



Environmental Health

Provides health inspections, follow-up on nuisance complaints and referrals, requests for facility approvals, food recalls, water sample reports and reports of food-borne and other illnesses. Food handling and pool operating courses are also offered through the program.

Hours: varied
Phone: 403-851-6172

Oral Health

Provides oral health services to targeted populations of all ages.

Hours: 8:00 a.m. – 4:30 p.m., Monday to Friday
Phone: 403-851-6168

Speech Therapy

Community Speech Language Services provides assistance to preschool and school-aged children who have communication difficulties including articulation (pronunciation), language (understanding and expressing ideas), fluency (stuttering), and voice production.

Hours: 8:30 a.m. – 4:00 p.m., Monday to Friday
Phone: 403-955-1300

Living Well with a Chronic Condition

Based out of the Spray Lake Sawmills Family Sport Centre, this program is for people living with long-term illnesses. It consists of exercise classes, self-management classes and education classes. Referrals can be made by individuals, physicians and other health care providers.

Hours: 8:00 a.m. – 4:00 p.m., Monday to Friday
Phone: 403-943-2584

Calgary COPD & Asthma Program (CCAP)

Teaches adults with Asthma, COPD (emphysema, bronchitis) and smokers who are at risk of developing these diseases, self-management to improve their care. Appointments are free of charge and are provided on a one-on-one basis with a Certified Respiratory Educator. Anyone can make a referral.

Hours: varied
Phone: 403-944-8742 (Monday to Thursday to make an appointment)



Cochrane Community Health Centre

The Cochrane Community Health Centre is a 50,000 square foot facility that brings together more than twenty health services under one roof. These services include:



Urgent Care

Provides same-day treatment for unexpected but non-life-threatening health concerns, such as broken bones, sprains, lacerations, asthma, dehydration, pain and infections. People with life-threatening or potentially life-threatening conditions should NOT go to an Urgent Care Centre. They should go immediately to an Emergency Department or call 911.

Hours: 8:00 a.m. – 10:00 p.m., 7 days a week including statutory holidays

Phone: HEALTHLink Alberta 403-943-LINK (5465)
HEALTHLink Alberta 1-866-408-LINK (5465)

Calgary Laboratory Services

Provides medical diagnostic testing and information including blood tests by referral from a physician or from Urgent Care.

Hours: 7:00 a.m. – 4:30 p.m., Monday to Friday
Phone: 403-932-4811

Diagnostic Imaging

Provides general radiography and X-rays by referral from a health professional.

No appointment is needed for general radiography or X-rays.

Hours: 7:45 a.m. – 10:00 p.m., 7 days a week including statutory holidays. *Closed daily from 12:00 p.m. – 12:45 p.m. and 6:00 p.m. – 6:45 p.m.*
Phone: 403-851-6268

Public Health

Offers a wide-range of public health services including: Maternal/Child Health: Newborn visits, immunizations/developmental clinics, parenting education, School Health, Adult/Seniors programs. Communicable disease control, injury and disease prevention and health promotion.

Hours: 8:30 a.m. – 4:30 p.m., Monday to Friday plus evening immunization/counseling clinics
Phone: 403-851-6130

Home Care

Provides home based and clinic care for individuals with chronic, acute, rehabilitative or palliative needs. Also provides access to Adult Day Support services, respite care and assessment and information for continuing care placement in alternate levels of care (such as Assisted Living, Long Term Care and Hospice).

The Multidisciplinary team includes Nursing, Physical Therapy, Occupational Therapy, Social Work and Health Care Aides for personal care.

Hours: 8:15 a.m. – 4:30 p.m., 7 days a week
Phone: 403-851-6060

Mental Health

Provides accessible, community-based, change-oriented brief psychotherapy services (1-10 sessions) including mental health assessment, intervention, information, referral and follow-up for individuals and/or groups of all ages and therapeutic programs and services to promote mental wellness for individuals and their support networks.

Hours: 8:00 a.m. – 4:30 p.m., Monday to Friday
Phone: 403-851-6100

Addiction Services

Offers assessment, counseling, prevention and consultation to anyone who wants to address concerns with substance use, problem gambling and smoking cessation.

Hours: 8:00 a.m. – 6:00 p.m., Tuesday to Friday
Phone: 403-851-6111