

Emergency

FIRE/POLICE/AMBULANCE.....	911
AADAC Help Line.....	1-866-332-2322
Alberta Mental Health Board Helpline.....	1-877-303-2642
Crime Stoppers Tip Line.....	1-800-222-8477
Medicine Hat Woman's Shelter Society.....	403-529-1091
Toll Free.....	1-800-661-7949
Poison Control.....	1-800-332-1414
RCMP Bow Island Administration.....	403-545-2784
Salvation Army Homeless Shelter.....	403-526-9699
Suicide Prevention Line.....	1-800-784-2433
Victim Assistance.....	403-545-2784

Community Numbers

Bow Island Municipal Library.....	403-545-2828
Community Adult Learning.....	403-867-3973
County of Forty Mile.....	403-867-3530
Food Bank.....	403-545-2023
Foremost Library.....	403-867-3855
Forty Mile Regional FCSS Bow Island.....	403-545-2200
Forty Mile Regional FCSS Foremost.....	403-867-2766
Low Income Housing.....	403-545-2161
Town of Bow Island.....	403-545-2522
Village of Foremost.....	403-867-3733
Write Break Literacy.....	403-867-3973

Senior Services

Alberta Aids to Daily Living.....	403-545-2296
Alberta Seniors Benefits.....	403-529-3156
Toll Free.....	1-800-642-3853
Bow Island Home Support.....	403-545-2296
Bow Island Lodge.....	403-545-6060
Bow Island Seniors Centre/Golden Age Centre.....	403-545-2992
Elder Abuse.....	1-800-661-7994
Foremost Seniors Centre.....	403-867-3969
Meals On Wheels.....	403-545-2074
Medical Transportation.....	403-545-2464
Old Age Security/CPP/Guaranteed Income Supplement.....	1-800-277-9914
Pleasant View Lodge.....	403-545-2161
Protection for Persons in Care.....	1-888-357-9339
Veterans Affairs Canada.....	1-866-522-2122
VON- Victorian Order of Nurses.....	403-529-1222
Widows' Pension/Income Support Contact Centre.....	1-866-644-5135

Health Centres & Health Services

Alberta Blue Cross.....	1-800-661-6995
Alberta Health Benefit.....	1-866-252-5783
Alberta Health Link.....	1-866-408-5465
AB Healthcare Insurance Plan.....	310-0000
Then Dial.....	780-427-1432
AB/NWT Alzheimer Society.....	1-888-233-0332
ALS Society.....	1-888-309-1111
Alfred Egan Home.....	403-545-3220
Arthritis Information Line.....	1-800-321-1433
Bow Island Community Health.....	403-545-2296
Bow Island Hospital.....	403-545-3200
Bow Island Medical Clinic.....	403-545-2244
Canadian Cancer Society.....	1-888-939-3333
Canadian Diabetes Association.....	1-800-226-8464
CNIB.....	1-800-563-2642
Canadian Red Cross.....	403-526-3048
Cerebral Palsy Association.....	1-800-363-2807
Child Health Benefit.....	1-877-469-5437
Food Safety Info Line.....	1-800-892-8333
Foremost Medical Clinic.....	403-867-3866
Heart and Stroke Foundation of Canada.....	1-888-473-4636
Immunizations.....	403-545-2296
Kidney Foundation of Canada.....	1-800-268-1177
Lung Association of Alberta.....	1-888-566-5864
Medicine Hat Regional Hospital.....	403-529-8000
Mental Health Community Clinic.....	403-545-5120
Persons with Developmental Disabilities.....	403-529-3144
Public Health Nurse.....	403-545-5124
Southern Alberta Epilepsy Association.....	1-866-374-5377(9)

Churches

Bow Island Community Bible Church.....	403-545-6757
Bow Island Evangelical Free Church.....	403-545-2274
Burdett United Church.....	403-545-2085
Church of God in Christ Mennonite Brethren.....	403-545-6424
Church of Jesus Christ of Latter Day Saint.....	403-833-3814
Foremost Evangelical Free Church.....	403-867-3559
Foremost United Church.....	403-867-3992
Our Lady of Perpetual Help.....	403-545-2023
St. Andrews United Church.....	403-545-2085
St. Michael's R.C. Parish.....	403-545-2023
Trinity Lutheran Church- Foremost.....	403-867-3692
Zion Lutheran Church (Bow Island).....	403-545-2247

Counseling, Education and Support

AIDS/HIV/STD Information Line.....	1-800-772-2437
Alberta Works.....	1-866-644-5135
Calgary Distress Line (long distance).....	403-266-1605
Canadian Mental Health Association.....	403-504-1811
Credit Counseling Services.....	1-888-294-0076
Dial-A-Law.....	1-800-332-1091
Income Support Contact Centre.....	403-529-3550
Toll Free.....	1-866-644-5135
Landlord and Tenant.....	1-877-427-4088
Medicine Hat Family Services.....	403-504-8026
Men's Line (long distance).....	403-266-HELP/4357
Out is Ok Line.....	1-877-688-4765

Children & Youth

Building Blocks.....	403-545-6911
Big Brothers/Big Sisters.....	403-527-6640
Bullying Help Line.....	1-888-456-2323
Child Abuse Hotline.....	1-800-387-5437
Child and Youth Advocate.....	1-800-661-3446
Child Find Alberta.....	1-800-561-1733
Child Protection Crisis Line.....	1-800-638-0715
Child Tax Benefit Program.....	1-800-387-1193
Family Violence.....	310-1818
Forty Mile Youth Connections Bow Island.....	403-545-6222
Forty Mile Youth Connections Foremost.....	403-867-3077
Healthy Starts.....	403-545-6911
Kids Help Phone.....	1-800-668-6868
McMan Parent Link Centre.....	1-888-878-5465
Southeast Alberta Child & Youth Services.....	403-529-3753
Teen Help Line.....	403-264-8336
Toll Free.....	1-877-803-8336

Schools

Bow Island Elementary.....	403-545-2488
Burdett School.....	403-833-3841
Cherry Coulee Christian Academy.....	403-545-2107
Foremost School.....	403-867-3843
Manyberries.....	403-868-3762
Senator Gershaw School.....	403-545-6822
St. Michael's School.....	403-545-2131
Sun Country Christian School.....	403-545-6424