**Lethbridge Resources**

Have you ever been at a loss for how to help someone in need on the streets? Here are some simple resources you can help them get connected to or ideas for when you are not sure how to respond!

1. “Do you have any change? I need to buy food.”

* This is the most common and while it may be easy to hand them a dollar or two, we encourage you to take the time to **buy them a meal**, carry **grocery cards to give**, or **direct them to the Lethbridge Soup Kitchen** (they provide 3 hot meals every day). **Address:** 802 2 Avenue a N, Lethbridge, AB T1H 0C9 [**Phone**](https://www.google.com/search?rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEddNpkxDNzOkUBAslHspi-JFJtPG2w:1686773282792&q=lethbridge+soup+kitchen+phone&ludocid=11442354978506916720&sa=X&ved=2ahUKEwi909iSyMP_AhVxHzQIHSyFCloQ6BN6BAhFEAI)**:** [(403) 320-8688](https://www.google.com/search?gs_ssp=eJzj4tZP1zcsyTLKyM4rNmC0UjWoMDU2S7UwTzZPTjI3NDYwT7EyqLBMTU4yszROtEhLMU42NjfwEs9JLclIKspMSU9VKM4vLVDIzixJzkjNAwByEBgh&q=lethbridge+soup+kitchen&rlz=1CAUSZT_enCA985CA985&oq=lethbridge+soup+&aqs=chrome.1.35i39i355i650j46i39i175i199i650j69i64j69i57j0i512l3j0i22i30.12235j0j7&sourceid=chrome&ie=UTF-8#)
* Direct them to the **Lethbridge Food Bank** ( Address:1016 2nd Ave South Lethbridge Phone: 403-320-1879)
* or **Interfaith Food Bank** (Address: 1103 3 Ave N, Lethbridge, AB [Phone](https://www.google.com/search?rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEdfQl6b5IQMwgjalAI1xsVKoPwwrlQ:1686855345319&q=interfaith+food+bank+admin+offices+lethbridge+phone&ludocid=14679041328342721389&sa=X&ved=2ahUKEwjErJTt-cX_AhWEBzQIHXAkBVgQ6BN6BAheEAI): [(403) 320-8779](https://www.google.com/search?gs_ssp=eJzj4tZP1zcsSUmpSMu1NGC0UjWoMDU2S7UwT7IwSzJNsTRNS7EyqEhOSjIzSzU1SDI2MjUzNkvxEsnMK0ktSkvMLMlQSMvPT1FISszLBgAt8RbH&q=interfaith+food+bank&rlz=1CAUSZT_enCA985CA985&oq=interfaith+&aqs=chrome.1.69i57j46i175i199i512j0i512j46i175i199i512j0i512j46i175i199i512j0i512l3.3457j0j7&sourceid=chrome&ie=UTF-8#)). These last two are especially nice for someone who may have a home but is **struggling financially.**

1. “I was kicked out of my house.”

* For a woman, you can direct her to the **YWCA**. They can help with housing and provide a safe house if any abuse is suspected! Never be afraid to ask.

**Address:**  604 8 St S, Lethbridge, AB T1J 2K1 [**Phone**](https://www.google.com/search?rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEdfmOaIa8fVdoNGiU0-azv36V6322Q:1686774252148&q=ywca+lethbridge+phone&ludocid=13975253890346759312&sa=X&ved=2ahUKEwil7vXgy8P_AhVaIzQIHWyCD8cQ6BN6BAhUEAI)**:** [(403) 329-0088](https://www.google.com/search?q=ywca+lethbridge&rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEddNpkxDNzOkUBAslHspi-JFJtPG2w%3A1686773282792&ei=Ih6KZL26L_G-0PEPrIqq0AU&gs_ssp=eJzj4tZP1zcsSbOsNMoyN2C0UjWoMDU2S7UwT05OMU9KMjc3NLYyqEg2TDMyNDZNtTAxME4ysTTw4q8sT05UyEktyUgqykxJTwUAnJ4ULQ&oq=ywca&gs_lcp=&sclient=gws-wiz-serp#)

**Harbour House Women's Emergency Shelter 403 320 1881**

* While not ideal, you can direct them to the **local shelter** next to the soup kitchen.

[**Address**](https://www.google.com/search?rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEdcB9UrA8Wcjhiqoy6mR4_OhD5gmaw:1686773718114&q=lethbridge+shelter+and+resource+centre+address&ludocid=16425183894123878012&sa=X&ved=2ahUKEwiRjaPiycP_AhU4ATQIHWd1DPYQ6BN6BAhjEAI)**:** 802 2 Ave N, Lethbridge, AB T1H 6N6 [**Phone**](https://www.google.com/search?rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEdcB9UrA8Wcjhiqoy6mR4_OhD5gmaw:1686773718114&q=lethbridge+shelter+and+resource+centre+phone&ludocid=16425183894123878012&sa=X&ved=2ahUKEwiRjaPiycP_AhU4ATQIHWd1DPYQ6BN6BAhUEAI)**:** [(587) 612-5356](https://www.google.com/search?q=temporary+shelter+options+in+lethbridge&rlz=1CAUSZT_enCA985CA985&oq=temporary+shelter+options+in+l&aqs=chrome.1.69i57j33i160l3j33i22i29i30.12792j1j7&sourceid=chrome&ie=UTF-8#)

1. “I think I may be pregnant.” **Or** “I am thinking of having an abortion.”

* The Lethbridge **Pregnancy Care Centre** is a great place to direct them. Chek out their website to understand their services better: <https://lethbridgepregcentre.com/>

**Address:** 118-8th St. S., Lethbridge, AB T1J 2J3

**24 hour phoneline – call or text: (403) 942-1819**

1. “I am going to hurt or kill myself.”

* **Ask if they have an immediate plan.** If they do this is an emergency, and you can call 911 or even bring them to the hospital.
* AHS Mental Health Help Line 1-877-303-2642
* [Talk Suicide Canada](https://talksuicide.ca/) 1-833-456-4566
* Kids Help Phone-1-800-668-6868
* Indigenous Hope Line 1-855-242-3310

1. “I am ready to start recovery or I want help with my addictions.”

While it may be easy to brush someone off when they say this take it seriously. People with addictions need to be able to get into treatment when they say they are ready but to often the window is missed. Options include:

* Self-referral to the **hospital detox unit**. Phone: 403-388-6243 **E-mail** [LethbridgeRecoveryCentreReferrals@ahs.ca](mailto:LethbridgeRecoveryCentreReferrals@ahs.ca)
* Fresh Start Recovery Centre. Check out their website to discover what they offer including **sober housing options** and **addictions counselling.** [**Phone**](https://www.google.com/search?rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEdfuCS7DaZs-kQEh_YbgXbu-RuDJTw:1686856233008&q=south+country+treatment+centre+phone&ludocid=14878572545546024813&sa=X&ved=2ahUKEwiQzbiU_cX_AhVJHjQIHRCrCH8Q6BN6BAhKEAI)**:** [(403) 329-660](https://www.google.com/search?gs_ssp=eJwFwTEOgCAQBMDYam9NYw0KHoQn-AkjxwomVkAiz3dmnGSSa0vmy6dTg19U3zXBWWbNEUZx9KozbDAAETayluIx3wU1i9qu0sSLlkN5YsIPY7oYDQ&q=fresh+start+lethbridge&rlz=1CAUSZT_enCA985CA985&oq=fresh+start+&aqs=chrome.1.69i57j46i20i175i199i263i512j46i175i199i512j0i512l4j46i175i199i512j0i512.4443j0j4&sourceid=chrome&ie=UTF-8#)3

1. **Streets Alive** is a Christian organization that **covers a variety of needs** and would also be able to connect individuals to the above resources. Check out their website **streetsalive.ca** for services they provide including **foot care, recovery options, housing, clothing, etc!**

**Address:** 323 4 St S, Lethbridge, AB T1J 1Z9 [**Phone**](https://www.google.com/search?rlz=1CAUSZT_enCA985CA985&sxsrf=APwXEddoq189uyOz8nhUV3Qoo9tdCsblHw:1686854871562&q=streets+alive+mission+phone&ludocid=4783221542401268686&sa=X&ved=2ahUKEwiZwKCL-MX_AhXCJDQIHef4DmAQ6BN6BAhEEAI)**:** [(403) 320-1159](https://www.google.com/search?gs_ssp=eJzj4tZP1zcsSTMwMkkqM2C0UjWoMDU2S7UwT041MDMzMjI0MbQyqDAxMjM0S0w0MzdJMUpJSk714i0uKUpNLSlWSMzJLEsFAF90E1o&q=streets+alive&rlz=1CAUSZT_enCA985CA985&oq=streets+a&aqs=chrome.1.69i57j46i175i199i512j0i512j46i175i199i512j0i512j69i60j69i61j69i60.3614j0j7&sourceid=chrome&ie=UTF-8#)

While there are many resources, remember it is we that carry the **ultimate answer**. Always be **quick to pray** with them and don't be afraid to connect them with a church. Share your **HOPE** with the hopeless by telling them the gospel! To help with sharing carry gospel tracts with you. Ask **Grace Missions** for some if interested!