

## Fort Saskatchewan Community Supports Resource List

### Counselling: (via telephone)

1. Family and Community Support Services (FCSS) (780)992-6267
2. Primary Care Network (780)997-0046
3. Families First Society (780)998-5595
4. Psychologists Association of Alberta (780)424-0294 [paa@paa-ab.ca](mailto:paa@paa-ab.ca)

**Note: First Responders Counselling Only**

### **AFTER HOURS SUPPORT**

1. Crisis Line **1-800-482-4357** – may need support in the interim
2. Adult Access 24/7 (780)424-2424 – dire need, requires support asap
3. Kids Help Phone **1-800-668-6868**

AB Health Services text message subscription to send messages of encouragement during the COVID-19 pandemic. Albertans can text COVID19hope to 393939 to subscribe.

### Financial Support: (call for assistance)

1. Alberta Supports – Income Support (780)644-9992 or <https://www.alberta.ca/covid-19-supports-for-albertans.aspx>
2. Families First Steadfast Connector (587)784-1259 or email [aylisa@familiesfirstsociety.ca](mailto:aylisa@familiesfirstsociety.ca)  
local emergency fund

### Family and Youth Support: (call for assistance)

1. Family and Community Support Services (FCSS) (780)992-6267
2. Families First Society (780)998-5595 – support with diapers, formula, grief and family violence phone support available
3. Boys and Girls Club (780)992-0103 – telephone and possible in person support
4. Child and Family Services (780)992-6700

### Grocery Delivery:

1. **Save on Foods** - [www.saveonfoods.com](http://www.saveonfoods.com) (orders for FS come from 4805 167th ave Edm) Minimum order \$50 (payment by credit card) delivery charge based on order- maximum \$9.95 \*delivery 1 to 2 days – at this time they are experiencing very high web traffic so they encourage all that can shop in store to please do so.
2. **M&M Foods** [www.mmfoodmarket.com](http://www.mmfoodmarket.com). Order online. Select the Fort Saskatchewan store, place your order than call the store at (780)997-0028 to make credit card payment.

For e-transfer payments or requests for delivery please call Jillian (780-298-0984).  
Customer must be home at time of delivery.

3. **Heart to Home Meals** <https://www.hearttohomemeals.ca/> - frozen meal delivery for seniors

### Grocery or Parcel Pickup:

1. **Walmart-** [www.walmart.ca](http://www.walmart.ca) ( A cab can pick these up and deliver as well)  
Minimum order \$25 Groceries \$30 Non essentials (Payment by credit card)
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 Saskatchewan store, place your order then call the store at (780)997-0028 to make credit card payment. For e-transfer or questions about process please call Jillian (780-298-0984).
4. Fort Saskatchewan Alliance Church <https://www.fortsaskalliance.com/pages/runners>

### Grocery and Pharmacy Special Hours for Seniors and Immune Compromised

1. CO-OP Station Square 8:00 – 9:00 am daily
2. Freson Brothers 7:00 – 8:00 am daily
3. No Frills 8:00 – 9:00 am Tuesday and Thursday
4. Rexall 9:00 – 10:00 am 20% discount for seniors
5. Safeway 7:00 – 8:00 am daily
6. Shoppers Southfort 8:00 – 9:00 am 20% discount for seniors with Optimum Card
7. Shoppers Westpark 8:00 – 9:00 am 20% discount for seniors with Optimum Card
8. Walmart 7:00 – 8:00 am Monday – Friday

### Pharmacies:

- At this time Pharmacies are able to renew medications but are required to limit the amount of medications a person may order to 1 month.
- Most Pharmacies in town already offer delivery of medications. Check with your pharmacy to see how they can be of assistance.

Abex Pharmacy	121 Town Crest Rd	780-589-2239	Delivery-Yes Might need help with deliveries Verbal permission okay
Chris's No Frills	8802-100 St	780-997-2615	Delivery-yes, (just put in place) Will work around permission slips May contact City for help with deliveries
Co-op Pharmacy	10004-99 Ave	780-998-5429	Delivery-yes

			Verbal permission okay
Fort Station	10490-98 Ave	780-589-1314	Delivery-yes Will consider verbal permission Have system set up to pick up outside of pharmacy, if necessary.
Guardian (Yakimets)	10101-86 Ave	780-998-7722	Delivery-yes
Medicine Shop	9940-99 <sup>th</sup> Ave	780-998-1120	Delivery-yes Verbal permission is okay
Rexall Drugs	9425 94 Ave	780-998-5220	Delivery-yes They require signature for delivery
Rexall Drugs	116 Town Crest Rd	780-998-3217	Delivery-yes (1 day notice) Have designated delivery driver Will consider verbal permission
Safeway Pharmacy	9450-86 Ave	780-998-3995	Delivery-yes Will consider verbal permission
Shoppers Drug Mart	9360 Southfort	780-998-2236	Delivery-yes
Shoppers Drug Mart	100 Westpark Blvd	780-998-1821	Delivery-yes MAPLE Program- <a href="https://www.getmaple.ca/shopperscanada-fghaeignifaoeif/">https://www.getmaple.ca/shopperscanada-fghaeignifaoeif/</a>
Walmart Pharmacy	9551-87 Ave	780-998-7700	Delivery-no May consider verbal permission They have to scan card for payment

### Food Supports:

1. Fort Saskatchewan Food Bank **(780)998-4099**  
Office is currently closed Monday, Wednesday and Friday but open for Hamper Days on Tuesday and Thursday. Please call on those days for assistance. Must have an appointment to pick up food hamper.
2. Fort Saskatchewan Alliance Church <https://www.foresaskalliance.com/pages/runners>
3. Meals on Wheels **(780)992-6267**  
Program providing meals to seniors or those with a disability who find meal preparation difficult.

### Income Tax:

At this time the Federal Government has extended the deadline for filing your personal tax returns to June 1. Details for assistance will be available in the coming months as the Families First and Pioneer House tax clinic programs are not running at this time.

## Career and EI application assistance

**MCG Careers Inc.** is offering appointments by phone and/or email to provide career planning, job search and assistance with EI applications. To book an appointment call **587-285-8118** or email [fortask@mcgcareers.com](mailto:fortask@mcgcareers.com) for further information visit [www.mcgcareers.com](http://www.mcgcareers.com)

## Family connections

Shaw shared that they are supporting a program offered federally that subsidizes internet access to families. The program is called Connecting Families. See links below.

<https://www.ic.gc.ca/eic/site/111.nsf/eng/home>

<https://www.connecting-families.ca/welcome>