselling (RAC)**

- Services: Free online counselling services
- Website: <https://racalberta.ca>

### **Catholic Family Services of Grande Prairie & District**

- Services: Sliding scale counselling for individuals, couples, and families
- Contact: Carla Stordy (Executive Director)
- Phone: 780-532-9388
- Email: [c.stordy@cfsgp.ca](mailto:c.stordy@cfsgp.ca)
- Website: <https://cfsgp.ca>

### **PACE – Community Support, Sexual Assault & Trauma Centre**

- Services: Individual and family counselling, community education, and support programs
- Contact: Jacquine Aitken (Kish)
- Phone: 780-539-6692
- Email: [executivedirector@pacecentre.com](mailto:executivedirector@pacecentre.com)

### **Suicide Prevention Resource Centre (SPRC)**

- Services: Mental health education, grief supports, and resources
- Location: Nordic Court, 10014 – 99 Street
- Phone: 780-539-6680
- Website: <https://sp-rc.ca>

### **Recovery College (SPRC)**

- Services: Free courses on mental wellness and resilience
- Website: <https://sp-rc.ca/recovery-college>

## **Medical & Palliative Care**

### **Grande Prairie Regional Hospital (QEII)**

- Services: Acute care, emergency, mental health, and maternity services
- Phone: 825-412-4000

### **Grande Prairie Public Health Unit (Alberta Health Services)**

- Services: Public health programs including immunizations, prenatal and infant care, breast milk donation, and health education
- Phone: 780-513-7500

### **Grande Prairie Health Unit**

- Services: Breast milk donations
- Phone: 780-513-7500

#### **Grande Prairie Palliative Care**

- Services: Support for patients and families coping with life-limiting illnesses
- Phone: 780-897-0066

## **Lactation & Breastfeeding Support**

#### **Nourished by Nature**

- Services: Lactation support and breastfeeding consultation
- Provider: Lorna Hiller, IBCLC, RLC
- Phone: 780-832-5371
- Email: [nourishedbynature@hmail.com](mailto:nourishedbynature@hmail.com)

#### **The Village**

- Services: Lactation support and breastfeeding consultation
- Provider: Nicole Major, IBCLC
- Phone: 780-296-6646
- Website: <https://thevillage.com>

#### **Grande Prairie Health Unit**

- Services: Breast milk donations
- Phone: 780-513-7500

## **Family Support Services**

#### **Centre for Young Parents**

- Services: Supports young parents with parenting education, counselling, and resources
- Contacts: Tayo Adegunju & Kim Wald
- Email: [tayo.adegunju@gppsd.ab.ca](mailto:tayo.adegunju@gppsd.ab.ca) | [Kim.Wald@GPPSD.ab.ca](mailto:Kim.Wald@GPPSD.ab.ca)

#### **County of Grande Prairie – Family & Community Support Services**

- Services: Family supports, social services, and outreach programs
- Contact: Melodie McCracken
- Email: [mmccracken@countygp.ab.ca](mailto:mmccracken@countygp.ab.ca)

#### **Beaverlodge Family & Community Support Services (FCSS)**

- Services: Community programs and social support to promote well-being and resiliency
- Contact: Reanna Stockman
- Phone: 780-354-4058 or 780-354-4057
- Email: [rstockman@beaverlodge.ca](mailto:rstockman@beaverlodge.ca)

### **Wembley Family & Community Support Services (FCSS)**

- Services: Community programs and family support services for residents of Wembley and surrounding area
- Phone: 780-766-2542
- Website: [wembley.ca](http://wembley.ca)

## **Men's Support Services**

### **Men's Talk**

- Services: Weekly psycho-educational group, Mondays 7–9 PM
- Phone: 780-539-6680

### **Men's Support Group**

- Services: Peer-led drop-in group, Wednesdays 7–9 PM
- Phone: 780-539-6680

### **Men's Shed Grande Prairie**

- Services: Community-based social and skill-building groups for men
- Phone: 780-539-6680

## **Women's Shelter Services**

### **Odyssey House Women's Shelter (Grande Prairie)**

- Services: Safe shelter, outreach, and advocacy for women and children escaping domestic violence
- Crisis Line (24/7): 780-532-2672
- Email: [info@gpwomaneshelter.ca](mailto:info@gpwomaneshelter.ca)
- Website: <https://odysseyhouse.ca>

### **Fairview Women's Shelter (Crisis & Resource Centre)**

- Services: Emergency shelter and support for women and children fleeing abuse
- Contact: Wendy Biegel
- Email: [wbiegel@crcws.com](mailto:wbiegel@crcws.com)

# Indigenous Services

## Métis Local #1990

- Services: Cultural support and services
- Contact: Reece Bettenson
- Phone: 780-538-9333
- Email: [grandeprairiemetis1990@outlook.com](mailto:grandeprairiemetis1990@outlook.com)

## Grande Prairie Friendship Centre

- Services: Indigenous-led programs and support services including food security, housing assistance, cultural programming, and community outreach
- Phone: 780-532-5722
- Website: [gpfc.ca](http://gpfc.ca)

## Western Cree Tribal Council

- Services: Support services and health programs for Indigenous community members
- Contacts: Elaine Goodswimmer & Alica Jones
- Email: [supportserv.director@westerncree.ca](mailto:supportserv.director@westerncree.ca) | [health@westerncree.ca](mailto:health@westerncree.ca)

## Sagitawa Friendship Centre (Peace River)

- Services: Emergency housing and support services for Indigenous and non-Indigenous individuals in Peace River and region
- Phone: 780-624-2443
- Note: Located in Peace River – may be outside of immediate Grande Prairie area, but could support clients with cross-regional needs

## Native Counselling Services of Alberta

- Services: Legal, family and cultural supports
- Phone: 780-532-9359

## Hope for Wellness Help Line (Indigenous Support) (24/7)

- Services: Mental health counselling and crisis intervention for Indigenous peoples
- Phone: 1-855-242-3310

## Indigenous Mental Health Help Line

- Services: Mental health support for Indigenous community members
- Phone: 1-855-242-3310

## **2SLGBTQIA+ Support Services**

### **GALAP (Gay and Lesbian Association of the Peace)**

- Services: Peer-led support, education, and awareness outreach
- Website: <https://sp-rc.ca>

### **Northreach 2SLGBTQIA+ Youth Programming**

- Services: Inclusive programs for 2SLGBTQIA+ youth and families
- Website: <https://northreach.ca>

## **Community Navigation & General Support**

### **211 Alberta (Alberta 211 Society)**

- Services: Free information and referral service to connect individuals with community, social, health, and government services
- Contact: Kelsey Ferguson
- Email: [kferguson@ab.211.ca](mailto:kferguson@ab.211.ca)

### **City of Grande Prairie – Community Navigator**

- Services: Supports access to municipal and community services and programs
- Contact: Dianna Wright
- Email: [dwright@cityofgp.com](mailto:dwright@cityofgp.com)

### **Community Social Development – City of GP**

- Services: Community development and social planning services
- Phone: 780-538-0380

## **Basic Needs & Food Security**

### **Salvation Army Food Bank (Grande Prairie)**

- Services: Emergency food assistance
- Phone: 780-532-3720

### **Little Free Pantry – Grande Prairie Public Library**

- Services: Anonymous, emergency access to non-perishable food, hygiene items, and other essential supplies
- Location: 101, 9839 – 103 Avenue, Grande Prairie
- Phone: 780-532-3580



- Website: [gplibrary.ab.ca](http://gplibrary.ab.ca)

### **Helping Hands (via Northreach Society)**

- Services: Food hampers, birthday and holiday hampers, back-to-school supplies, and community food support (currently transitioning to a storefront model)
- Phone: 780-538-3388
- Email: [info@northreach.ca](mailto:info@northreach.ca)
- Website: [northreach.ca/helping-hands](http://northreach.ca/helping-hands)

### **Meals on Wheels**

- Services: Nutritious meal delivery for individuals who are elderly or living with disabilities
- Phone: 780-539-3901

## **Housing & Shelter Support**

### **Grande Spirit Foundation**

- Services: Affordable housing and seniors' supportive living options throughout the Grande Prairie region
- Phone: 780-532-2905
- Website: [grandespirit.org](http://grandespirit.org)

### **Wapiti House**

- Services: Emergency shelter for adults
- Phone: 780-539-6777

### **The Mustard Seed – Grande Prairie**

- Services: Housing supports, meal programs, employment assistance, and community wellness resources for individuals experiencing homelessness or poverty
- Phone: 825-412-1044
- Website: [theseed.ca](http://theseed.ca)

### **The Oasis Church – Oasis Centre Housing**

- Services: Transitional and supportive housing programs for individuals and families in need, offered through the Oasis Centre
- Phone: 780-539-2911
- Website: [gpoasis.ca](http://gpoasis.ca)

### **St. Lawrence Centre**

- Services: Supportive housing and drop-in services

- Phone: 780-228-5734

### **Housing First Coordinated Access**

- Services: Helps connect individuals to housing options
- Phone: 780-518-4833

### **Mobile Outreach Program (MOP)**

- Services: Supports individuals facing homelessness, addiction, and public health issues
- Website: <https://sp-rc.ca>

### **Sunrise House Youth Emergency Shelter**

- Services: Shelter and crisis care for youth ages 12–17
- Phone: 780-539-3287

## **Addiction Services & Recovery**

### **Northern Addictions Centre (AHS Detox)**

- Services: Medical detox and addiction treatment services
- Phone: 780-538-5210

### **AHS Addiction Services**

- Services: Addiction recovery and counselling
- Phone: 780-538-6330

### **AHS Addictions Help Line (24/7)**

- Services: 24/7 addiction support and information
- Phone: 1-866-332-2322

### **CMHA Mobile Addictions Outreach**

- Services: Community-based addiction support
- Phone: 780-933-2224

### **Rising Above**

- Services: Faith-based residential recovery program for addictions
- Phone: 780-533-3025

### **AA & NA (Alcoholics & Narcotics Anonymous)**

- Services: Peer-led addiction recovery support

- Phone: 780-532-1772
- Websites: <https://aa.org> | <https://na.org>

## Health & Harm Reduction Services

### Northreach Society

- Services: Community health services including harm reduction, family support, and addiction services
- Contacts: Dalyce Sather, Brittany Kelly, Kristin Simard
- Email: [data@northreach.ca](mailto:data@northreach.ca) | [hcdirector@northreach.ca](mailto:hcdirector@northreach.ca)

## Newcomer & Education Services

### Grande Prairie Centre for Newcomers

- Services: Settlement services, language training, and community integration for newcomers
- Contact: Dom
- Phone: 780-538-4452
- Email: [info@gpcn.ca](mailto:info@gpcn.ca) | [don@gpcn.ca](mailto:don@gpcn.ca)

### Grande Prairie Council for Lifelong Learning

- Services: Literacy and adult education programs
- Contact: Laura Caseley (Executive Director)
- Email: [laura.caseley@gpccl.ca](mailto:laura.caseley@gpccl.ca)

## Justice & Legal Support

### John Howard Society of Grande Prairie

- Services: Counselling, advocacy, and support services for justice-involved individuals and their families
- Contacts: Krista Hurta & Ako
- Email: [krista@johnhowardgp.ca](mailto:krista@johnhowardgp.ca) | [ako@johnhowardgp.ca](mailto:ako@johnhowardgp.ca)

### Grande Prairie Victim Services Unit (GPVSU)

- Services: Emotional support, crisis intervention, court support, and referral services for victims of crime and trauma
- Contact: Stephanie Eggen, Program Manager
- Phone: 780-830-5755
- Email: [gpvsu@telus.net](mailto:gpvsu@telus.net)

**Grande Prairie Police Service**

- Services: Community safety programs and public information
- Contact: Erica Fisher (Public Information Officer)
- Phone: 780-518-4951
- Email: [community@gppolice.com](mailto:community@gppolice.com) | [efisher@gppolice.com](mailto:efisher@gppolice.com)

**Royal Canadian Mounted Police (RCMP) – Grande Prairie Detachment**

- Services: Law enforcement and community policing
- Contact: Gavin Ool
- Email: [gavin.ool@rcmp-grc.gc.ca](mailto:gavin.ool@rcmp-grc.gc.ca)

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**This directory is specifically designed to support families experiencing pregnancy and infant loss in the Grande Prairie area. For immediate crisis support, please call 988 or 1-888-910-1551.**