



RESOURCE DIRECTORY

***A guide to the many resources
available in Vulcan & County***

2021-2022



FAMILY AND COMMUNITY SUPPORT SERVICES

Youth Centre and Programming
Resources and Referrals
Seniors Supports
Home Support Service
Community Connection Events
Good Morning Newsletter
Volunteer Income Tax Program
Courtesy Driver Program
Interagency Meetings
External Funding
Learning Workshops
Volunteer Connection
Leaders of Tomorrow Awards

105B – 3 Avenue South

Box 594 Vulcan, AB T0L 2B0

Phone: 403-485-2192

Fax 403-485-6043

Hours of Operation:

Monday - Friday 9:00 am - 4:30 pm

www.vulcanandregionfcss.com

Email:

reception@vulcanandregionfcss.com

**Co-located with Vulcan Regional
Food Bank Society**

- Do you need help **filling out forms**, applying for government programs or filing your **taxes**?
- Are you a **senior** needing help with your home or expenses?
- Are you feeling **lonely** or isolated?
- Are you looking to **volunteer**?
- Are you a **parent** and need support?
- Do you have a **youth** that needs a place to connect or a safe space to spend time?

...Vulcan and Region FCSS can help you

If we don't offer the service, we can refer you to the right place.

- We can help you find government, immigration, language, disability and employment services.
- We can help you work through basic budgeting and refer you to credit counselling.
- We can help you find resources for addiction, abuse, mental health and subsidized counselling.

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Apologies if something was missed or is incorrect, we did our best. Please enjoy learning about what is available in our community and thank you to those who contributed.



Emergency Contacts

Fire - Ambulance - Police: 911

Distress Centre: 1-403-266-4357

Suicide Crisis Line: 1-800-784-2433

Mental Health Help Line: 24-hour 1-877-303-2642

Distress & Suicide Prevention Line of Southwestern Alberta:
1-888-787-2880 Lethbridge and Area

Family Violence Info Line: 310-1818

Kids Help Phone: 1-800-668-6868

Child Abuse Hotline: 1-800-387-5437

Alberta's One Line for Sexual Violence: Call or text: 1-866-403-8000

AADAC Help Line: 1-866-332-2322 Addictions

Alberta Health Link: 811 or 1-866-408-5465

Alberta Info Helpline: 211 - Connects you to community and social services in your area 24 hours a day in over 150 languages.

Income Support Contact Centre: 1-866-644-5135

Albertans Emergency Income Support Contact Centre - 24 hours a day for help in an emergency for basic needs like shelter, food, clothing and transportation

Canadian Red Cross: 24-hour disaster services 1-888-800-6493.

Bullying Helpline: 1-888-456-2323

Vulcan Community Health Center (Hospital): 403-485-3333

Crime Stoppers: 1-800-222-8477

Vulcan RCMP Detachment: 403-485-2267

Poison Control: 1-800-332-1414

The Life Line App: To prevent suicide, provide support and build awareness about suicide. Free download on the App Store and Google Play.

ConnecTeen: 403-264-8336 - 24-Hour Youth Support Line



Health



Health Link - 811

- Vulcan Community Health Centre** 403-485-3333 610 Elizabeth Street S.
24-Hour Emergency, Acute Care, Adult Day Support, Laboratory, X-Ray, Physiotherapy, Dietician, Long Term Care Facility, Occupational Therapy, Palliative Care Worker, Vulcan Healthcare Auxiliary and Gift Shop
- Mental Health and Addictions** 403-485-3356 610 Elizabeth Street S
- Health Unit** 403-485-2285 610 Elizabeth Street S
Public Health, Home Care Services, Home Care Social Worker, Immunization, Well Baby Clinics, Dietician, Water Well Testing
- Vulcan Medical Clinic** 403-485-2216 610 Elizabeth Street S.
- Arrowwood Medical Clinic** 587-652-5999 6 Railway Ave W.
Psychological, Psychiatric and Primary Care services are available through the clinics.



The Calgary Rural Primary Care Network helps you maintain your current good health, manage health challenges, and prevent health issues from becoming serious.

Through our network, you have access to nurses, geriatricians, dietitians, family counselors, diabetes educators, exercise specialists (just to name a few!) - all working together to complement the care you get from your family doctor.

Ask your doctor for a referral, or call 403-901-0142 to find out what we can do for you!

www.crpcn.ca

Vulcan Healthcare Auxiliary

Vulcan Hospital 403-485-3333 ext. 388



WE NEED YOU! *Many hands make light work.*

We are a group of dedicated auxiliaries who provide comfort and hope to all who are in distress of mind or body. Monthly meetings are the 2nd Monday. Fundraisers include the Gift Shoppe, Garage Sale, Bake Sales, and Mitten Program.

Health

MUMS - Moms Uniting for Maternal Support

403-205-5194

Peer-to-Peer Support Program: For those experiencing postpartum depression or anxiety as well as any parents of babies needing support to cope. Run by Families Matter.

Early Start Line - For parents of babies to 2 months old

403-244-8351

Healthy Futures - Supports women during pregnancy and early parenting phases with a focus on health and nutrition. 24 Hour crisis support. Free and confidential. Run by Foothills Fetal Alcohol Society. Serving Vulcan area. 403-336-8556

Pharmacies

Market Street Remedy's Rx	403-485-2919	221 2nd Street S.
Life Med Pharmacy	403-485-2552	218 Centre Street S.
Arrowwood Whole Health Pharmacy	403-534-3333	#3 - 6 Railway Ave. W.

Dentist - Vulcan Dental Clinic

403-485-2654

95 Centre Street E.

Optometrist - Deja View Eyecare

403-485-2177

118 Centre Street

Chiropractor - Liscombe Chiropractic Clinic

403-485-6005

209 Centre Street

Massage Therapy

Jami Stokes, RMT	403-485-1396	stokessmassagetherapy.janeapp.com
Mind Meld Massage Therapist	403-998-7210	mindmeldmassagetherapy.ca
Jasmine Massage	587-893-6543	Hawaiian Massage, Acupuncture
Tumbleweed Mobile Massage	403-652-0765	Tuesday's in Vulcan

Vulcan County Health and Wellness Foundation

403-485-4001

610 Elizabeth Street S.

Website: vchwfoundation.com Email: vchw.foundation@gmail.com

Enhancing the quality of healthcare and wellness programs for all residents of Vulcan County through fundraising, education and augmenting facilities and programs.

Act4Health is a coalition of individuals and service providers committed to building a healthy community.

act4healthvulcan@gmail.com



Mental Health, Addictions and Counselling

Access Mental Health 1-844-943-1500

Mental Health Clinicians will explore all options in order to refer individuals to the most appropriate mental health and addiction resources.

Mental Health and Addictions 403-485-3356

Vulcan Community Health Centre - Self referrals are welcome.

Teen and Young Adults Clinic 403-652-1654

303 9 Ave SW High River

Tuesday's 2-6pm Walk-in Clinic. Provides education, birth control, STI and pregnancy testing, healthy relationships and drug awareness. Mental health counseling sessions are offered at this clinic, with a booked appointment.

Mental Health Walk-In (all ages) 403-943-9374

2nd floor, 31 Sunpark Plaza SE Calgary

Vulcan and Region FCSS can help make arrangements for counselling where people have barriers to access. Call our office at 403-485-2192

Barons-Eureka-Warner FCSS can provide counselling services to Vulcan County residents on the south end of the county.

Email: counsellingservices@fcss.ca 587-370-3728

Foothills Community Counselling 403-603-3549 Email: fcc@highriver.ca

Provide counselling for individuals, children, adolescents, families and couples. Foothills Area. Sliding scale fees and health insurance benefits are accepted.

Al-Anon Family Group Meetings Contact Betty at 403-652-8285

Alcoholics Anonymous Contact Gary at 403-485-5818

AA Meetings are Tues. and Thurs. 8pm

SMART Recovery - Self Managed Addiction Recovery Training (Not 12 Step)

Support Group Meetings Vulcan 403-485-1054

Foothills 403-336-9952

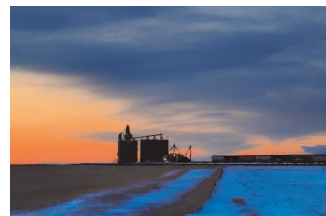
Foothills Detox - Fort McLeod 403-553-4466

Adult Detox Program - Phone to reserve a bed.

Landers Centre - Claresholm 403-625-1395

Addiction Treatment 18-24 day inpatient

Togetherall.com - An online peer support community for your mental health, moderated 24/7 by trained practitioners who keep members safe, and facilitate the process of people helping people. The site includes free online courses and resources about mental health.



Community Services

Call 211 or search ab.211.ca Find programs and services in your community.

Community Connector - Welcome Wagon

Are you new to town or know someone who is? The Vulcan Lionettes will bring you a bag of information to help get you settled in town. Phone Marg at 403-485-2426 or Joyce at 403-485-6802 to request a package.

Champion Family and Community Support Services 403-897-3833

Enhancing the wellbeing of individuals, families, seniors and the community through preventative programs. Community events, service referrals, programs and activities.

Vulcan Regional Victims Services Society Office 403-485-6163

www.vulcanregionalvictimsservices.com Crisis Phone 403-485-5847

Crisis support to victims of crime, trauma, and tragedy.

Crisis phone support 24/7, 365 days a year.

Court support in the event that a criminal matter goes to trial. Group debriefings.

Emotional support and follow-ups with victims of crime, trauma, and tragedy.

Referrals to appropriate agencies in Vulcan and surrounding cities.



Rowan House Emergency Shelter www.rowanhouse.ca

24-Hour Crisis Line 403-652-3311 Office 403-652-3316

Temporary emergency housing for women and children fleeing abuse.

Crisis counselling, support, advocacy and specialized children's

programming, in the shelter. One-on-one outreach support and advocacy in

the community. Preventative Education and Awareness in schools and for the community.



**ROWAN
HOUSE
SOCIETY**

BUILDING VIOLENCE FREE COMMUNITIES

Vulcan Mental Wellness Support Committee - www.facebook.com/vulcanmentalwellness

Our mission is to help prevent suicide by increasing awareness and providing education & support for the citizens of Vulcan County.

Transportation

Taxi (Vulcan) - Keath Brooks 403-601-1652

I L Transportation 403-485-1631

Door-to-door service to and from all medical, dental, optical and treatment appointments as well as special occasion trips.

Vulcan County Transportation Services 1-844-228-4455

for Medical Appointments

Operated by the Claresholm and District Transportation Society.



Community Services

Help in Low German

Contact Dan

403-715-4549

WCIS – Willow Creek Immigrant Services

Roan Santos | Settlement Counselor

www.ccisab.ca/services/rural-alberta-services

Assists with the resettlement process for newcomer immigrants and refugees in Vulcan, Claresholm, Nanton, Stavely and area.

403-973-5583

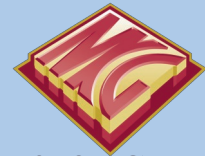
rsantos@ccisab.ca



MCG Careers - Career and Employment Centre

1-844-601-2660

Appointments & workshops available at the Vulcan Library on Tuesday's or online. Career counselling, resume and cover letters, interview skills, job transitioning, job searching, computer skills, job posting boards.



Lethbridge College VULCAN CAMPUS

403-485-1488

vulcancounty@lethbridgecollege.ca

lethbridgecollege.ca/vulcan-county-campus

Meet local staff in Vulcan for information about post-secondary education and connecting with departments for additional help. Provides exam supervision.



Money Mentors

moneymentors.ca

1-888-294-0074

Non-profit credit counselling providing unbiased advice to Albertans. Debt Help, Credit Counselling, Orderly Payment of Debts, Money Coaching



Community Development Coordinator for AHS works alongside the community to help move it towards being a healthy community in whichever way they choose.

Ruth.Mueller@albertahealthservices.ca



Need Debt Help?

We're here for you!

The Credit Counselling Society is a charitable, non-profit organization helping Canadians deal with debt since 1996.

1-888-527-8999

nomoredebts.org | mymoneycoach.ca

We Help. We Educate. We Give Hope.



We support and assist entrepreneurs with business solutions and invest in community economic growth

- Business Idea Consultation
- Business Plan Assistance
- Business workshops and events
- Annual Youth Entrepreneurship Camp
- Entrepreneurs with Disabilities Program
 - Business Loans

403.995.4151

<https://highwood.albertacf.com>
14 McRae Street, Okotoks, AB

Families and Children

Children didn't come with a manual but this website is a good start: healthyparentshealthychildren.ca

Vulcan Daycare Society 403-485-2945
vulcandaycare@gmail.com.
Licenced Early Learning and Child Care Centre Program.
Out of School Care Program. Newborns to 12 year olds.

Greater Foothills Family Centre 1-877-652-8633
highriver.ca/greater-foothills-family-centre



Provides free programs, supports and services to children and youth and their families. Family Resource Network's will focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills. Provides Parent Education, Developmental Screening, Parenting Workshops, Clothing, Bike and Skate exchange programs as well as Family Events.

Play Groups for Parents with Kids 0 - 6years old

Vulcan Lodge Hall - Contact Vulcan Recreation
www.townofvulcan.ca/recreation 403-485-6659

Roving Gym at Milo School - Contact Milo Recreation
recreation@villageofmilo.ca

Champion Legion - Contact Champion FCSS 403-897-3833

To get support to start a playgroup in any other village contact
Vulcan and Region FCSS 403-485-2192

Vulcan County Early Childhood Development Coalition meets monthly to discuss and address early childhood matters. Contact FCSS for information. 403-485-2192

Healthy Minds, Healthy Children

offers free, public education through Community Education Services on child and youth emotional wellness and health topics, as well as online professional development. wp.hmhc.ca



BRAINS AREN'T JUST BORN– THEY'RE ALSO BUILT

Nurturing experiences build sturdy brain architecture, while negative experiences like abuse and neglect build weak brain architecture. Engaging with children helps build their brain. [Learn more at albertafamilywellness.org](http://albertafamilywellness.org)



Families and Children

Wild Rose Community Connections
admin@wildrosecc.com
www.wildrosecommunityconnections.com

1-877-995-3737



-First Years for Families (FYFF) is a family capacity building Home Visitation program. This program supports expectant parents and those with newborns/young children in the context of their family and environment. FYFF supports families with parenting skills, creating a safe, stimulating environment for their children and helping connect with other community resources. Referrals to this free service can be a self-referral or by other community agencies. The youngest child needs to be under age 3 when referred.

-Caring Connections 403 437-4984

An *Emotional Safe Spot* for individuals, families or seniors. For anyone feeling disconnected, alone dealing with daily challenges or just need to chat. We hope we can make your day a little bit brighter and help connect you to other resources.

Nobody's Perfect - One-on-one Parent Support and Groups for those with 0-5 yrs. olds

Smarter Parenting – Support and strategies for parents of children 3-18 years to create more harmony in your home.



Other organizations that serve families:

McMan Youth, Family and Community Service Association www.mcman.ca

Family Ties www.familyties.ca

Hull Services hullservices.ca

Strongest Families Institute strongestfamilies.com

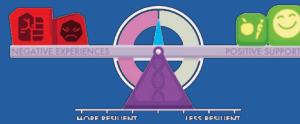
Children's Cottage Calgary 403.233.2273

Crisis Nursery for children newborn-8 years old.



RESILIENCE

The foundations of resilience are early life experiences and supports. Negative experiences increase the likelihood of poor health and wellness. Positive supports increase our ability to bounce back from major life stresses and the likelihood of lifelong health and wellness.



Learn more at albertafamilywellness.org

Literacy and Learning



Rainbow Literacy and Learning Society Family Resource Network: Spoke #15
403-485-3107 info@rainbowliteracy.com www.rainbowliteracy.com

Family Literacy Programs support the whole family by providing caregivers and parents with the skills and knowledge to strengthen family relationships, parenting and literacy skills. Registration is required for all programs.

Time for Rhymes - Join us to learn to rhyme, sing and interact with your child. Available in most towns and villages (2-5 years).

Building Blocks - Building Blocks is a 10-30 week program that happens in your home. Strategies, games, activities and learning tools to help aid with your child's learning. FREE (0-17 years).

Literacy and Parenting Skills and Parent Café - Explores techniques and topics related to parenting and literacy. Each week focuses on a different parenting. FREE program for parents/guardians.

Alphabet Soup - Parents and Children enjoy food, songs, rhymes, crafts and books while learning about food and nutrition. (2-6 years).

Animal Tales - Introduction to different animals, books, a craft and then reading to the animal in a safe space. In partnership with Porthos Pet Supplies FREE for children 6-12 years of age.

Books for Babies - Multi-week course for parents of newborns to promote reading as a valued family activity. Participants receive a bag of children's books and resources to take home.

Pillowslip Stories - Pillowslip stories are bags that help bring books alive through games, interactive activities and audio for following along. FREE (2-6 years).

Unity of Belonging - Program to build awareness of oppression and build knowledge about choices, values and attitudes. For Jr. & Sr. High students.



Adult Literacy and Learning Programs are available either in a group setting or through tutoring (one-on-one). Our programs are delivered in-person or on-line to accommodate for the learners availability as well as for COVID restrictions that may be in place.

Key areas of learning

Adult Literacy - reading, writing, GED preparation, communication and more.

Numeracy - Basic Math for Everyday Life Skills for Learning

English Language Learning Basic Digital Skills

Cultural Appropriation and Unconscious Bias

Other programs - Restricted Firearms Safety, First Aid, Food Safety



Adult Literacy principles are the best practice that guide the development and delivery of adult foundational learning opportunities where learning is relevant, practical, respectful, self-directed, and strengths-based, builds on the learner's knowledge and experience and is oriented towards the learner's goals.

Libraries

Libraries in Vulcan County are a free or low cost way to gain access to so many free resources:

- ◆ Books, not just the ones in your library but from all Chinook Arch Libraries
- ◆ Movies, music and magazines
- ◆ Free audiobooks, stream shows
- ◆ Computers access and printing
- ◆ Wi-Fi access
- ◆ Solara - homework help
- ◆ Gale Courses
- ◆ Programs for learning a new language
- ◆ Computer workshops
- ◆ Community programming
- ◆ Research and archives

DISCOVER YOUR LOCAL LIBRARY



VULCAN COUNTY

FREE WIFI		MOVIES FOR EVERY AGE	
	PUBLIC COMPUTERS		EBOOKS AUDIOBOOKS DIGITAL MAGAZINES
IMAGINARY WORLDS		PROGRAMS AND EVENTS	

Arrowwood Municipal Library 403-534-3932 arrowwoodlibrary.ca	Carmangay Municipal Library 403-643-3777 carmangaylibrary.ca	Champion Municipal Library 403-897-3099 championlibrary.ca
Lomond Library 403-792-3934 lomondlibrary.ca	Milo Library 403-599-3850 milolibrary.ca	Vulcan Municipal Library 403-485-2571 vulcanlibrary.ca

Carmangay & District Municipal Library

Monday	5:30 - 8:30
Tuesday	2:00 - 6:00
Wednesday	5:30 - 8:30
Thursday	2:00 - 6:30
Friday	9:00 - 12:00
Saturday	9:00 - 12:00

Fun Fridays everything Friday morning from 10-12. Games, crafts, snacks & stories!

(403) 643 3777 | help@carmangaylibrary.ca
www.carmangaylibrary.ca | 416 Grande Ave.



Come and Enjoy
ARROWWOOD LIBRARY
 22 Centre Street
 Arrowwood, Alberta
 403-534-3932

Open: Tuesday 12:00 - 5:00
 Wednesday 12:00 - 5:00
 Thursday 10:00 - 12:00 & 1:00 - 5:00

We have an excellent Children's area, a relaxing fireplace room, research materials and a great selection of New Titles.

Drop in and Check us out!



Disability Services

Wheat Country Special Needs Society

403-485-2186

Residential, vocational and community access support for adults with developmental disabilities. The SODA Group (Speaking Out for the Disabled Actively), the oldest self-advocacy group in the province, with the support of WCSNS, enables individuals to have a voice in the community. The SODA group operates the New to You Thrift Store and the Rags to Riches shop, work at the Bottle Depot (owned by the Society) as well as other supported employment sites in the community.

Carol Seaman Rise and Shine Services Ltd.

403-485-0609

Service for families of children/adult children with developmental disabilities. Program includes pre-employment skills, volunteering, after school program, summer program, employment support, community access and support for independent living skills,

Inclusion Foothills

www.fsnaps.org 1-866-507-6277

Email: mail@fsnaps.org A Community Support Network for Families

Supports families with system navigation, funding and understanding diagnosis. Support for siblings of children with special needs. Transition planning, advocacy, resource library and support. Step-Up Support Group for parents, Connection Registry for respite, HIRE (Having Inclusive Rewarding Employment).

First Nations Health Consortium

1-844-558-8748

nochild4gotten@abfnhc.com www.abfnhc.com Enhanced Service Coordination for Jordan's Principle. To help and advocate for families and reduce the stress of navigating service systems and link them to resources.

Foothills Fetal Alcohol Society

www.foothillsfas.org 403-652-4776

Adult Response Program, Family Response Program, Community Outreach, FASD Assessment and Diagnosis Clinic, and Healthy Futures for pregnant or postpartum women. Individual support, parent support groups, addiction support and advocacy for children, youth, adults, and families living with Fetal Alcohol Spectrum Disorder.

Adult Day Support

403-485-3333

AHS - Vulcan Community Health Centre offers a day wellness program for adults in the Home Care Program. A referral from a Home Care Case Manager is needed.

Alberta Supports Centres

myAlbertaSupports.ca 1-877-644-9992

Financial Assistance and supports for people with disabilities.

Alberta Supports Centres High River 403-652-8309

Lethbridge 403-380-2272 Claresholm 403-625-4457

Family Supports for Children with Disabilities

403-382-4275



Schools

Arrowwood ECS Society	Preschool - K	403-534-3825	
Arrowwood School	1-9	403-534-3825	arrowwoodschool.ca
Brant Christian School	Preschool - 12	403-684-3752	brantchristianschool.ca
Carmangay Outreach School	7-12	403-643-2576	carmangay.prs26.ca
Champion Kindergarten Association		403-897-3831	championkindergarten@hotmail.com
Champion School Champion	Preschool & 1-9	403-897-3831	championschool.ca
Hope Christian School	Online K-12	403-897-3019	hopechristianschool.ca
Lomond Community School	K-12	403-792-3620	lomond.horizon.ab.ca
Milo Alphabets Kindergarten	Preschool - K	403-599-3817	
Milo Community School	1-9	403-599-3817	miloschool.ca
County Central High School	7-12	403-485-2223	countycentral.ca
Vulcan Outreach School	10-12	403-485-6180	palliserbeyondborders.com
Vulcan Prairieview Elementary	Preschool-6	403-485-2074	vpes.ca
Palliser Hutterite Colony Schools	403-328-4111 or	403-915-5217	pallisersd.ab.ca hutterite-colony-schools
Horizon Hutterian Colony Schools		403-223-3547	horizon.ab.ca/our-division/schools
Help in Low German	Palliser Liaison	403-715-4549	
Horizon School Division	Taber	403-223-3547	horizon.ab.ca
Palliser School Division	Lethbridge	403-328-4111	pallisersd.ab.ca

Palliser - Making Connections Program 403-485-3912 Contact person: Breanna Taylor
 Connecting students, their families, and schools to the services in their community. Increasing awareness and knowledge to create a healthy environment for mental, emotional and physical health of children and families. In Vulcan, Champion, Milo and Arrowwood.



Recreation

Kidsport - So ALL Kids Can Play! To donate or to seek financial assistance for sports contact Bonnie at the Town of Vulcan Recreation at 403-485-2554 Applications can be found at www.townofvulcan.ca/recreation/recreation-forms



Milo Recreation

recreation@villageofmilo.ca

Community events, kids minor baseball, Slo-Pitch tournament, Beach Volleyball tournament, Play Gym, Junior Curling clinic. Updates on Facebook.

Recreation Committees are also established in each division of Vulcan County. CVulcan County at 403-485-3133. For recreation funding forms go to vulcancounty.ab.ca/your-county/resources/forms-applications



Vulcan Recreation



"It is the aim of Vulcan Recreation together with our citizens, neighbours and community partners, to take a leadership role in developing a network of programs, activities, services, special events and facilities that will inspire people to participate in a range of opportunities and experiences that foster a strong and vibrant community spirit."

Adult Programming

Town of Vulcan offers a wide variety of registered and drop-in recreation programs for adults of all ages and abilities. You can enjoy programs including Pickleball, Hockey, Swimming, Walking, Basketball, Volleyball and much more.

Youth Programming

The Town of Vulcan aims to provide engaging and empowering programming for youth including recreation, social leisure, and skill development opportunities. Programs include registered classes, drop-ins, community service, and events. Our programs aim to encourage youth to develop a lifelong interest and active participation in recreation activities.

Cultural Events

We value diversity and believe that the expression of individuality through the arts, culture and recreation are vital to a vibrant lifestyle. We want to increase your participation in the many artistic and cultural events held in our Town.

Recreation Coordinator

Channing Schneider

Ph 403-485-6659

Email: cschneider@townofvulcan.ca

Community Services Manager

Bonnie Ellis

Ph 403-485-2554

Email: bellis@townofvulcan.ca

Community Events

Community Events enhance the quality of life and are an essential element in creating a complete community. We recognize that these events are important to you and visitors to our town. They help develop Vulcan into an active, creative, and viable town.

Youth and Sport Camps

Camp programs expand children's worlds through recreation and culture. They give children the opportunity to make new discoveries: about nature, fitness, culture, history and traditions, and about themselves

Facility Bookings

The Town of Vulcan administers the booking of many of the facilities in the Town from gymnasiums, arena, pool and halls the sport fields. Give us a call and let us help with your next event, birthday wedding or family reunion.



Check us out at: www.townofvulcan.ca/recreation

Recreation

Vulcan Lions Swimming Pool	Centre St. & 5th Ave.	403-485-2990
Champion Swimming Pool	3rd St.	587-793-0680
Champion Outdoor Skating Rink	3rd St.	403-897-3833
Arrowwood Arena	1st Ave. W.	403-534-3821
Milo Arena	213 1st St. S.	403-599-2306

Vulcan Golf and County Club 710 1st St. North 403-485-2553
 18 Holes, 3 Hole Kids Course, Men's, Ladies and Junior Leagues, Tournaments
www.golfvulcan.ca

Cross Country Skiing and Snowshoeing - Vulcan Golf Course and Lakes
 Snowshoes can be borrowed from the Vulcan library.

Sports and Recreation Contacts

Hawks Vulcan Minor Baseball	Tracy 403-485-0029
Mossleigh Minor Baseball	bobby.donovan97@gmail.com
Champion Minor Baseball	Village of Champion 403-897-3833
Lomond Ball Association	Ben 403-486-0554
Milo Minor Baseball	recreation@villageofmilo.ca
Soccer Club of Vulcan	soccerclubofvulcancounty@gmail.com
Vulcan Volleyball Club	Channing 403-485-0360
Vulcan Minor Hockey Association	vulcanminorhockey.ca
Vulcan Skating Club	Marsha 403-485-8064
Tekka Karate Club	Robert 403-652-3508
Vulcan Riding Club	Kaitlin 587-678-0422
Barbara Moore Dance Academy	Barbara 403-485-1684
Dance Inspirations	Karen 403-829-9717
Heather Highland Dance	Susan 403-485-3660
Vulcan Curling Club	John 403-485-2214
Milo Curling Club	Village of Milo 403-599-3883
Carmangay Curling Club	Laurie 403-634-0246
Lomond Curling Club	Ron 403-331-9265
Vulcan County Wellness Challenge	Gail 403-485-4001 vchw.foundation@gmail.com 403-485-2989 vulcanbodyworks@outlook.com
Body Works Fitness Centre	Ana 780-268-5487
Kona Fitness	Jessy 403-485-1451
Milo Gym	



Youth

Girl Guides
 Music Lessons
 4-H Clubs
www.4h.ab.ca

Contact Amanda 403-485-8461
 Contact Sharon 403-715-4009
 Key Leader Marie 403-792-3696
 Arrowwood Beef
 River Wranglers Horse (Arrowwood)
 Champion Beef & Multi-club
 Lomond Beef & Multi-club
 Foothills Sheep & Multi-club
 Contact WCSNS 403-485-2186
 Vulcan Recreation
www.townofvulcan.ca/recreation
 Local Libraries
 Church of Christ
 Contact Geri 403-485-0873
 Southern Alberta Bible Camp
 403-792-3644 www.sabc.ca



Lego Club (Vulcan)
 Summer Day Camps

Summer Reading Programs
 Vacation Bible School-Vulcan

SABC



The Get-A-Way Youth Centre is a drop-in program for youth age 10 - 18. The centre provides a safe space for kids to develop life skills through activities, relationships, workshops, and various programming. IG @get_a_way_youth_centre FB @getawayyouthcentre

Pool **Ping-pong** **Music** **Foosball** **Crafts** **Videogames**
Events **More!** **403-485-6033** **yc@vulcanandregionfcss.com**

Seniors

Home Care Vulcan Health Unit 403-485-2285
Nursing Services, personal care services, respite, palliative care

Home Support Services FCSS 403-485-2192
Support with light housekeeping services

Seniors Centres

Vulcan Community Seniors Centre Contact Ron 403-485-2723
Milo - Snake Valley Drop-In Contact Susan 403-599-3874
Lomond - Sunshine Drop-In Centre Contact Marj 403-792-2447
Carmangay Seniors Citizens Club search the group on facebook.com
Champion Seniors Pioneer Club 403-897-3983

Housing

Marquis Foundation 403-485-2636
Peter Dawson Lodge and Low Cost Housing in Carmangay,
Champion, Lomond and Vulcan
Extendicare - Vulcan 403-485-2022
Long Term Care - Vulcan Health Centre 403-485-3333
Old Colony Seniors Lodge - Carmangay 403-643-2660

Seniors Connection Program 403-485-2192

Are you feeling isolated and need someone to talk to? A volunteer can call or meet with you once a week to support you or just chat.

Readers Build Community 403-485-2571

A trained volunteer leads social conversation stimulated by a piece of literature. Available at Senior care facilities and the Vulcan Library.

Vulcan Regional Response to Elder Abuse 403-485-5847

If Elder Abuse is affecting you or someone you care about, please call Vulcan Regional Victims Services 24-Hour Crisis Line 403-485-5847
The VRREAC works together with stakeholders to achieve the best outcomes for individuals in abusive situations. They provide education, advocacy and awareness through presentations, information session and brochures.

Government Seniors Programs

Alberta Supports 1-877-644-9992
Alberta Seniors Benefits for Low Income, Special Needs Assistance, Property Tax Deferral, AB Blue Cross for Seniors, Aids to Daily Living, support for long-term disability, chronic or terminal illness, equipment, supplies, home adaptation and repairs.
Public Guardian and Trustee 1-877-427-4525 Protection for Persons in Care 1-888-357-9339

Vulcan Community Seniors Centre

303 Centre Street
403-485-2723

Hours: 9am-12pm Mon-Sat

Who can join? 50 years+ from Vulcan or County

Cost: \$25.00 per year

Activities: Pool, Shuffleboard, Games, Cards, Puzzles, Crafts and Special Events



Community Groups and Clubs



Kin Canada
Kinsmen Club
of Vulcan

Serving the Community's
Greatest Need

Find us at 705 – Elizabeth Street
(Vulcan Curling Rink)

website: <http://www.vulcankinsmen.ca>
e-mail: kinsmenclubvulcan@gmail.com

Join us for a meeting!
1st & 3rd Thursday of each month (Sept-June)
New members are always welcome!

Excellence • Integrity • Accountability •
Compassion • Pride • Fellowship • Inclusiveness



Contacts

Vulcan Kinettes

vulcankinettes@gmail.com

Meets the 2nd Wednesday of every month.

Vulcan Elks

Lee 403-485-1050

Vulcan Masons

Gordon 403-485-6802

Fairview Rebekah Lodge

Shirley 403-540-4808

Meetings in Blackie, new members from Vulcan welcome.

Vulcan and District Fish and Game

Dwayne 403-485-6464

vulcanfishgameclub@gmail.com

Vulcan Communities in Bloom

Colleen 403-485-5889

Champion Communities in Bloom

Marilyn 403-897-2345

Vulcan County Cruisers

Alan 403-485-0649

Spock Days Committee

Lori 403-485-0601

Sid Hartung Memorial Rodeo

Cody 403-652-0092

Vulcan Flying Club

Norm 403-485-0596

Lomond Community Club

Denise 403-485-8456

Lomond Community Development

Marie 403-792-3696

Ukulele Club - Folkaliens

Laurie 403-929-5117

Vulcan County Performing Arts Society

Katie 403-485-0326

Milo Art Society

miloartsociety@gmail.com

Arrowwood Restoration Society

Jack 403-534-3896

Vulcan and District Historical Society

Bev 403-485-6688

Ireri-Mexican, Latino & Cross Cultural Society 403-336-2987

Supports individuals and families. Promote Arts, Traditions,
Culture, Recreation and Education.



Kin Canada
Kinette Club
of Vulcan

Nine in a Line Creative Arts Society of Vulcan
www.vulcanarts.net

216 Centre St. Vulcan
403-485-4555 Join Us! Check us out! The Society offers art classes every Monday in a wide variety of mediums. Yearly membership is \$30 ~ \$5 user fee
Society Mission: We promote art/ culture into the fibre of our community!
Classes Mission: Discover artistic roots!

Community Groups and Clubs

VULCAN LIONETTE CLUB

403-801-2275

P.O. Box 393, Vulcan, AB, T0L 2B0

Club meets the last Monday of the month at the Vulcan Lodge Hall

Provides Community Connector bags to newcomers in the community with information regarding services within the town of Vulcan and surrounding area. Also supports the Vulcan Lions Club with their projects.

ARROWWOOD LIONS CLUB

Contact Murray Scott 403-534-2105

1st and 3rd Thursdays of the month. Support community initiatives and raise money at regular events.

Hosts Sports Day 3rd weekend of June with parade, baseball tournament and BBQ supper.

CARMANGAY LIONS CLUB

P.O. Box 218, Carmangay, AB, T0L 0N0

Puts on a turkey supper in November and April and a pancake breakfast in August.



CHAMPION LIONS CLUB

P.O. Box 179, Champion, AB, T0L 0R0

Supports Minor Baseball, Champion Hall, Champion School and many other community projects.

LOMOND LIONS CLUB

Contact Doug Stanko 403-485-8375

Club meets the 1st and 3rd Tuesday's of the month. Provide funding, community service and supports the cemetery, park.

MILO LIONS CLUB

403-990-0720

Milo Community Hall P.O. Box 96, Milo, AB, T0L 1L0

Website: www.milolions.ca Meeting the 1st and 3rd Wednesday

of every month. Support community initiatives, takes care of the

Lions Park in Milo, and the two cemeteries. Support the Milo

Library, Archives, student scholarships, awards, the Terry Fox Run,

and Remembrance Day service. Lions Barbecue and Show 'N Shine - on the second Sunday in August.



Lions Clubs International

*Serving Milo & Queenstown
Community Since 1955*

MOSSLEIGH LIONS CLUB

mossleightlions@gmail.com

Club meets the 2nd and 4th Tuesday of the month. Supports STARS, Vulcan Food Bank, Dog Guides of Canada, individuals in need, defibrillators, fire units and Community Hall building improvements.

VULCAN LIONS CLUB

vulcanlions@gmail.com

231 Centre Street, P.O. Box 717, Vulcan, AB, T0L 2B0

www.vulcanlionsclub.com

The Lions Club of Vulcan supports non-profit local organizations.

Provides financial aid to families and individuals in need after a

disaster. Provides financial relief at the provincial, national and

international level after natural disasters.



Community Groups and Clubs

VULCAN & DISTRICT AGRICULTURE SOCIETY 403-485-6179
P.O. Box 926, Vulcan, AB, T0L 2B0
Scholarships available to youth in agriculture related activities.



CARMANGAY AGRICULTURAL SOCIETY
P.O. Box 130, Carmangay, AB, T0L 0N0 403-308-1961
Email: carmangay.soc@gmail.com



ARROWWOOD AGRICULTURAL SOCIETY
Contact Chris 403-312-0108
Arrowwood Rodeo / Buffalo Hills Riding 3rd weekend
Support 4-H Districts, Cure for Cabin Fever Event Valentine's Weekend

LOMOND AGRICULTURAL SOCIETY AND HALL BOARD
Contact Curt 403-792-3381



ROYAL CANADIAN LEGION
Champion Branch #262 321 - 1 Ave. North, Champion, AB, T0L 0R0
ChampionLegion262@gmail.com Membership opportunities. Hall rentals.

VULCAN LEGION BRANCH #21 403-485-2138
240 Sinclair Rd. Vulcan rclv@live.ca
www.vulcanlegionbranch21.org



Our mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country. We support numerous clubs, youth groups and businesses by providing a meeting place and event hall and through donations. Branch Members and Ladies Auxiliary Branch #21 members volunteer their time to support many programs and fundraising events at the Legion and throughout the community.

Vulcan Legion 
Branch 21

Open Tuesday to Saturday, Closed Sunday and Monday
Hall Rentals available for Community and Family Events
Fun Dart League, Drop in - Thursday evenings
Members Pool League - Wednesday evenings



Faith

Arrowwood Gospel Church 28 - 2nd St. E 403-534-3753 arrowwoodgospelchurch.ca

Buffalo Hills United Church #4 1st St. E 403-534-3832 Arrowwood (Prairiewinds Pastoral Charge)

Church of Jesus Christ of Latter-Day Saints 203 4 St. Champion 403-897-3863

Congregational Church of Champion 301 2nd Ave. N. 403-897-2376 championchurch.blogspot.ca

Evangelical Free Church 217 4th Ave. N. Champion 403-897-3760

St. Mary's Catholic Church 239 3rd Ave. N. Champion 403-897-3955

St. Aldhelm's Anglican Church 302 Centre St. Vulcan 403-485-2437 staldhelm@yahoo.ca

St. Andrew's Catholic Church 330 1st St. South Vulcan 403-485-4157

Vulcan Church of Christ 409 1st St. S. 403-485-2457 www.vulcanchurchofchrist.com

Vulcan Evangelical Missionary Church 529 Centre St. 403-485-2581 vulcanemchurch.com
vulemc@telusplanet.net

Vulcan United Church 201 2nd Ave. S. 403-485-2047 vulcanunitedchurch.wordpress.com
vulcanuc@gmail.com (Prairiewinds Pastoral Charge)

Living Word Fellowship 126 3rd St. N. 403-485-6636 livingwordfellowship.yolasite.com

Old Colony Church, Carmangay 316 Armstrong St. 403-643-2660 Contact Abe Rempel and Jacob Fehr

Southern Alberta Bible Camp offers facility rentals for large group gatherings, retreats and professional development as well as summer camp and programs for youth. www.sabc.ca 403-792-3644

Community Events

Just in case you thought there was nothing to do....

Check before you go. Not all events will be back on for 2021 but might be back for 2022.

January

Robbie Burns Night Champion
Vulcan Fish and Game Supper and Awards Vulcan

February

Family Day Events in Vulcan and Milo
A Cure For Cabin Fever Arrowwood Ag Society
Vulcan United Church Pancake Supper, Vulcan

March

Bunny Hop 5K Run/Walk Champion Saturday before Easter
St. Patrick's Day Parade, Carmangay
Irish Concert, Champion

April

Easter Egg Hunts in Vulcan, Milo and Champion
Lion's Turkey Supper, Carmangay
Easter Morning Sunrise Service, Arrowwood

May

Arrowwood Community Garage Sale
Vulcan County 4-H Beef Club Achievement Day
Champion FCSS Bottle Drive 1st Saturday of May

June

Vulcan County Wellness and Fitness Challenge
Tinman Triathlon, Vulcan (Returns 2022)
Spock Days, Vulcan
Arrowwood Lions Sports Day and Parade
Arrowwood Ag Society Rodeo & Riding Event
River Wranglers Achievement Day, Arrowwood
Porchfest, Vulcan
Community Garage Sale, Champion, 2nd weekend of June

July

Free Kids Fishing Day at the Vulcan Fishing Pond
Milo Lion's Canada Day Pancake Breakfast
Canada Day Yard Decorating and Games, Champion
Show N' Shine and Demolition Derby Vulcan
Champion 111th Anniversary July 1 - 3, 2022



Canada Day Celebrations in Vulcan
Beach Volleyball Tournament Milo
Vulcan Fly-In Breakfast
Champion Annual Epic Waterfight, last Wed.
Milo Community Campout

Community Events

Just in case you thought there was nothing to do....

Check before you go. Not all events will be back on for 2021 but might be back for 2022.

August

Vacation Bible School, Vulcan
Carmangay & District Ag. Fair & Sports Days
Lion's Pancake Breakfast, Fire Department Steak Fry, Carmangay
Sid Hartung Memorial Rodeo
Milo One-Pitch Tournament and Lions BBQ
Southern Alberta Music Festival, Aspen Crossing, Mossleigh

September

Slo-Pitch Tournament—Labour Day Weekend, Mossleigh
Terry Fox Run - Schools
Mass Registration, Vulcan

October

Milo Fall Fair
Halloween Howler Event Milo
Champion Halloween Party

November

Great Pumpkin Walk, Champion, Nov. 1
Remembrance Day Ceremonies Champion, Vulcan and in Schools
Black Friday Sale, Vulcan
Champion Fire Department Supper
Vulcan Healthcare Auxiliary Christmas Craft Sale
Light Up The Park, Mossleigh
Lion's First Friday Turkey Supper, Carmangay
Christmas Craft & Gift Sale, Carmangay
Vulcan Kinette's Christmas Market
Vulcan United Church Turkey Dinner

December

Milo Lions Pancake Supper and Turkey Bingo
Milo Curling Club Family Christmas Celebration
Champion Lion's Light Up The Park, 1st Friday
Snowflake Festival, Vulcan
Christmas Market, Champion Hall
Lion's Club Community Christmas Concert, Carmangay
Community Christmas Card Lighting ,Carmangay
Christmas Eve Services, Most Churches
New Year's Eve Family Party, Vulcan



Municipalities

Town of Vulcan	www.townofvulcan.ca	403-485-2417
Village of Arrowwood	www.villageofarrowwood.ca	403-534-3821
Village of Carmangay	www.villageofcarmangay.ca	403-643-3595
Village of Champion	www.villageofchampion.com	403-897-3833
Village of Milo	www.villageofmilo.ca	403-599-3883
Village of Lomond	www.villageoflomond.ca	403-792-3611
Vulcan County	www.vulcancounty.ab.ca	403-485-2241



Includes Hamlets of Mossleigh, Kirkaldy, Herrington, Queenstown, Brant and Ensign

Vulcan and District Chamber of Commerce www.vulcanchamber.ca



Parks and Campgrounds

Fishing Pond - Vulcan & District Fish & Game Contact vulcanfishgameclub@gmail.com

Lake McGregor Provincial Park 403-897-3933 3km West of Milo on Hwy 542
Camping, Boating, Fishing, Ice Fishing, Wetlands, Bird Watching, Paddling, Wind Surfing, Playground, Outhouses.

Little Bow Provincial Park 403-897-3933 20km East of Champion on Hwy 529
Camping, Beach, Concession, Boating, Fishing, Paddling, Rental Pedal Boats, Hiking, Day Use, Sewage Disposal

Twin Valley Reservoir Campground 403-336-9999 21km West of Champion of Hwy 529
www.nantonlionsclub.com/p/twin-valley-campground.html

Wyndham - Carseland Provincial Park 403-934-3523 Hwy 24 - 10km Southeast of Carseland
Camping, Group Camping, Cabins, Fishing, Paddling/Tubing, Easy Mountain Biking Trail, Day Use Areas, Playground and Sewage Disposal

Champion Village Campground 403-897-3833
Full hook-ups, Showers, Camp Kitchen, Fire pits, Playground, Horseshoe Pits and Sewage Disposal.

Vulcan Virginia Mitchell Campground 403-485-2417 330 5th St. N.
Full Hook-ups, Playground, Showers, Ball Diamonds, Soccer Field, Rodeo Grounds, Sewage Disposal, Paved Walking Path

Vulcan Petro-Can Campground 403-485-6905 Full Service, Short & Long Term Stays

Travers Reservoir 403-897-3933 Badger Lake 403-792-3611

Mossleigh Lions Park, Village of Carmangay Lion's Club Campground, Arrowwood Campground, Milo Campground, Lomond Campground Contact the Villages above for more information.

Aspen Crossing Campground 403-534-2129 www.aspencrossing.com

A Stones Throw Campground on Lake McGregor 403-669-9443 Coming in 2022

Local Places to Explore

Carmangay Tipi Rings - A day use recreation area located west of Carmangay on Highway 23 where you can view an archeological tipi ring site.

Glen G. McFarland Memorial Nature Trail in Carmangay - Includes the water tower, the historical train bridge, views of the Little Bow River Valley and markers describing the various animals of the area, ancient history, and industries.

Sundial Medicine Wheel - Archeological Site 27 km east of Carmangay and 1.3 km south on Sundial Hill

Vulcan Tourism and Trek Station - Tourism information, gift shop, star trek memorabilia and other attractions. 115 Centre Street East 403-485-2994 www.vulcantourism.com

Aspen Crossing - Themed Sightseeing Train Excursions, Dining Car Restaurant, Tavern and Escape Rooms, Campground and Caboose Cabins, Garden Centre and Gift Store, Special events: Polar Express, Train of Terror, Train Days, Southern Alberta Music Festival and more. www.aspencrossing.com 403-534-2129
1 km west of Mossleigh, AB on Highway #24

Arrowwood Country Store and Museum Railway Ave. and Centre Street 403-534-3319

Running the Race Ranch Retreat - South of Mossleigh, AB on RR 252 587-224-7379
Trail Rides and Equestrian Activities

Blackfoot Crossing - Exhibits, tours, educational programs and tipi village. Be immersed in Blackfoot culture through the gallery, crafts, dance, food, sights. www.blackfootcrossing.ca 403-734-5171 Located on Hwy 842

Crowfoot Ferry - Range Road 201, 5 km south of the junction of Highways 1 and 56
www.alberta.ca/alberta-ferry-schedules.aspx

Majorville Cairn and Medicine Wheel - The medicine wheel sits on top of a grassy hill 25 km east of Milo near the Bow River. The structure consists of a round stone cairn, 9 m in diameter, surrounded by a 27 m wide cobble circle connected to the cairn by 28 stone spokes.

Vulcan and District Historical Society Museum and Archives - 232 Centre Street 403-485-2168
One room school house, telephone switchboard, Vulcan Advocate newspaper room, medical tools from the early years, Grandma's kitchen, Grandpa's workshop, musical memories, military accounts - including the former military airport, the insides of a grain elevator and video clips of local seniors sharing memories of early events. **ARCHIVES:** A vast collection of photos, newspapers, history books, documents, cemetery records, and more! **ON THIS SPOT** - Download the app to see the old vs. new photos throughout town.



www.vulcanfoodbank.com



Food hampers are available year round, the number of hampers available per household depends on supply. The Food Bank relies entirely on donations and grants. Fresh food is included in hampers if it is available.

The Food Bank accepts non-perishable food items, monetary donations and fresh, clean produce. Call before donating any other items. Volunteers help with food drives, date checking, hamper packing and food divide.

Christmas Hampers are available as well as Adopt-a-Family / Angel Tree Gifts that go out with hampers at Christmas time.



After Hours Emergency Hampers are available at the Vulcan Health Centre (Hospital) if someone is experiencing a food emergency outside of Food Bank hours.

A Give-and-Take Pantry is located outside the Vulcan Municipal Library at 303 Centre Street. It is a re-purposed Little Library and contains dry goods to help anyone who is hungry. Please give food in good condition and take only what you need.

105B – 3 Avenue South

Box 594 Vulcan, AB T0L 2B0

Phone: 403-485-2192 Fax 403-485-6043

Co-located with Vulcan and Region FCSS

Hours of Operation:

Monday - Friday 9:00 am - 4:30pm

Email:

reception@vulcanandregionfcss.com



This Community Resource Directory was funded by the Government of Alberta Community Initiatives Program, Vulcan Regional Food Bank Society, Vulcan & Region Family and Community Support Services.

Thank you to everyone who helps make our community so abundant!