



## **COVID-19 Lamont County Region Community Supports**

### **Counselling (via telephone):**

1. Mental Health Lamont Community Health Centre **(780) 895-5817**
2. Primary Care Network Fort Saskatchewan **(780) 997-0046**
3. Primary Care Network Vegreville **(780) 853-6966**
4. Vegreville Counseling Services **(780) 632-2714**
5. Fort Saskatchewan Counseling Services **(780) 992-6267**
6. Mental Health Help Line **1-877-303-2642**
7. Support Network Crisis Line **1-800-661-4606**
8. Addictions Info & Support **1-866-332-2322**
9. Family Violence Info Line **310-1818**
10. Farmer Distress Line **1-877-303-2642**
11. Psychologists Association of Alberta **(780) 424-0294** [paa@paa-ab.ca](mailto:paa@paa-ab.ca)

Note: Counselling for First Responders Only

**Text for Hope:** Alberta Health Services text message subscription to send messages of encouragement during the COVID-19 pandemic - Albertans can text COVID19hope to 393939 to subscribe.

### **AFTER HOURS SUPPORT:**

1. Health Link (24 hour) **1-866-408-5465**
2. Crisis Line **1-800-482-4357**
3. Adult Access 24/7 **(780) 424-2424**
4. Kids Help Phone **1-800-668-6868**

### **Family and Youth Support:**

1. Family and Community Support Services (FCSS) **780-895-2233** or toll free **1-877-895-2233**
2. Family Resource Network (formerly Parent Link) **780-895-2233 ext 244** or toll free **1-877-895-2233 ext 244**
3. Vegreville Childrens Services **780-603-2500**
4. Fort Saskatchewan Childrens Services **780-992-6700**

### **Seniors Support:**

1. Family and Community Support Services (FCSS) **780-895-2233** or toll free **1-877-895-2233**  
Provides information, referral and telephone support

### **Financial Support:**

1. Alberta Supports - Income Support: New applications call **1-877-644-9992**  
For those currently receiving services please call **780-632-8686**
2. AB Government website: [www.alberta.ca/covid-19-supports-for-albertans.aspx](http://www.alberta.ca/covid-19-supports-for-albertans.aspx)
3. EI Telephone Information Service **1-800-206-7218**
4. Can. Government website: <https://www.canada.ca/en/department-finance/economic-response-plan.html>
5. Credit Counseling of AB **1-888-294-0076**
6. The Debt Stress Line **1-800-463-3328**



## **Grocery Stores (subject to change without notice):**

1. Andrew Grocery - Monday-Sunday 10am-5pm
2. Andrew Foods - Monday-Friday 10am-6pm
3. Bruderheim Family Foods - Monday-Saturday 9am-7pm, Sunday noon-6pm
4. Lamont Foods - Monday-Friday 9am-8pm, Saturday 9am-6pm, Sunday 11am-6pm
5. Mundare Family Foods - Monday-Saturday 9am-7pm, Sunday 10am-5pm

## **Grocery Pickup (purchase online and pick up at the store):**

### **Fort Saskatchewan**

1. Walmart - [www.walmart.ca](http://www.walmart.ca) - Minimum grocery order is \$25, non-essential order is \$30
2. No Frills - [www.nofrills.ca](http://www.nofrills.ca) - Minimum order is \$30, payment by credit card, interact or cash
3. M&M Foods - [www.mmfoodmarket.com](http://www.mmfoodmarket.com) - Select the Fort Sask. store, place order then call the store at (780) 997-0028 to make credit card payment. For e-transfer or questions call Jillian (780) 298-0984.

## **Pharmacies:**

1. Andrew Pharmacy **(780) 365-3832**  
Hours: Monday - Friday 10am-6pm, closed on Stat holidays  
Free prescription delivery to Andrew residents
2. Bruderheim Pharmacy **(780) 575-3000**  
Hours: Monday - Friday 9am-7pm, Saturday 10am-3pm  
Free prescription delivery to Bruderheim residents
3. Lamont Value Drug Mart **(780) 895-2411**  
Hours: Monday - Saturday 9am-5pm  
Prescription delivery to Lodge & assisted living residents in Lamont
4. Lamont County Pharmacy **(780) 579-0017**  
Hours: Monday - Friday 9:30am-4pm  
Free prescription delivery to Lamont residents
5. Mundare Guardian Royal Care Compounding Pharmacy **(780) 764-3036**  
Hours: Monday - Friday 10am-5pm  
Free prescription delivery to Mundare residents

**At this time pharmacies are able to renew medications, but are required to limit the amount of medications a person may order to a one month supply.**

## **Food Support:**

1. Lamont County Foodbank **(780) 619-6955**  
Please call and leave a message. They will get back to you with details.

## **Income Tax Preparation:**

1. FCSS Lamont County Region **780-895-2233 or toll free 1-877-895-2233**  
Currently assists seniors and low income persons by completing their taxes.  
At this time the Federal Government has extended the deadline for filing your personal tax returns to June 1, 2020.  
\*\*\*Please call for details about required forms and dropping off personal tax packages for completion.

