

NEED HELP?

SOCIAL SUPPORT AGENCIES
IN COCHRANE AND AREA
ARE HERE FOR YOU



FOOD:

Cochrane Activettes Food Bank	403-851-2250
Iyahrhe Nakoda Food Bank	403-881-2766

SUPPORT LINES:

Cochrane Family and Community Support Service (FCSS)	403-851-2250
Cochrane & Area Victim Services	403-851-8055
Cochrane Family Resource Network	403-851-2265
Distress Centre Crisis Support (24hr)	403-266-4357
Hope for Wellness Help Line	
Indigenous Crisis Support (24hr)	1-855-242-3310
Helping Hands	587-580-9448
Kids Help Phone (24hr)	1-800-668-6868
Access Mental Health - Alberta Health Services	1-877-652-4700
Big Hill Haven – Domestic Violence Support	403-796-6564
Boys and Girls Club of Cochrane and Area Youth Support - Ages 12-22	403-618-3149
Turning Point Stoney Health Services	403-881-2877
Stoney Tribal Security	403-881-2791
RCMP Non-Emergency	403-932-2211

FINANCIAL SUPPORT:

Government of Canada Income Support	1-833-966-2099
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**WE CARE ABOUT YOU!
WE HAVE AN APP THAT CAN HELP!**



COCHRANE & AREA RESOURCES & ESSENTIAL SERVICES (CARES)

Connect with services and resources, get assistance and find ways to have fun. Download the app or visit cares.glideapp.io

