



REDCLIFF



COMMUNITY AND PROTECTIVE
SERVICES DEPARTMENT
#1 3RD STREET NE, REDCLIFF
403-548-3232
CPS@REDCLIFF.CA
WWW.REDCLIFF.CA

Redcliff Family and Community Support Services (FCSS) is part of the Town of Redcliff's Community Services Department. FCSS is a partnership with the Provincial Government that enables the Town to access provincial funding for FCSS purposes.

The FCSS philosophy is based on a belief that self-help contributes to a sense of integrity, self-worth and independence. The programs developed are intended to help individuals in their community to adopt healthy lifestyles, thereby improving the quality of life and building the capacity to prevent and/or deal with crisis situations should they arise.

Information regarding Redcliff FCSS programs, services, and events can be found on the electronic message board; www.redcliff.ca; Facebook or by calling 403-548-3232.



Contact Us

Located in Redcliff Town Hall:

#1 3 Street NE

Redcliff, AB T0J 2P0

Phone: 403-548-3232

Email: cps@redcliff.ca

Web: www.redcliff.ca

Family, Children & Youth

Bridges Family Programs	403 526-7473
Child and Family Services (Child Protection).....	403 529-3657
Family Violence Line.....	403 310-1818
McMan Parent Link Centre.....	403 504-0833
Nurture Pregnancy Centre.....	403 504-8560
Redcliff Youth Centre.....	403 548-2811
Redcliff Family School Liaison Workers	
Isabel F Cox: Ashton Moore.....	403 548-1257
Margaret Wooding: Jennifer Hynes.....	403 548-0857
Parkside School: Tanya Ridgedale.....	403 502-2126
Eagle Butte High School: Tanya Ridgedale.....	403 581-1818
RMAP: Allison Frey.....	403 878-4493

Counselling & Support

Addictions & Mental Health – Children + Youth	403 529-3582
Addictions & Mental Health Services – Adult	403 529-3500
Al-Anon/Alateen.....	403 527-8252
Alberta Seniors & Community Supports.....	403 529-3156
Alcoholics Anonymous.....	403 527-2065
Gamblers Anonymous.....	1-888-424-3577
LGBTQ Education & Outreach Support.....	403 502-3014
McMan Youth Fam. & Comm. Services.....	403 527-1588
Medicine Hat Cares Centre.....	403 527-5882
Medicine Hat Family Service.....	403 504-8026
MindScape Psychology Inc, Redcliff, Tobi Ceh.....	403-977-3545
Phoenix Safe House Woman's Support Group.....	403 527-8223
Sexual Assault Counselling (SARC).....	403 548-2717

FOR ADDITIONAL RESOURCES CALL 403-548-3232

OR GO TO WWW.REDCLIFF.CA





NEED HELP?

REDCLIFF AND AREA RESOURCES

Crisis Resources

- Victim Services Unit of RCMP – Redcliff403 548-7848
- Addiction/Smoking Helpline1-866-332-2322
- Canadian Red Cross Society.....1-888-800-6493
- Child Abuse Hotline.....1-800-387-5437
- Health Link.....1-866-408-5465
- Kids Help Phone.....1-800-668-6868
- Medicine Hat Women's Shelter Society.....403-529-1091
- Alberta Mental Health Emergency Help.....1-877-303-2642
- Out is OK Line.....1-877-OUT-IS-OK

Community Resources

- Branches Senior Supports Program.....403 529-4798
- Canadian Mental Health Association403 504-1811
- Community Food Connections Association..... 403 502-6096
- CORE Association.....403 527-3302
- Redcliff Seniors Society403-548-3618
- REDI Enterprises Society.....403 526-5742
- Saamis Immigration Services Association403 504-1188
- Redcliff Community and Protective Services.....403 548-3232
- Redcliff Family & Community Service (FCSS).....403 548-3232
- Redcliff Library.....403 548-3335
- Redcliff RCMP (Non-Emergency).....403 548-2288

Health

- Children's Health & Development Services.....403 529-8966
- Community Food Connections403 502-6096
- Home Care Program.....403 581-5750
- Medicine Hat Community Health Centre.....403 502-8200
- Medicine Hat Regional Hospital.....403 529-8000
- Sexual Health403 502-8305

Redcliff Family & Community Support Services Department

Open Monday – Friday
 8:00 am – 4:30 pm
 (except holidays)
 #13 Street NE
 Phone: 403-548-3232
 Fax: 403-548-8823

VISION STATEMENT



Citizens of Redcliff are physically, mentally, socially, and spiritually healthy members of the community.

MISSION STATEMENT



The mission of Redcliff FCSS is to facilitate preventative social services and community initiatives which contribute to the quality of life and family wellness in our community. Prevention and early intervention is our best investment.

WHAT IS FCSS



Family and Community Support Services (FCSS) is an 80/20 funding partnership between the Province and the Town of Redcliff. The program first came to Redcliff on April 1, 1988 and is currently directed by the Redcliff Community Services Department and supported by the FCSS Advisory Board. FCSS provides programs that enhance well-being among individuals, families, and the community.

FCSS CAN

- Promote social development
- Help citizens maintain their independence
- Promote and encourage volunteerism
- Encourage and facilitate inter-agency/ organizational cooperation
- Provide grant funding to community groups offering services within the scope of the FCSS mandate as resources allow
- Serve as an information and referral source on social service issues
- Advocate and work for positive social change and healthy community development

FCSS IS NOT

- Recreational
- Direct assistance, including money, food, clothing or shelter, to sustain an individual or families
- Rehabilitative
- A duplication of services from other Government Agencies

FCSS BOARD

Family and Community Support Services is guided by an advisory board comprised of 3 – 5 members including a Council member and an alternate. Meetings are held regularly at the call of the chair.

Duties include:

- Attending regular meetings
- Maintaining and monitoring community needs
- Creating yearly plans/goals
- Reviewing and evaluating FCSS policies, programs, and agreements
- Allocating grant funds
- Formulating recommendations and presentations to Council

VOLUNTEER OPPORTUNITIES

The Town of Redcliff relies on the outstanding efforts of volunteers. Volunteer opportunities enhance the quality of life for all residents and visitors to the community. As a volunteer, you will develop new and valuable skills, meet new people, contribute to the community, gain field experience, and build positive self-esteem.

Some opportunities include:

- Meals on Wheels delivery
- Snow and Yard Angels
- Community Event helpers and coordinators
- Income Tax preparation
- Teaching a class pertaining to your skills

For a list of volunteer opportunities, please contact Town Hall at 403-548-3232.

PROGRAMMING ALSO AVAILABLE

- Babysitting Courses
- Home Alone Course
- Family Counselling Services
- Family Violence Prevention Referral
- Illness Management
- Job Skill Building
- Life Skills Programs
- Parent/Child Relationship Building
- Parenting Skills
- Preschool Social Development Programs
- Seniors Assistance
- Social Development Programs for Children
- Stress Management
- Suicide Intervention/Prevention Referrals
- Youth Programs – development of healthy lifestyles, leadership, life skills, social responsibility

COMMUNITY GARDEN

Community gardens provide shared spaces for citizens to grow their own vegetables. Members can enjoy their summer with healthy activity and fresh produce, while building stronger ties amongst their families, gardening neighbours, and the community.

The Redcliff Community Garden is located south of Lions Park. Plots of approximately 15' x 30' are available for an annual fee of \$30.

Call 403-548-3232 or visit the website at www.foodconnections.ca for more information and applications.

COMMUNITY KITCHEN

Small groups of people pool their resources and share in the fun and learning of cooking large quantities of food together.

GOOD FOOD CLUB

The Good Food Club is a club for purchasing top quality foods at discount prices. For a nominal yearly membership, club members can purchase a small, medium, or large box of assorted fruits and vegetables for \$10, \$15, or \$20. Boxes are picked up at the Redcliff Library on the 2nd Tuesday of each month. Get the most value for your dollar! Call 403-502-6096 or visit the website www.foodconnections.ca for more information.

MEDICINE HAT SPECIAL TRANSIT

A specialized, shared-ride, curb-to-curb transportation service for persons with disabilities who qualify through a functional assessment and have registered with Medicine Hat Transit. Available for persons, who due to a physical and/or cognitive disability, cannot use the regular public transit system. For more information, contact 403-529-8214.

REDCLIFF SENIOR CITIZEN SOCIETY

The Redcliff Senior Citizen Society hosts potluck suppers, exercise classes, card game tournaments, computer classes, bingo, bus tours and many more social events. It is located at 26 Main St. S in Redcliff. For more information or to become a member, contact 403-548-9252, 403-548-3289, or 403-548-3072.

Programs for seniors:

- Home Support Services
- Meals on Wheels
- Income Tax Preparation
- Good Food Club
- Counselling
- Medicine Hat Special Transit

HOME SUPPORT SERVICES

Home Support Services provide professional quality in-home services. Assistance is available when required due to illness, convalescence, health limitation, and other reasons. Fees are on a sliding scale determined by a client's annual income.

INCOME TAX PREPARATION

Income Tax Preparation is provided by volunteers who assist individuals, families, and seniors in filing income tax returns at various times throughout the months of March and April. There is no charge, but criteria must be met to qualify for this service. Taxes cannot be prepared for the deceased, those who have claimed bankruptcy, self-employed individuals, and those claiming employment, business, or rental expenses.

SNOW ANGELS YARD ANGELS

Volunteers help maintain snow removal and lawn mowing for those that qualify. Subject to volunteer availability.

MEALS ON WHEELS

Hot and nutritionally well-balanced meals are available to eligible adults of any age on a long-term or short-term basis if they meet one or more of the following criteria:

- have difficulty preparing nutritious meals
- convalescing from a hospital stay
- chronic memory impairment
- recent bereavement or loss with no available support system

Lunches are delivered by volunteers from Monday - Friday between 11:15 am and 11:45 am, except on holidays. (Meals for the weekend are delivered on Friday.)

This service is subsidized by the Town of Redcliff and is available to you at a cost of \$7 per meal (subject to change). If credit is approved, fees are billed on a monthly basis and paid at the Redcliff Town Office or online. Call 403-5483232 for information or pick up an application in person.

MEALS ON WHEELS VOLUNTEER DRIVERS

Meals on Wheels would not be available without the help of our volunteers. If you or someone you know would like to volunteer as a DRIVER, please call 403-548-3232.

VOLUNTEER RECOGNITION & AWARDS CELEBRATION

This annual event, held during National Volunteer Week in April, is dedicated to our many volunteers and has been celebrated in our community for over 30 years. All local organizations are invited to take part in this event to recognize their choice of VOLUNTEER OF THE YEAR.

The Redcliff Lions Club “Citizen of the Year” is also recognized during this event.

REDCLIFF ACTION SOCIETY FOR YOUTH

For more than 25 years, the Redcliff Youth Centre, located at 19 Main Street S in Redcliff, has provided a positive environment for youth aged 11-17. Here they can feel safe in a substance-free environment and socialize with peers while taking part in a variety of educational and recreational group activities. Programs and services are delivered as needed and requested by our youth.

Society meetings are from 1-3 pm on the 2nd and 4th Tuesday of every month. Childcare is available. For information, call the Youth Centre at 403-548-2811 or email rasysocial@gmail.com.

MEDICINE HAT FAMILY SERVICES COUNCILING SERVICES

Medicine Hat Family Services works to preserve and strengthen families in times of crisis, change, and growth. It provides counselling, support, and education to families, couples, individuals, and young people in need.

Counselling services include:

- Marriage Counselling
- Grief and Loss Counselling
- Men’s and Women’s Issues
- Family Transition Counselling
- Communication Counselling
- Parent/Child Issues
- Stress Related Issues
- Family Violence Counselling
- Employee Assistance Programs Counselling

Drop in groups and courses are also available. All services are offered by professional and experienced staff in a safe, caring, and confidential environment. For more information, call 403-504-8026.