

# KNEEHILL COMMUNITY SERVICES DIRECTORY 2025

**The Kneehill Community Services Directory is a project of Kneehill Regional Family and Community Support Services (FCSS).**

**We encourage you to contact our office at 403-443-3800 or email [angie@krfcss.com](mailto:angie@krfcss.com) if information requires updating, or if your organization would like to be included in the next edition. An electronic version of the directory is available for download at [www.krfcss.com](http://www.krfcss.com).**

Kneehill Regional FCSS is a partnership between the provincial and municipal governments of Acme, Carbon, Kneehill County, Linden, Three Hills and Trochu. A board made up of one elected official from each participating municipality sets the direction for the program and makes funding decisions. The FCSS Director and staff carry out the activities of the program and liaise with community organizations.

Kneehill Regional FCSS and the participating municipalities maintain and strengthen the quality of life for all residents by supporting volunteerism and providing preventive social initiatives and programs. Kneehill Regional FCSS develops and supports locally driven preventive social initiatives that enhance the well-being of individuals, families, and communities, and funds several Kneehill area projects and programs, including Seniors Outreach, the Kneehill Family Wellness Program, Kneehill Community Support Coach and Kneehill Family and Marriage Counselling.

Kneehill Regional FCSS provides several services and programs for Kneehill area residents:

- Information and Referral
- Parent Education
- Group Programs for Children, Youth and Families
- Adult Education
- Community Volunteer Income Tax Program
- Volunteer Recognition, Education and Awareness
- Community Discovery Nights
- Tools for School

Kneehill Regional FCSS  
779 2<sup>nd</sup> St NE, Three Hills  
Phone: (office) 403-443-3800 (cell) 403-443-0793  
Email: [shelley@krfcss.com](mailto:shelley@krfcss.com) or [angie@krfcss.com](mailto:angie@krfcss.com)  
Website: [www.krfcss.com](http://www.krfcss.com)  
Facebook: [facebook.com/krfcss](https://facebook.com/krfcss)  
Instagram: [kneehillregionalfcss](https://www.instagram.com/kneehillregionalfcss)

**Kneehill Regional Family and Community Support Services (FCSS)  
Working for the municipalities of Acme, Carbon, Kneehill County, Linden,  
Three Hills and Trochu**



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## CHURCHES

### ACME UNITED CHURCH

Pastor: Tom Melvin  
Office: 403-546-3922  
Email: [acmeunitedchurch@gmail.com](mailto:acmeunitedchurch@gmail.com)  
Location: 413 Bennett Ave., Acme  
Address: Box 293, Acme, AB T0M 0A0

### BETHEL EVANGELICAL MISSIONARY CHURCH

Lead Pastor: Tom Peachey Jr.  
Office: 403-443-7239  
Email: [churchoffice@bethel3hills.ca](mailto:churchoffice@bethel3hills.ca)  
Website: [www.bethel3hills.ca](http://www.bethel3hills.ca)  
Location: 123 4th Ave. SE, Three Hills  
Address: Box 1268, Three Hills, AB T0M 2A0

### BETHEL FELLOWSHIP CHURCH

Pastor: Brad Harback  
Office: 403-443-7800  
Website: [bethelinthecountry.com](http://bethelinthecountry.com)  
Location: 2 miles E, 1 mile S of Three Hills  
Address: Box 807, Three Hills, AB T0M 2A0

### CARBON VALLEY COMMUNITY CHURCH

Pastor: Geof Cornelsen  
Office: 403-572-3515  
Email: [info@CarbonValleyChurch.ca](mailto:info@CarbonValleyChurch.ca)  
Website: [www.carbonvalleychurch.ca](http://www.carbonvalleychurch.ca)  
Location: 414 Aberdeen Ave., Carbon  
Address: Box 429, Carbon, AB T0M 0L0

### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Branch President: Lee Staats  
Church: 587-894-7237  
Location: 749-2nd St. NE, Three Hills  
Address: Box 790, Three Hills, AB T0M 2A0

### EMMANUEL BAPTIST CHURCH

Pastor: Tim Lacock  
Office: 403-924-3004  
Email: [ebc3hills@gmail.com](mailto:ebc3hills@gmail.com)  
Location: 239-17th Ave. NE, Three Hills  
Address: Box 941, Three Hills, AB T0M 2A0

### KNOX UNITED CHURCH

Reverend: Myeongnam Park  
Office: 403-443-5018  
Email: [unitedchurchknox@gmail.com](mailto:unitedchurchknox@gmail.com)  
Location: 108-5th Ave. SE, Three Hills  
Address: Box 417, Three Hills, AB T0M 2A0

### LINDEN ALLIANCE CHURCH

Assoc Pastor: Alec Siemens  
Office: 403-546-3088  
Email: [office@lindenalliance.com](mailto:office@lindenalliance.com)  
Website: [www.lindenalliance.com](http://www.lindenalliance.com)  
Location: 614 Central Ave. W, Linden  
Address: Box 340, Linden, AB T0M 1J0

### LINDEN MENNONITE BRETHREN CHURCH

Pastor: Kris Peters  
Office: 403-546-4485  
Email: [office@lindenmb.org](mailto:office@lindenmb.org)  
Website: [www.lindenmb.org](http://www.lindenmb.org)  
Location: 101-1st St. N, Linden  
Address: Box 92, Linden, AB T0M 1J0

### MANOR GOSPEL CHURCH

Pastor: Dan Renton  
Office: 403-443-7890  
Email: [manorgospelchurchoffice@hotmail.com](mailto:manorgospelchurchoffice@hotmail.com)  
Website: [www.manorgospel.com](http://www.manorgospel.com)  
Location: 224080 Hwy 583 (East of Three Hills)  
Address: Box 545, Three Hills, AB T0M 2A0

### MOUNT OLIVE EVANGELICAL FREE CHURCH

Pastor: Alvin Bueckert  
Office: 403-443-7779  
Email: [office@mountolivefc.com](mailto:office@mountolivefc.com)  
Website: [www.mountolivefc.com](http://www.mountolivefc.com)  
Location: 705-6th Ave. SE, Three Hills  
Address: Box 35, Three Hills, AB T0M 2A0

### PRAIRIE TABERNACLE CONGREGATION

Lead Pastor: Jerred Andreas  
Office: 403-443-5858  
Email: [office@prairietab.com](mailto:office@prairietab.com)  
Website: [www.prairietab.com](http://www.prairietab.com)  
Location: 311 – 11th Ave. NE, Three Hills  
Address: Box 2762, Three Hills, AB T0M 2A0

### ST. ANNE OF THE PRAIRIES

Pastoral Coord: Kay Frere, 403-442-2084  
Rectory: 403-442-3038  
Email: [StAnne.Trochu@caedm.ca](mailto:StAnne.Trochu@caedm.ca)  
Location: 421 St. Anne's Ave., Trochu  
Address: Box 415, Trochu, AB T0M 2C0

### ST. BARNABAS ANGLICAN CHURCH

Reverend: Dr. James Enns, 403-443-7321  
Email: [James.Enns@prairie.edu](mailto:James.Enns@prairie.edu)  
Location: Corner of 6th Ave and 1st St.  
Address: Box 304, Three Hills, AB T0M 2A0

### ST. JOHN THE DIVINE ANGLICAN CHURCH

Reverend: David Bull Deacon  
Contact: 403-891-6548  
Email: [stjohnacme@gmail.com](mailto:stjohnacme@gmail.com)  
Location: 215 Nolan St., Acme, AB

### ST. JOHN'S LUTHERAN CHURCH

Reverend: Nicholas Wasylowich  
Phone: 403-556-9279  
Address: Box 448, Trochu, AB T0M 2C0

### ST. PAUL'S UNITED CHURCH

Reverend: Myeongnam Park  
Office: 403-442-3858  
Email: [tro.ucsec@gmail.com](mailto:tro.ucsec@gmail.com)  
Location: 218 School Rd., Trochu  
Address: Box 28, Trochu, AB T0M 2C0

### TRINITY LUTHERAN CHURCH TORRINGTON

Reverend: Nicholas Wasylowich  
Office: 403-556-9279  
Email: [trinity@airenet.com](mailto:trinity@airenet.com)  
Location: 129 Centre St., Torrington  
Address: Box 39, Torrington, AB T0M 2B0

### TROCHU BAPTIST CHURCH

Pastor: Alan Powell  
Office: 403-442-4210  
Email: [trochubaptist@persona.ca](mailto:trochubaptist@persona.ca)  
Website: [www.trochubaptist.com](http://www.trochubaptist.com)  
Location: 220 Poplar Ave., Trochu  
Address: Box 5, Trochu, AB T0M 2C0

### VICTORY CHURCH

Pastor: Ron and Bev Swanson  
Office: 403-443-7275  
Email: [info@vc3.ca](mailto:info@vc3.ca)  
Website: [www.vc3.ca](http://www.vc3.ca)  
Location: 107-3rd Ave. NE, Three Hills  
Address: Box 1523, Three Hills, AB T0M 2A0

### WIMBORNE ALLIANCE CHURCH

Pastor: Martin Vervloet  
Office: 403-631-3792 (leave a message)  
Email: [info@wimbornealliance.com](mailto:info@wimbornealliance.com)  
Location: 110 – 1st Ave., Wimborne  
Address: Box 605, Wimborne, AB T0M 2G0

## **MINISTERIALS**

Encourages cooperation and coordination in terms of church activities in the area.

### **THREE HILLS MINISTERIAL ASSOCIATION**

Contact: Alvin Bueckert, 403-443-7779  
Email: [office@mountolivefc.com](mailto:office@mountolivefc.com)

### **TROCHU MINISTERIAL ASSOCIATION**

Contact: Alan Powell, 403-442-4210  
Email: [trochubaptist@persona.ca](mailto:trochubaptist@persona.ca)

## **CULTURE AND TOURISM**

### **CARBON AND AREA RESTORATION SOCIETY (CAARS)**

Responsible for the historical museum and pottery studio located in the Farmers Exchange Building. Also boasts a local Artesian Gift Shop.

Phone: 403-572-2331 or 403-820-2543  
Location: 414 Caradoc Ave., Carbon  
Address: Box 151, Carbon, AB T0M 0L0

### **KNEEHILL HISTORICAL SOCIETY, MUSEUM & ACCREDITED VISITOR INFORMATION CENTRE PROVIDER**

Promotes the history of Kneehill County year-round and operates a seasonal museum and visitor information May – September. Off-season access arranged by appointment.

President: Rosalie A. Lammle  
Phone: Museum, 403-443-2092  
Off-season, 403-443-1221  
Email: [khsmuseum@gmail.com](mailto:khsmuseum@gmail.com)  
Website: <https://kneehillmuseum.weebly.com/>  
Location: 1301-2 St. NE, Three Hills  
Address: Box 653, Three Hills, AB T0M 2A0

### **THREE HILLS ARTS ACADEMY**

Offering piano, dramatic arts education and theatre performances. Our auditorium is available to rent for your events.

Contact: Chelsea Pike  
Phone: 403-443-7011  
Email: [office@threehillsarts.com](mailto:office@threehillsarts.com)  
Website: [www.threehillsarts.com](http://www.threehillsarts.com)

### **TORRINGTON TOURISM ACTION SOCIETY**

This iconic little museum tells the story of rural Alberta, Kneehill County, and specifically Torrington in a different way! We are open seasonally May, June, September and October weekends 11:00 am – 4:00 pm and daily 10:00 am – 5:00 pm in July and August.

President: Mike Elliott, 403-587-0923  
Email: [go4museum@gmail.com](mailto:go4museum@gmail.com)

### **TROCHU AND DISTRICT ARBORETUM SOCIETY**

Trees, shrubs, and flowers are grown and exhibited for scientific and educational enjoyment.

Bookings and Info: 403-442-3085  
Email: [arboretum@townoftrochu.ca](mailto:arboretum@townoftrochu.ca)

### **TROCHU VALLEY HISTORICAL SOCIETY/TROCHU AND DISTRICT MUSEUM**

Operates the museum and tourist information area Monday to Saturday from 10:00 am to 5:00 pm, May to August. Off season access arranged by appointment.

President: Bill Cunningham, 403-442-4328  
Museum: 403-442-2220  
Email: [willcunningham@persona.ca](mailto:willcunningham@persona.ca)  
[trochumuseum@gmail.com](mailto:trochumuseum@gmail.com)  
Location: 315 Arena Ave., Trochu  
Meetings: Bi-monthly, 3rd Thursday; 7:30 pm

### **WORLD FAMOUS GOPHER HOLE MUSEUM**

Director: Laural Kurta, 403-586-5341  
Phone: 403-631-2133  
Email: [go4museum@gmail.com](mailto:go4museum@gmail.com)  
Website: [www.gopherholemuseum.org](http://www.gopherholemuseum.org)  
Location: 202 2nd Ave., Torrington

## **LIBRARIES**

### **ACME MUNICIPAL LIBRARY**

Contact: Chelsea Pike, 403-546-3879  
Email: [aamlibrary@marigold.ab.ca](mailto:aamlibrary@marigold.ab.ca)  
[www.acmeliibrary.ca](http://www.acmeliibrary.ca)  
Website: Acme School, 610 Walsh Ave  
Location: Box 326, Acme, AB T0M 0A0  
Address: Hours: Tuesday/Thursday 4:00 – 8:30 pm  
Wednesday 12:00 – 4:30 pm  
Friday 10:00 am - 2:30 pm

### **LINDEN MUNICIPAL LIBRARY**

Contact: Allison op der Heyde, 403-546-3757  
Email: [almlibrary@marigold.ab.ca](mailto:almlibrary@marigold.ab.ca)  
[www.lindenlibrary.ca](http://www.lindenlibrary.ca)  
Website: Dr. Elliott School, 215 - 1st St. SE  
Location: Box 120, Linden, AB T0M 1J0  
Address: Hours: Tuesday/Thursday 4:00 – 8:00 pm  
Wednesday 12:00 – 8:00 pm

### **THREE HILLS MUNICIPAL LIBRARY**

Contact: Melissa Molendyk, 403-443-2360  
Email: [melissa@marigold.ab.ca](mailto:melissa@marigold.ab.ca)  
[www.3hillslibrary.com](http://www.3hillslibrary.com)  
Website: 135 - 2 Ave. SE, Three Hills  
Location: Hours: Tuesday - Thursday 10:00 am – 8:00 pm  
Friday 10:00 am – 6:00 pm  
Saturday 10:00 am – 2:00 pm

### **TORRINGTON LIBRARY**

Contact: Susan MacKenzie, 403-667-6954  
Location: Ron Gorr Memorial Arena  
Hours: Tuesday 2:00 – 4:00 pm

### **TROCHU MUNICIPAL LIBRARY**

Contact: Sherry Campbell, 403-442-2458  
Email: [atrlibrary@marigold.ab.ca](mailto:atrlibrary@marigold.ab.ca)  
[www.trochulibrary.ca](http://www.trochulibrary.ca)  
Website: 317 Main St., Trochu  
Location: Box 396, Trochu, AB T0M 2C0  
Address: Hours: Tuesday 4:00 – 8:00 pm  
Wednesday – Friday 10:30 am - 5:30 pm

### **VILLAGE OF CARBON LIBRARY**

Contact: Kate-Lynn Pennington, 403-572-3440  
Email: [acarmlibrary@marigold.ab.ca](mailto:acarmlibrary@marigold.ab.ca)  
[www.carbonlibrary.ca](http://www.carbonlibrary.ca)  
Website: 718 Glengarry St., Carbon  
Location: Box 70, Carbon, AB T0M 0L0  
Address: Hours: Tuesday 1:00 – 5:00 pm  
Thursday 1:00 – 6:00 pm  
Friday 1:00 - 5:00 pm



## CHILDCARE

### ACME DAY CARE CENTRE

A licensed and accredited centre. Childcare from ages 12 months to school age. Open Monday – Friday, 6:30 am - 6:00 pm

Director: Christina Thomas  
Phone: 403-546-0028  
Email: [acmedcare@gmail.com](mailto:acmedcare@gmail.com)  
Website: [www.acmedaycare.com](http://www.acmedaycare.com)  
Location: 323 Clarke St., Acme, AB

### TAIYO EARLY CHILDHOOD EDUCATION CENTRE

A non-profit, government subsidized play-based childcare program. Childcare for children aged 12 months to 6 years and Out of School Care Program for school age children. Open Monday – Friday, 6:00 am - 6:00 pm

Director: Dana Christiansen  
Phone: 403-333-2106  
Email: [taioecec@gmail.com](mailto:taioecec@gmail.com)  
Website: <https://www.taioecec.com/>  
Location: 117 Main Street, Acme Alberta

### THREE HILLS CHILD CARE CENTRE AND SCHOOL AGE PROGRAM

Contact: Annette Maningas  
Phone: 403-443-3740  
Email: [threehillschildcarecentre@live.ca](mailto:threehillschildcarecentre@live.ca)  
Location: 701-2nd St. SE, Three Hills

### TROCHU EARLY LEARNING AND CHILDCARE CENTRE

Contact: Annette Maningas  
Phone: 403-914-2030  
Email: [trochuelcc@gmail.com](mailto:trochuelcc@gmail.com)  
Location: 222 Northfield Rd., Trochu

### TROCHU SCHOOL AGE PROGRAM

Contact: Annette Maningas  
Phone: 403-914-2030  
Email: [threehillschildcarecentre@live.ca](mailto:threehillschildcarecentre@live.ca)  
Location: Trochu Valley School (211 School Rd.)

## PLAYSCHOOLS

### ACME PLAYSCHOOL ASSOCIATION

Email: [acmeplayschool@gmail.com](mailto:acmeplayschool@gmail.com)  
Location: 620 Walsh Ave., Acme  
Classes: Tuesday/Thursday

### CARBON PLAYSCHOOL

Email: [carbonplayschool@gmail.com](mailto:carbonplayschool@gmail.com)  
Location: Carbon School  
Classes: Tuesday/Thursday

### LINDEN PLAYSCHOOL

Email: [lindenplayschool@gmail.com](mailto:lindenplayschool@gmail.com)  
Location: Dr. Elliott School  
Classes: Monday/Wednesday

### PRAIRIE CHRISTIAN ACADEMY PRESCHOOL

Email: [pca.preschool@ghsd75.ca](mailto:pca.preschool@ghsd75.ca)  
Location: 411 – 11th Ave NE, Three Hills  
Classes: Tuesday/Thursday

### THREE HILLS PLAYSCHOOL

Email: [threehillsplayschool@gmail.com](mailto:threehillsplayschool@gmail.com)  
Website: [threehillsplayschool.com](http://threehillsplayschool.com)  
Location: Three Hills School  
Classes: Monday/Wednesday

### TORRINGTON/WIMBORNE PLAYSCHOOL

Email: [torringtonwimborneplayschool@gmail.com](mailto:torringtonwimborneplayschool@gmail.com)  
Location: Wimborne Community Centre  
Classes: Tuesday/Thursday

### TROCHU PLAYSCHOOL

Email: [trochuplayschool@gmail.com](mailto:trochuplayschool@gmail.com)  
Location: Trochu Valley School  
Classes: Monday/Wednesday

## SCHOOLS

### GOLDEN HILLS SCHOOL DIVISION

All public schools in the Kneehill area are part of Golden Hills School Division.

Superintendent: Jeff Grimsdale  
Toll-Free: 1-800-320-3739 (Alberta only)  
Phone: 1-403-934-5121  
Fax: 403-934-5125  
Website: [www.ghsd75.ca](http://www.ghsd75.ca)  
Location: 435 A Highway #1  
Strathmore, AB T1P 1J4

### ACME SCHOOL

Grades ECS to 6 and 10 to 12. Part of the Acme, Carbon and Linden tri – campus.

Principal: Sadie Oberle  
Vice Principal: Jennifer Walker-Aoki  
Office: 403-546-3845  
Email: [acme@ghsd75.ca](mailto:acme@ghsd75.ca)  
Website: [www.acmeschool.ca](http://www.acmeschool.ca)  
Location: 610 Walsh Ave., Acme  
Address: Box 326, Acme, AB T0M 0A0

### CARBON SCHOOL

Pre-K to Grade 9. Part of the Acme, Carbon and Linden tri – campus.

Principal: Ryan Hatch  
Office: 403-572-3401  
Fax: 403-572-3278  
Email: [carbon@ghsd75.ca](mailto:carbon@ghsd75.ca)  
Website: [carbon.ghsd75.ca](http://carbon.ghsd75.ca)  
Location: 240 Caradoc Ave., Carbon  
Address: Box 250, Carbon, AB T0M 0L0

### DR. ELLIOTT SCHOOL (LINDEN)

ECS through Grade 9. Part of the Acme, Carbon and Linden tri – campus.

Principal: Sadie Oberle  
Vice Principal: Jennifer Walker-Aoki  
Office: 403-546-3863  
Fax: 403-546-4220  
Email: [drelliott.ghsd75.ca](mailto:drelliott.ghsd75.ca)  
Website: [drelliott.ghsd75.ca](http://drelliott.ghsd75.ca)  
Location: 215-1st St. SE, Linden  
Address: Box 120, Linden, AB T0M 1J0

### PRAIRIE CHRISTIAN ACADEMY

Grades K - 12

Principal: Darryl Hern  
Vice Principal: Barry Sommer  
Office: 403-443-4220  
Email: [pca@ghsd75.ca](mailto:pca@ghsd75.ca)  
Website: [www.pca3hills.ca](http://www.pca3hills.ca)  
Location: 411 – 11th Ave NE, Three Hills  
Address: Box 68, Three Hills, AB T0M 2A0

### THREE HILLS SCHOOL

Grades ECS to 12

Principal: Joan Boles  
Vice Principal: Greg Lendvay  
Office: 403-443-5335  
Email: [threehills@ghsd75.ca](mailto:threehills@ghsd75.ca)  
Website: [www.threehillschool.com](http://www.threehillschool.com)  
Location: 400-6th Ave. SE, Three Hills  
Address: Box 696, Three Hills, AB T0M 2A0

### TROCHU VALLEY SCHOOL

Grades ECS to 12.

Principal: Jody Lammle  
Vice Principal: Chantalle Van Otterloo  
Office: 403-442-3872  
Email: [troval@ghsd75.ca](mailto:troval@ghsd75.ca)  
Website: [trochuvally.ghsd75.ca](http://trochuvally.ghsd75.ca)  
Location: 211 School Rd., Trochu  
Address: Box 190, Trochu, AB T0M 2C0

## **POST-SECONDARY SCHOOLS**

### **PRAIRIE COLLEGE**

Main Switchboard: 403-443-5511  
President's Office: 403-443-3030  
Dean's Office: 403-443-3030  
Admissions: 403-443-3050  
Toll Free: 1-800-661-2425  
Email: [info@prairie.edu](mailto:info@prairie.edu)  
Website: [www.prairie.edu](http://www.prairie.edu)

### **PRAIRIE AVIATION TRAINING CENTRE**

Phone: 403-443-2349  
Email: [aviation@prairie.edu](mailto:aviation@prairie.edu)  
Location: Three Hills Airport

## **ADULT EDUCATION AND EMPLOYMENT SUPPORTS**

### **ACADEMIC EXPRESS**

Academic Express delivers training in partnership with Advanced Education and Community Social Services, offering courses in GED Preparation via Distance Delivery throughout the Province of Alberta and New Futures Career Transition Workshops.

Contact: Deborah Sept  
Phone: 403-443-1160  
Email: [debbie@academicexpress.ca](mailto:debbie@academicexpress.ca)  
Website: [www.academicexpress.ca](http://www.academicexpress.ca)

### **CAREER ASSISTANCE NETWORK**

Works with 18+ year old individuals as on a one-on-one or group facilitated basis, providing employment support including but not limited to career planning, resume/cover letter development, job search support, interview preparation, work placements and safety ticket training to help them find work across Central Alberta. Our office is in Red Deer, but we travel to each community, including Three Hills, to work with clients in a public setting. For our walk-in sessions, or to schedule an appointment, please contact us directly.

Phone: 403-341-7811 or toll free at 1-866-341-7810  
Email: [contact@rdcan.ca](mailto:contact@rdcan.ca)  
Website: [www.rdcn.ca](http://www.rdcn.ca)

### **COMMUNITY FUTURES WILD ROSE**

Business Coaching/Mentoring, Loans, Community Economic Development and Small Business Training and Support.

Phone: 403-934-8888  
Website: <http://wildrose.albertacf.com>  
Location: 101, 331-3rd Ave. Strathmore  
Address: Box 2159, Strathmore, AB T1P 1K2

### **KNEEHILL ADULT LEARNING AND NEWCOMER SERVICES**

A non-profit organization providing community learning in literacy, ESL, digital skills, health and safety workshops, and general interest courses. Providing support and resources for newcomers to Canada. Serving the community with free public services such as Wi-Fi, computer access, faxing, upgrading and education information, exam supervision, help with forms and applications, referrals and community information.

Phone: 403-443-5556  
Email: [admin@kals3hills.ca](mailto:admin@kals3hills.ca)  
Website: [www.kals3hills.ca](http://www.kals3hills.ca)  
Location: 409 Main St., Three Hills  
Address: Box 639, Three Hills, AB T0M 2A0

### **MH ENTERPRISES EMPLOYMENT SERVICES**

MH Enterprises provides rural community members with high-quality, individualized Employment Services, supporting and guiding clients through informed career and training transitions. Our government-funded programs offer a range of employee and employer supports including wage subsidies, funding for training and employment supports. Outreach services are provided in the Three Hills/Trochu areas every 2 weeks at the Kneehill Adult Learning and Newcomer Services office.

Phone: 403-823-6934 (Outreach Services)  
Fax: 403-823-6942  
Toll Free: 1-877-823-6934  
Email: [mhenterprises@drumhellerjobs.com](mailto:mhenterprises@drumhellerjobs.com)  
Website: [drumhellerjobs.com](http://drumhellerjobs.com)  
Address: 90 – 3rd Ave. E (4th Floor)  
Drumheller, AB T0J 0Y0

## **EMERGENCY SERVICES – VOLUNTEER FIRE DEPARTMENTS**

If it is an emergency, dial 9-1-1

### **ACME FIRE DEPARTMENT - FIRE STATION 2**

Fire Chief: Brian Fradgley  
Phone: 403-546-3783  
Location: 528 Nolan St., Acme  
Address: Box 489, Acme, AB T0M 0A0  
Meetings: 1st, 2nd, and 3rd Monday

### **CARBON FIRE DEPARTMENT - FIRE STATION 1**

Fire Chief: Jody Kranzler  
Phone: 403-820-2785  
Location: 440 Caradoc Ave, Carbon  
Address: Box 133, Carbon, AB T0M 0L0  
Meetings: 1st and 3rd Tuesday

### **LINDEN FIRE DEPARTMENT - FIRE STATION 3**

Fire Chief: Shawn Klausen  
Phone: 403-888-4394  
Location: 115 Central Ave. W, Linden  
Address: Box 911, Linden, AB T0M 1J0  
Meetings: 2nd and Last Tuesday

### **THREE HILLS FIRE DEPARTMENT - FIRE STATION 5**

Fire Chief: Murray Fenton  
Phone: 403-445-1875  
Location: 111-1st Ave. NE, Three Hills  
Address: Box 610, Three Hills, AB T0M 2A0  
Meetings: 1st, 3rd, and 5th Monday

### **TORRINGTON FIRE DEPARTMENT - FIRE STATION 4**

Fire Chief: Jason Michielsen  
Phone: 403-443-5541  
Location: 101 1st Ave, Torrington  
Address: Box 67, Torrington, AB T0M 2B0  
Meetings: 1st and 3rd Tuesday

### **TROCHU FIRE DEPARTMENT - FIRE STATION 6**

Fire Chief: Richard Hoppins  
Phone: 403-442-3085  
Location: 211 Northfield Rd., Trochu  
Address: Box 447, Trochu, AB T0M 2C0  
Meetings: 1st and 3rd Wednesday

## **EMERGENCY SERVICES - RCMP**

If it is an emergency, dial 9-1-1

### **THREE HILLS/TROCHU/HUXLEY/SUNNYSLOPE- THREE HILLS DETACHMENT**

Office: 403-443-5539  
Non-emergency: 403-443-5538  
Location: 719-2nd St. N, Three Hills  
Address: Box 520, Three Hills, AB T0M 2A0

### **ACME/LINDEN/SWALWELL- BEISEKER DETACHMENT**

Office: 403-947-3420  
Non-emergency: 403-947-3496  
Location: 75 North Rd., Beiseker  
Address: Box 570, Beiseker, AB T0M 0G0

### **CARBON- DRUMHELLER DETACHMENT**

Office: 403-823-7590  
Non-emergency: 403-823-2630  
Location: 75 Riverside Dr. E, Drumheller  
Address: Box 1030, Drumheller, AB T0J 0Y4

### **TORRINGTON/WIMBORNE- OLDS DETACHMENT**

Office: 403-556-3324  
Non-emergency: 403-556-3323  
Location: 5110-65th Ave., Olds, AB T4H 1L8

## MUNICIPAL GOVERNMENT

### KNEEHILL COUNTY OFFICE

Provides/administers rural services: water, sewer, garbage, fire, recreation, roads, planning services, and disaster services.

Phone: 403-443-5541 or 1-866-443-5541  
Fax: 403-443-5115  
Email: [office@kneehillcounty.com](mailto:office@kneehillcounty.com)  
Website: [www.kneehillcounty.com](http://www.kneehillcounty.com)  
Location: 1600 2nd St. NE, Three Hills  
Address: Box 400, Three Hills, AB T0M 2A0  
Hours: Monday – Friday, 8:30 am to 4:30 pm

### THREE HILLS TOWN OFFICE

Provides/administers municipal services: water, sewer, garbage and recycling collection, streets, fire, recreation, Three Hills Cemetery and planning services (including issuing development, building, plumbing, gas and electrical permits and processing subdivisions and Land Use Bylaw amendment applications). Provides emergency services, tourism, and economic development. Issues business licenses, accepts payment of utility bills and taxes.

Office: 403-443-5822  
Fax: 403-443-2616  
Email: [info@threehills.ca](mailto:info@threehills.ca)  
Website: [www.threehills.ca](http://www.threehills.ca)  
Location: 232 Main St., Three Hills  
Address: Box 610, Three Hills, AB T0M 2A0  
Hours: Monday – Friday, 8:30 am – 4:00 pm

### TROCHU TOWN OFFICE

Provides/administers municipal services: water, sewer, garbage, recycling, streets, recreation, development permits, Trochu Public Cemetery, animal control services, fire/emergency services, bylaw enforcement, tourism and economic development. Offers regional grant writing services to partner municipalities and local organizations within the region. Accepts utility bill and tax payments and issues charitable tax receipts for Trochu Food Bank monetary donations.

Office: 403-442-3085  
Fax: 403-442-2528  
Email: [thrive@townoftrochu.ca](mailto:thrive@townoftrochu.ca)  
Website: [www.town.trochu.ab.ca](http://www.town.trochu.ab.ca)  
Location: 222 Northfield Rd., Trochu  
Address: Box 340, Trochu, AB T0M 2C0  
Hours: Monday - Friday  
8:30 am – 12:00 pm, 1:00 – 4:00 pm

### VILLAGE OF ACME OFFICE

Office: 403-546-3783  
Fax: 403-546-3014  
Email: [cao@acme.ca](mailto:cao@acme.ca)  
Website: [www.acme.ca](http://www.acme.ca)  
Location: 615A Pacific Ave., Acme  
Address: Box 299, Acme, AB T0M 0A0  
Hours: Monday - Friday  
8:00 am – 12:00 pm, 1:00 – 4:30 pm

### VILLAGE OF CARBON OFFICE

Office: 403-572-3244  
Fax: 403-572-3778  
Email: [office@villageofcarbon.com](mailto:office@villageofcarbon.com)  
Website: [www.villageofcarbon.com](http://www.villageofcarbon.com)  
Location: 238 Hillside Ave., Carbon  
Address: Box 249, Carbon, AB T0M 0L0  
Hours: Monday - Friday  
8:00 am – 4:00 pm

### VILLAGE OF LINDEN OFFICE

Office: 403-546-3888  
Fax: 403-546-2112  
Email: [clerk@linden.ca](mailto:clerk@linden.ca)  
Website: [www.linden.ca](http://www.linden.ca)  
Location: 109 Central Ave. E., Linden  
Address: Box 213, Linden, AB T0M 1J0  
Hours: Monday – Friday, 8:30 am – 4:30 pm

## PROVINCIAL GOVERNMENT

### 310-FARM

Your first point of contact for Agriculture and Irrigation's programs and resources.

Phone: 403-310-FARM (3276)  
Email: [310farm@gov.ab.ca](mailto:310farm@gov.ab.ca)  
Website: [www.alberta.ca/310-farm](http://www.alberta.ca/310-farm)

### ALBERTA COMMUNITY DEVELOPMENT UNIT SERVICES

Provides (no fee for service, no charge to client) customized capacity building services for non-profit, charitable organizations, social profit organizations, unincorporated collaboratives and committees to help you achieve your solutions. A list of services can be found on the website.

Phone: 403-932-2970  
Email: [communitydevelopment@gov.ab.ca](mailto:communitydevelopment@gov.ab.ca)  
Website: [www.alberta.ca/community-development-unit](http://www.alberta.ca/community-development-unit)

### ALBERTA SUPPORTS – COMMUNITY AND SOCIAL SERVICES

Access more than 30 programs and 120 community services for seniors, people with disabilities, job seekers, parents and families, homelessness, financial assistance, abuse and family violence prevention.

Call Centre: 1-877-644-9992  
Website: [www.myalbertasupports.ca](http://www.myalbertasupports.ca)

### ALBERTA LAW AND JUSTICE SERVICES

[www.alberta.ca/rights-justice-law.aspx](http://www.alberta.ca/rights-justice-law.aspx)

#### Alberta Law Libraries

A provincial network of law libraries existing to provide research support and information services to the legal community, self-represented litigants and all Albertans.

Website: [www.lawlibrary.ab.ca](http://www.lawlibrary.ab.ca)

#### Civil Claims Mediation

Phone: 403-755-1437  
Website: [www.alberta.ca/civil-mediation.aspx](http://www.alberta.ca/civil-mediation.aspx)  
Location: Red Deer Court House  
Address: 4909 48th Ave., Red Deer, AB T4N 3T5  
Hours: Monday – Friday, 8:15 am – 4:00 pm

#### Correctional Services (Acme and Linden):

Phone: 403-948-7110  
Location: 112-1st Ave. NW, Airdrie, AB  
(Provincial Building, Room 116)

#### Correctional Services (Three Hills, Trochu, Carbon and Huxley):

Phone: 403-823-1664  
Location: 201 Centre St., Drumheller  
(Provincial Building, Main Floor)

#### Correctional Services (Torrington):

Phone: 403-507-4553  
Location: 5025-50th St., Olds, AB  
(Provincial Building, Room 112)

#### Court and Justice Services

Provides a range of resolution and court supports for people involved in legal disputes.

Phone: 1-855-738-4747 or 403-340-7187  
Website: [www.alberta.ca/court-and-justice-services.aspx](http://www.alberta.ca/court-and-justice-services.aspx)

#### Family Court Counsellor

Get help with preparing for court, accessing the court system and resolving your parenting disputes.

Phone: 403-340-7187  
Website: [www.alberta.ca/family-court-assistance.aspx](http://www.alberta.ca/family-court-assistance.aspx)

#### Family Mediation

Phone: 403-355-2414  
Website: [www.alberta.ca/family-mediation.aspx](http://www.alberta.ca/family-mediation.aspx)

#### Parenting After Separation

Website: <http://pas.albertacourts.ab.ca>

## CENTRAL REGION CHILDREN AND FAMILY SERVICES

Central Region Children's Services provide programs and services to meet the safety needs of children and families. The services and programs offered fall under the following categories:

Prevention Services – working with others to help children grow and develop to meet their fullest potential. Supports include Child Care licensing, parent education and awareness, family coaching, etc.

Early Intervention Services – meeting the identified needs of vulnerable children and families. These services include foster care, adoptions, prevention of family violence, kinship care, etc.

Intervention Services – ensuring that children are safe and well. These services are legislated under the *Child, Youth and Family Enhancement Act*. <https://www.alberta.ca/children-and-family-services>

### Three Hills, Acme, Sunnyslope, Linden, Trochu, Torrington, Elnora, Huxley and Wimborne

Phone: 403-507-8035  
Fax: 403-507-8080  
Email: [cfs.cenabcsa@gov.ab.ca](mailto:cfs.cenabcsa@gov.ab.ca)  
Location: Ralph Klein Centre  
Community Learning Campus, Olds College  
4500-50th St., Olds T4H 1P8

### Carbon and Area

Phone: 403-823-1767  
Fax: 403-823-1683  
Email: [cfs.cenabcsa@gov.ab.ca](mailto:cfs.cenabcsa@gov.ab.ca)  
Location: 2nd Floor, 180 Riverside Drive E.  
Address: Box 2289, Drumheller, AB T0J 0Y0

### MEMBERS OF LEGISLATIVE ASSEMBLY

Elected representative of the people in this area. If there are any issues with laws and policies affecting this province or a need for new legislation, an MLA can be contacted for assistance.

#### Olds-Didsbury-Three Hills Constituency

MLA: Nathan Cooper  
Phone: 403-556-3132  
Email: [OldsDidsbury.Threecities@assembly.ab.ca](mailto:OldsDidsbury.Threecities@assembly.ab.ca)  
Location: 4905 B-50th Ave., Olds  
Address: Box 3909, Olds, AB T4H 1P6

### OFFICE OF THE PUBLIC GUARDIAN AND TRUSTEE

Make decisions as a last resort for individuals who are unable to make personal and/or financial decisions for themselves. The OPGT does this through the Personal Directives Act, the Adult Guardianship and Trusteeship Act and the Mental Health Act. The OPGT also administers the personal directives registry, and the registry of all court appointed guardians, trustees, and co-decision makers. Video presentations about guardianship, trusteeship, co-decision making or personal directives can be viewed on the website. In person presentations are available upon request. The OPGT also investigates complaints involving guardians, trustees, co-decision makers and agents.

Phone: 403-340-5165  
Website: <https://www.alberta.ca/opgt-supports.aspx>  
Address: 203, 4920-51st St., Red Deer, AB T4N 6K8

## ALBERTA HEALTH SERVICES

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

### 24 HOUR HEALTH LINK ALBERTA

Phone: 811 or 1-866-408-5465  
Website: [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

### 24 HOUR MENTAL HEALTH SUPPORT

Phone: 1-877-303-2642

### 24 HOUR ADDICTION SUPPORT

Phone: 1-866-332-2322

### ACCESS ADDICTION AND MENTAL HEALTH

Non-urgent telephone screening service that supports Albertans to access addiction and mental health resources.

Phone: 1-888-594-0211

### RECOVERY ALBERTA - ADDICTION AND MENTAL HEALTH

Provide professional help for adults, children and their families experiencing difficulties with addictions or their mental health. Services include addiction services, one-to-one adult therapy, child and adolescent therapy, outreach services, community development and education, geriatric nurse specialist and tele mental health consultations for physicians, therapists and clients engaged in therapy (i.e. psychiatry, referrals to inpatient mental health services, and referral to provincial programs such as eating disorders, forensics and diversion services, community treatment orders and concurrent disorder and/ brain injury treatment).

### ADDICTIONS AND MENTAL HEALTH WALK-IN CLINICS

A NON-CRISIS drop-in service (no appointment necessary), where individuals receive a single session with one of our counselors for immediate counselling support. This is open to ages 16+. Anyone younger must have a parent/guardian in attendance.

#### Three Hills Walk In Clinic

Location: Three Hills Addiction and Mental Health Clinic - Provincial Building  
Address: 128-3rd Ave. SE, Three Hills  
Hours: Tuesday and Thursday, 1:00 – 3:00 pm

#### Drumheller Walk In Clinics (2 locations)

Location: Drumheller Addiction and Mental Health Clinic – Drumheller Health Centre  
Address: 351 9 St. NW, Drumheller  
Location: Prov Building, Probation Office (Main Floor)  
Address: 201 Centre St., Drumheller  
Hours: Wednesday, 12:00 – 4:00 pm

### THREE HILLS ADDICTION AND MENTAL HEALTH CLINIC

Provides coverage to Three Hills, Carbon, Acme, Linden, Torrington, Trochu, Huxley, Elnora

Location: Provincial Building Office  
Address: 128-3rd Ave. SE, Three Hills  
Phone: 403-443-8532

**Addiction Services:** weekly outpatient treatment services to all age individuals with, or impacted by alcohol, drug, tobacco, or gambling problems. Referrals can be made to adolescent and adult inpatient programs. Prevention/education programs are available for community and schools.

**Adult Short-Term Assessment and Counselling** - mental health counselling to those over the age of 18.

**Assertive Outreach:** services for adults with a chronic and persistent mental health problem.

**Children and Adolescent Mental Health Assessment and Counselling:** services for children and adolescents with mental health concerns and information for families.

### Mental Health Hospital Liaison/Access and Early Intervention

**Program:** provides early intervention mental health services (e.g. crisis intervention, brief counselling, and education) to adults, children and their families and refer to other community resources as required.



**Seniors Mental Health Outreach Nurse:** provides assessments for adults over the age 65 with depression and dementia concerns. Referrals for this program can be made through your family doctor, homecare, long term care facility, or locum doctor.

**Walk-In Mental Health Therapy:** A NON-CRISIS drop-in service (no appointment necessary), where individuals receive a single session with one of our counsellors for immediate counselling support. This is open to ages 16+. Anyone younger must have a parent/guardian in attendance. No appointment necessary.

#### ALBERTA HEALTHY LIVING PROGRAM – CENTRAL ZONE

AHLP workshops are for Albertans interested in learning how to manage chronic conditions and live healthier. Family, friends, and caregivers are also welcome to attend. We recommend participants can participate in group settings, can understand basic English, and are at least 18 years of age. Workshops vary by community and cover; disease specific education for adult weight management and cardiovascular health; general health topics such as nutrition, reducing stress, managing emotional eating and sleeping well; supervised exercise programs. Workshops are led by healthcare professionals including health educators, registered dieticians, registered nurses and exercise specialists. Classes offered online.

Phone: 877-314-6997  
Website: [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

#### BIG COUNTRY PRIMARY CARE NETWORK (PCN)

PCNs are a made-in-Alberta approach to improving access, and better coordinating healthcare for patients. The PCN is a network of family physicians and other health providers such as RNs, LPNs, Nurse Practitioners, Mental Health therapists, patient referral navigators and wellness coordinators who work together to provide for the healthcare needs of the population.

Phone: 403-443-5522  
Website: [www.bigcountrypcn.com](http://www.bigcountrypcn.com)  
Location: Kneehill Medical Clinic  
1520 2nd St. NE, Three Hills  
Address: Box 220, Three Hills, AB T0M 2A0

#### CHILDREN'S REHABILITATION SERVICES

Assist children from 0 to 18 years of age, who may be experiencing developmental delays. Our intake social workers can discuss any concerns you may have regarding your child's communication, gross motor, fine motor, feeding, sensory, gait, head shape or equipment concerns. Our therapy team consists of Speech Language Pathologists, Occupational Therapists and Physical Therapists. Our therapists work with parents to help their children be active and reach developmental milestones within their home & community. Services are voluntary and covered through AB health care. In addition to virtual health services, supports are provided primarily out of the Drumheller & Three Hills hospitals. Self-referrals are accepted, as well as those from physicians and other providers.

Phone: 1-855-414-5272

#### DRUMHELLER HEALTH CENTRE

Services to the communities of Carbon and Drumheller include acute care, continuing care, 24-hour emergency, mental health, and public health.

Address: 351 9 St. NW, Drumheller  
Phone: 403-823-6500

#### EARLY CHILDHOOD INTERVENTION PROGRAM

The Early Childhood Intervention Program (ECIP) provides in-home support to families of infants and children with developmental delays or disabilities up to 5 years of age. ECIP providers work with families who may benefit from additional support using a home-based, family centered, and strength-based approach to services. The Early Intervention Program is free, voluntary and flexible to accommodate different goals, priorities and choice of individual families. Self-referrals are accepted, as well as those from physicians, Public Health Programs, and community agencies. Services are provided in the communities of Bowden, Drumheller, Elnora, Hanna, Innisfail, Olds, Sundre, Three Hills and surrounding areas.

Phone: 1-855-414-5272

#### ELNORA COMMUNITY HEALTH CENTRE

Services to the communities of Trochu, Huxley, Torrington, Delburne, Elnora, Wimborne and Pine Lake Areas

Phone: 403-773-3636  
Location: 425 8 Ave. Elnora

#### HEALTH PROMOTION

Empowering communities to improve factors that determine the health of their population. Coverage areas are Kneehill County, Starland County/Drumheller, and Special Area 2.

Phone: 403-741-6738  
Email: [kristine.bellingham@ahs.ca](mailto:kristine.bellingham@ahs.ca)  
Location: Drumheller Provincial Building  
Address: 201 Centre St.  
Drumheller, T0J 0Y0

#### KNEEHILL MEDICAL CLINIC

Central Booking: 403-443-5522  
Fax: 403-443-5497  
Email: [info@kneehillmedicalclinic.ca](mailto:info@kneehillmedicalclinic.ca)  
Website: [www.kneehillmedicalclinic.ca](http://www.kneehillmedicalclinic.ca)  
Location: 1520 2nd St. NE, Three Hills  
Address: Box 220 Three Hills, AB T0M 2A0  
Hours: Monday – Thursday, 9:00 am – 4:30 pm  
Friday, 9:00 am – 1:00 pm

#### PUBLIC HEALTH NUTRITION

Population and Public Health dietitians working with local, regional and provincial partners to positively impact the nutritional health and well-being of our communities

Phone: 403-443-8059

#### HEALTHY SCHOOLS

Work in partnership with school authorities across Alberta and use the comprehensive school health framework to help make schools healthier places for students and staff to learn, work, play and grow.

Contact: Christine Vokins  
Phone: 403-391-1660  
Email: [Christine.Vokins@ahs.ca](mailto:Christine.Vokins@ahs.ca)  
Address: Box 659, Elnora, AB T0M 0Y0

#### ST. MARY'S HEALTH CARE CENTRE

Long Term Care, Spiritual Care, Meals on Wheels, Massage Therapy, Foot Care Clinic, Assisted Living/ Lodge, Lab (blood collections, ECG's, halter monitors and blood pressure monitors.

Phone: 403-442-3955  
Lab: 403-442-3995 ext. 269  
Location: 451 deChauney Ave, Trochu  
Address: Box 100, Trochu, AB T0M 2C0  
Hours: Monday – Friday, 8:00 am – 4:00 pm

#### THREE HILLS HEALTH CENTRE

Emergency, Medical, Obstetrics, Palliative, Lab/X-Ray, Dietary/ Nutrition, Long Term Care and attached Community Health Wing

Phone: 403-443-2444  
Location: 504-2nd St. NE, Three Hills  
Address: Box 340, Three Hills, AB T0M 2A0

#### THREE HILLS COMMUNITY HEALTH

Home Care, Physiotherapy, Occupational Therapy, Respiratory Therapy, Mental Health, Continuing Care Counselling, Home Care, Speech/Language Assessment/Therapy for Children/Adults and Children's Rehabilitation Services.

Phone: 403-443-5355

#### THREE HILLS PUBLIC HEALTH

Well Child and Adult Immunization Clinics, International Travel Clinic, Prenatal Referral & Support, Prenatal classes (fee applies), Postnatal Follow-up and Breastfeeding Support, Post-Natal Classes, School Health, Annual Influenza Immunization, Oral Health, Adult/Senior Health, Environmental Health, Communicable Disease Control, Drinking Water Analysis, Food Industry Inspections, Early Intervention Program, Baby Steps Program.

Phone: 403-443-5355

**Kneehill Regional FCSS:  
Working with the municipalities of  
Acme, Carbon, Kneehill County,  
Linden, Three Hills and Trochu.**

## **FEDERAL GOVERNMENT**

### **CANADA POST CORPORATION**

[www.canadapost-postescanada.ca](http://www.canadapost-postescanada.ca)

General Inquiries:	1-800-607-6301
Acme:	403-546-3092
Carbon:	403-572-3640
Linden:	403-546-2661
Three Hills:	403-443-5616
Trochu:	403-442-4220
Torrington:	403-631-3893
Wimborne	403-631-3785

### **MEMBER OF PARLIAMENT BATTLE RIVER - CROWFOOT**

MP:	Damien C. Kurek
Phone:	1-800-665-4358 or 403-575-5625
Email:	<a href="mailto:Damien.Kurek@parl.gc.ca">Damien.Kurek@parl.gc.ca</a>
Address:	4945-50th St., Camrose, AB T4V 1P9

### **SERVICE CANADA**

Single point of access to a wide range of government services and benefits.

General Enquiries:	1-800-622-6232 (O Canada)
Website:	<a href="http://www.canada.ca">www.canada.ca</a>
eServices:	<a href="https://eservices.canada.ca/en/service/">https://eservices.canada.ca/en/service/</a>
Passport Appt:	<a href="https://eservices.canada.ca/en/reservation/">https://eservices.canada.ca/en/reservation/</a>
Social Insurance:	1-866-274-6627

#### **Canada Pension Plan:**

Retirement Pension, Post Retirement Benefit, Disability Benefits, Survivor Pension, Pension Sharing, Credit Splitting, Death Benefit, Children's Benefits.

Phone: 1-800-277-9914

#### **Old Age Security:**

Old Age Security Pension, Allowance, Allowance for the Survivor, Guaranteed Income Supplement, Old Age Security Identification Card

Phone: 1-800-277-9914

#### **Employment Insurance:**

Regular Benefits, Maternity and Parental Benefits, Sickness Benefits, Compassionate Care Benefits, Fishing Benefits, Parents of Critically Ill Children, Family Supplement

Phone: 1-800-206-7218

## **HELPING SERVICES AND SUPPORT GROUPS**

### **ACCREDITED SUPPORTS TO THE COMMUNITY (ASC)**

Since 1974 ASC has provided home and community supports to children and adults with special needs and their families. This includes in-home workers who can assist a child and family with behavioural challenges and developmental growth or a support worker for community access and respite care.

Phone:	1-866-556-4122
Email:	<a href="mailto:main@asc-mva.ab.ca">main@asc-mva.ab.ca</a>
Website:	<a href="http://www.asc-mva.ab.ca">www.asc-mva.ab.ca</a>
Locations:	4322-50th Ave., Olds 216 4th Ave Strathmore 44 Gateway Drive NE., Airdrie Box 3940, Olds, AB T4H 1P6

### **ADDICTION SUPPORT GROUPS**

A variety of support groups are available in Drumheller for those experiencing issues with addictions.

Contact:	Drumheller Health Centre
Phone:	403-820-7863

Alcoholics Anonymous (AA) meetings are available in Three Hills and Linden. A list of meeting locations closer to you can be found at [www.calgaryaa.org/meetings](http://www.calgaryaa.org/meetings)

#### **Three Hills AA**

Contact:	David, 403-443-8406
Meetings:	Monday, 7:00 pm
Contact:	Jed, 306-616-0043
Meetings:	Wednesday, 7:00 pm
Contact:	Morley, 403-443-7970
Meetings:	Thursday, 8:00 pm
Location:	Knox United Church 108 5th Ave. S, Three Hills

#### **Linden AA**

Contact:	Gina Boese, 587-876-2677
Meetings:	Lloyd Isaac, 403-369-0891
Location:	Wednesday, 7:30 pm
	Linden Alliance Church 614 Central Ave. W, Linden

### **AIRDRIE P.O.W.E.R**

A non-profit organization that seeks to provide women with the means to leave an abusive environment through emergency resources, education and empowerment, thus creating a safe and sustainable community.

Phone:	403-960-0644
Client Text Line:	403-891-9409
Email:	<a href="mailto:info@airdriepower.com">info@airdriepower.com</a>
Website:	<a href="http://www.airdriepower.com">www.airdriepower.com</a>

### **ALBERTA LUNG ASSOCIATION**

Phone:	1-888-774-LUNG (5864)
Email:	<a href="mailto:info@ablung.ca">info@ablung.ca</a>
Website:	<a href="http://www.ablung.ca">www.ablung.ca</a>

### **ALZHEIMER SOCIETY**

Offers programs and services free of charge to individuals living with dementia, their families, and care partners. Provide information, education and support.

Toll Free:	1-866-950-5465
Website:	<a href="http://www.alzheimer.ca">www.alzheimer.ca</a>

### **ARTHRITIS SOCIETY**

Phone:	1-800-321-1433
Email:	<a href="mailto:info@arthritis.ca">info@arthritis.ca</a>
Website:	<a href="http://www.arthritis.ca">www.arthritis.ca</a>

### **CANADIAN CANCER SOCIETY**

Phone:	1-888-939-3333
Email:	<a href="mailto:info@cancer.ca">info@cancer.ca</a>
Website:	<a href="http://www.cancer.ca">www.cancer.ca</a>

### **CANADIAN RED CROSS**

24-hour Emergency Social Services for individuals and families impacted by an unforeseen disaster. Ready Rating is a free, web-based emergency preparedness planning program that helps organizations become better prepared to respond effectively and recover quickly from disasters and other emergencies.

Phone:	1-888-800-6493
Email:	<a href="mailto:readyrating@redcross.ca">readyrating@redcross.ca</a>
Website:	<a href="http://www.redcross.ca">www.redcross.ca</a> / <a href="http://www.readyrating.ca">www.readyrating.ca</a>

### **CENTRAL ALBERTA WOMEN'S EMERGENCY SHELTER**

24-hour crisis counselling, temporary safe accommodations, rural outreach, and referrals to other services. Walk-in and phone-in counselling available. Public education on family violence.

Phone:	1-888-346-5643
Crisis Text Line:	403-506-0485
Email:	<a href="mailto:generalinfo@cawes.com">generalinfo@cawes.com</a>
Website:	<a href="http://www.cawes.com">www.cawes.com</a>

Address: Box 561, Red Deer, AB T4N 5G1



## CITIZENS ON PATROL

Volunteers work with local RCMP to add to the safety of the community.

Three Hills:	Joan Boekema, 403-443-2485 <a href="mailto:threehillscop@gmail.com">threehillscop@gmail.com</a>
Linden:	Flo Robinson, 403-818-4495 <a href="mailto:lindencop@gmail.com">lindencop@gmail.com</a>
Carbon:	Gord Arvidson, 403-820-0437 <a href="mailto:carboncopsolutions@gmail.com">carboncopsolutions@gmail.com</a>

## COMMUNITY CLOSET

Volunteers run this FREE shop that offers and accepts donations of new and gently used clothing, outerwear, footwear and some baby items.

Open Tuesdays 6:00 – 8:00 pm and Wednesdays 9:00 am – 1:00 pm.

Phone:	403-443-0403
Email:	<a href="mailto:community.closet2018@gmail.com">community.closet2018@gmail.com</a>
Facebook:	Community Closet Trochu and Area
Location:	407 Royal Way (east entrance), Trochu

## COMMUNITY LEGAL CLINIC

Free legal services to people who financially qualify but are not eligible for Legal Aid. Service is provided through pre-booked appointments.

Phone:	1-877-314-9129
Email:	<a href="mailto:info@communitylegalclinic.net">info@communitylegalclinic.net</a>
Website:	<a href="http://communitylegalclinic.net">communitylegalclinic.net</a>
Location:	106, 4916 50 St., Red Deer

## FAMILY RESOURCE NETWORK- DRUMHELLER, HANNA, THREE HILLS AND AREAS (FRN)

The FRN focuses on prevention and early education services for families and youth aged 0-18. Services are provided through a "Hub and Spoke" model, with programs geared towards early child development, child and youth development, parent education, family support and home visitation. Support services are delivered directly through the FRN hub, or through our spoke partners (Accredited Supports to the Community and Wheatland County Counselling), and range from general programming, to targeted groups and intensive counselling supports.

Contact:	Melissa Gress
Phone:	403-820-3573
Email:	<a href="mailto:melissa.gress@mcmcentral.ca">melissa.gress@mcmcentral.ca</a>
Location:	601 7th St. E, Drumheller, AB T0J 0Y5

## FAMILY WELLNESS PROGRAM

Family Wellness Workers provide confidential social/emotional support to children, youth, and families, preventive educational programming and information/referral. This service is offered free to residents in the Kneehill area.

<b>Central Office</b>	403-443-3800
<b>Three Hills/PCA/Carbon</b>	
Contact:	Yvonne Wilson
Phone:	Three Hills, 403-443-2460
	PCA, 403-443-2460
	Carbon, 403-572-3448
Email:	<a href="mailto:yvonne@krfcss.com">yvonne@krfcss.com</a>
<b>Acme/Linden/Trochu</b>	
Contact:	Kaylee Schultz
Phone:	Acme, 403-546-4379
	Linden, 403-546-2594
	Trochu, 403-443-4214
Email:	<a href="mailto:kaylee@krfcss.com">kaylee@krfcss.com</a>

## FOOD BANKS

### Acme/Linden Food Bank

Provide emergency relief food and supply Christmas hampers.

Acme Contacts:	Carol Kostrosky, 403-620-0176
Linden Contact:	Sonia Ens, 780-228-3255

### Carbon Valley Community Church Food Bank

Phone:	403-572-3515
Location:	414 Aberdeen Ave., Carbon

### Three Hills and Area Food Bank

Provide emergency relief food and supply Christmas hampers.

Phone:	403-443-1005 (please leave message)
Location:	1041 2nd St. NE, Three Hills (lane access)

### Trochu and District Inter-Church Food Bank

Provide and deliver emergency relief food and supply Christmas hampers

Phone:	403-442-3085
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## HEALTHY FAMILIES

Program through Accredited Supports to the Community serving the Drumheller, Three Hills, Hanna Family Resource Network. Healthy Families can provide families with information and support that will assist with larger issues that impact parenting. We support parents and caregivers to build on a foundation for strong family functioning. Guidance, referral and support is offered to families facing challenges, building on a family support network and enabling families to cope with stressors. Call us today to find out if this free program is right for you! Parent-Child Assistance Program (PCAP) is an intensive home visitation, relationship-based service, involving collaborative work with community resources, including such strategies as substance use treatment, planned pregnancies and parenting resources. Reducing risk by addressing the health and well-being of women and their children.

Program Director:	Lisa Sauve
Phone:	403-556-4122 or 403-586-0665
Fax:	403-556-6480
Email:	<a href="mailto:main@asc-mva.ab.ca">main@asc-mva.ab.ca</a>
Website:	<a href="http://www.asc-mva.ab.ca">www.asc-mva.ab.ca</a>
Office:	4322-50th Ave., Olds AB
Address:	Box 3940, Olds, AB T4H 1P6

## HEART AND STROKE FOUNDATION

Phone:	1-888-473-4636
Website:	<a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>

## HELPING HANDS HOME SUPPORT SERVICES

Offers personalized support services for seniors in their homes or in facility care. Programs developed to meet individual needs. Serves Three Hills, Drumheller, Hanna as well as Red Deer and surrounding communities.

Phone:	403-364-2476
Email:	<a href="mailto:hq.helpinghands@gmail.com">hq.helpinghands@gmail.com</a>
Website:	<a href="http://www.helpinghandshomesupport.com">www.helpinghandshomesupport.com</a>

## KIDSPORT KNEEHILL

KidSport Kneehill is coordinated by community volunteers to assist economically disadvantaged families living in the Kneehill area to access sport opportunities.

Contact:	Shelley Jackson-Berry
Phone:	403-443-3800
Email:	<a href="mailto:kneehill@kidsport.ab.ca">kneehill@kidsport.ab.ca</a>
Address:	Box 416, Three Hills, AB T0M 2A0

## KINDRED – RAPID ACCESS COUNSELLING

Provides "one-at-a-time" single session counselling that is solution oriented and available for all Albertans. Fees are pay-what-you-can, with no financial assessment. Sessions are free for individuals under 18 and their caregivers. Book online anytime of day or contact Kindred and hear back within one business day. Sessions available by phone and video.

Phone:	1-877-244-2360
Email:	<a href="mailto:intake@kindred.ca">intake@kindred.ca</a>
Online Booking:	<a href="http://www.RACAlberta.ca">www.RACAlberta.ca</a>

## KNEEHILL ADDICTION RECOVERY NETWORK

Phone:	587-321-KARN (5276)
Email:	<a href="mailto:mail@karnonline.org">mail@karnonline.org</a>
Website:	<a href="http://www.karnonline.org">www.karnonline.org</a>

## KNEEHILL COUNTY FURNITURE BANK

A nonprofit charitable organization that is helping people establish their homes. Accepts cash donations and gently used furniture and household goods to distribute to people in need.

Contact:	Nicole Isley, 780-991-6127
Donations:	Trish Mandel, 403-651-7583
	<a href="mailto:donation@lindenalliance.com">donation@lindenalliance.com</a>

## KNEEHILL DEMENTIA FRIENDLY COMMUNITIES

A group of people working towards communities where people living with dementia (PLWD) and their caregivers are understood, respected, supported and included. Programs and awareness are the main initiatives.

Contact:	Shelley Jackson Berry
Phone:	403-443-3800
Email:	<a href="mailto:kneehilldementiafriendly@gmail.com">kneehilldementiafriendly@gmail.com</a>
Website:	<a href="http://dementia.seniorso.ca/home">dementia.seniorso.ca/home</a>

## KNEEHILL FAMILY AND MARRIAGE COUNSELLING

This program provides counselling for Kneehill area residents who are experiencing family and/or marriage relationship challenges. This program can be accessed by contacting one of the Family Wellness Workers or the Director of Kneehill Regional FCSS.

Phone: 403-443-3800

## KNEEHILL GRANT WRITER

Can assist any non-profit group or organization in Kneehill County with the entire grant writing process, including researching, writing and reporting.

Email: [grantwriter@townoftrochu.ca](mailto:grantwriter@townoftrochu.ca)

## KNEEHILL INTERAGENCY GROUP

Develops effective communication and cooperation between agencies and organizations in the Kneehill area.

Contact: Kneehill Regional FCSS  
Phone: 403-443-3800  
Email: [angie@kfcss.com](mailto:angie@kfcss.com)  
Location: 779 2nd St., NE, Three Hills

## KNEEHILL REGIONAL FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS)

Working for the municipalities of Acme, Carbon, Kneehill County, Linden, Three Hills and Trochu to enhance the social well-being of individuals, families and communities. Kneehill Regional FCSS provides information and referral and some direct services. Provides funds to Seniors Outreach, the Family Wellness Program, Kneehill Family and Marriage Counselling and the Kneehill Community Support Coach.

Director: Shelley Jackson-Berry  
Phone: 403-443-3800 or 403-443-0793  
Email: [shelley@kfcss.com](mailto:shelley@kfcss.com)  
Website: [www.kfcss.com](http://www.kfcss.com)  
Location: 779 2nd St. NE, Three Hills  
Address: Box 400, Three Hills, AB T0M 2A0

## LEGAL AID ALBERTA

Legal services for low-income Albertans. Legal Aid Alberta is an independent, publicly funded, not-for-profit organization that provides affordable legal services in family law, domestic violence, child welfare, immigration, and youth and adult criminal defense.

Phone: 1-866-845-3425  
Website: [www.legalaid.ab.ca](http://www.legalaid.ab.ca)

## LENDING CUPBOARD SOCIETY OF ALBERTA

A registered charity that lends a wide variety of medical equipment to central Albertans at no cost. Check their website for more detailed information or contact their office during regular office hours.

Phone: 403-356-1678  
Email: [contact@lendingcupboard.ca](mailto:contact@lendingcupboard.ca)  
Website: [www.lendingcupboard.ca](http://www.lendingcupboard.ca)  
Location: #1-7803 50th Ave.  
Red Deer, AB T4P 1M8  
Hours: Monday – Friday, 9:00 am to 4:30 pm

## MONEY MENTORS

Money Mentors is the only Alberta-based, not-for-profit credit counselling agency that educates Albertans in personal money management and the wise use of credit, and to provide alternatives for families and individuals facing financial crisis.

Phone: 1-888-294-0076  
Website: [www.moneymentors.ca](http://www.moneymentors.ca)

## MULTIPLE SCLEROSIS SOCIETY OF CANADA

Contact: 1-800-268-7582  
Email: [info@mssociety.ca](mailto:info@mssociety.ca)

## PARKINSON ASSOCIATION OF ALBERTA

Phone: 1-800-561-1911  
Email: [info@parkinsonassociation.ca](mailto:info@parkinsonassociation.ca)  
Website: [www.parkinsonassociation.ca](http://www.parkinsonassociation.ca)

## REHOBOTH CHRISTIAN MINISTRIES

Services to adults with developmental disabilities.

Phone: 403-443-2239  
Location: 523 Main St., Three Hills  
Address: Box 602, Three Hills, AB T0M 2A0

## SOUTHERN ALBERTA REGIONAL VICTIM SERVING SOCIETY (VICTIM SERVICES)

The Southern Alberta Regional Victim Serving Society (SARVSS) provides a broad range of services under the Victims of Crime and Public Safety Act and Regulation, and in partnership with the Government of Alberta, the Alberta RCMP, specialized and community-based victim serving organizations, municipalities, and other local agencies. SARVSS assists victims of crime throughout the criminal justice process by providing the core services of information, support, and referrals. SARVSS also supports communities by providing resources and support to people undergoing loss and tragic circumstances. Contact your local RCMP detachment.

## TAKE OFF POUNDS SENSIBLY (TOPS)

### Three Hills

Contact: Ginger Estabrooks, 403-443-7133  
Location: Knox United Church, Three Hills  
Meetings: Fridays, 9:00 – 10:00 am  
Weigh In: 8:00 – 8:50 am

### Trochu

Contact: Pam Bezanson, 403-442-2259  
Location: Trochu Arena, East Door  
Meetings: Thursdays, 8:45 – 9:50 am  
Weigh In: Thursdays, 8:15 – 8:45 am

## TORRINGTON WELLNESS CENTRE

A variety of services are available

Contact: Susan MacKenzie, 403-631-3700  
Email: [tallulah\\_41@yahoo.ca](mailto:tallulah_41@yahoo.ca)

## TRUE NORTH EMERGENCY SHELTER

True North (formerly Wheatland Crisis Society) offers emergency shelter, a 24-hour crisis & support line, crisis counselling, outreach services, early intervention, court support, and public education. True North serves women, children, men, and anyone on the LGBTQ2+ spectrum in the Strathmore, Drumheller, Kneehill, Siksika, Carseland and greater area! All services are free and do not require referral.

Toll-Free: 1-877-934-6634  
Address: Box 2162, Strathmore, AB T1P 1K2  
Email: [general@truenorth.com](mailto:general@truenorth.com)  
Website: [www.truenorthab.com](http://www.truenorthab.com)

## SPORTS AND RECREATION

### 4H GROUPS

#### Huxley 4H Beef Club

The club is a beef project where participants raise steers and breeding females. Anyone 9-21 years of age can join.

Leader: Charlotte Johnson, 403-556-0091  
Email: [huxley4hbeefclub@gmail.com](mailto:huxley4hbeefclub@gmail.com)  
Location: Huxley Hall  
Meetings: 2nd Thursday, 7:00 pm

#### Kneehill 4H Multi-Club

Projects include crafts, vehicle maintenance, archery, leathercraft and more. Learn new skills, create new friendships, and have lots of fun!

Leaders: BJ Denby, 403-836-1466  
Lee-Ann Moren, 403-443-3374  
Email: [kneehillmulti@gmail.com](mailto:kneehillmulti@gmail.com)  
Location: Dr. Elliott School  
Meetings: 2nd Tuesday, 7:00 pm

#### Swalwell 4H Club

Market steers, beef females and carcass projects. Meet new friends and learn to do by doing.

Leader: Kelli Becker, 403-669-3411  
Location: Swalwell Hall  
Meetings: 2nd Monday

#### Three Hills/Ghost Pine 4H Beef Club

Helps foster responsibility and create positive lifestyles.

Leader: Tanner and Nicole Kubinec, 403-443-1215  
Email: [tnkubinec@hotmail.com](mailto:tnkubinec@hotmail.com)  
Location: Three Hills School  
Meetings: 2nd Monday, 7:00 pm

## ACME AND DISTRICT GOLF CLUB

Nine-hole golf course with grass greens.

Email: [acmegolfclub@hotmail.com](mailto:acmegolfclub@hotmail.com)  
Website: [www.acmegolfclub.com](http://www.acmegolfclub.com)  
Location: NE of the Village of Acme  
Address: Box 581, Acme, AB T0M 0A0  
Clubhouse: 403-546-4020

## ACME CURLING CLUB

The rink consists of three sheets of artificial ice, buttonhole cameras over far away houses, complete with a kitchen, lockers, a bar and two viewing areas. The space is available for curling meetings, public meetings and social functions.

President: Paul Wiebe  
Phone: 403-510-9260  
Email: [paulwiebe2@gmail.com](mailto:paulwiebe2@gmail.com)  
Address: Box 11, Acme, AB T0M 0A0

## ACME HERITAGE RACQUETBALL CLUB

One racquetball and one squash court, as well as a beach volleyball and wallyball court attached to Acme School.

Contact: Albert Neufeld, 403-371-8586  
Bookings: [acmeheritageclub@gmail.com](mailto:acmeheritageclub@gmail.com)  
Address: Box 128, Acme, AB T0M 0A0

## ACME KARATE ASSOCIATION

Martial Arts instruction for ages 5 and up.

Contact: Chris Smeltzer  
Phone: 587-580-8772  
Email: [acmekarate@gmail.com](mailto:acmekarate@gmail.com)

## ACME/LINDEN BASEBALL ASSOCIATION

Email: [acmelindenbaseball@gmail.com](mailto:acmelindenbaseball@gmail.com)

## ACME/LINDEN SOCCER ASSOCIATION

Email: [acmelindensoccer@gmail.com](mailto:acmelindensoccer@gmail.com)

## ACME OUTDOOR SWIMMING POOL

Contact: 403-546-3071  
Email: [acmeswim@gmail.com](mailto:acmeswim@gmail.com)

## ACME OUTDOOR SKATING RINK

Contact: Village Office, 403-546-3783  
Email: [clerk@acme.ca](mailto:clerk@acme.ca)

## CARBON CENTENNIAL SWIMMING POOL

Open from May to August.

Phone: Village Office, 403-572-3244  
Address: Pool, 403-572-0006  
235 Caradoc Ave, Carbon

## CARBON CURLING CLUB

Location: 237 Caradoc Ave, Carbon  
Email: [carboncurlingclub.ag@gmail.com](mailto:carboncurlingclub.ag@gmail.com)

## CARBON MINOR BASEBALL ASSOCIATION

Runs April through June. Ages 5 and up

Contact: Dennel Barnes, 403-334-0200  
Email: [baseballcarbon@gmail.com](mailto:baseballcarbon@gmail.com)

## DANCE CELEBRATION

Dance instruction for ages 3 to adult.

Contact: Ashley Savage, 403-445-1785  
Email: [3hillsdancecelebration@gmail.com](mailto:3hillsdancecelebration@gmail.com)  
Website: [www.threehillsdancecelebration.com](http://www.threehillsdancecelebration.com)

## GENESIS BIKE AND BOARD SKATE PARK

BMX and skateboard club.

Contact: AJ and Thea Walker  
Phone: 403-443-5911 (daytime)  
403-443-3312 (evenings and weekends)

## HOST PINE ATHLETIC (THREE HILLS-RURAL)

This club is a baseball organization.

Contact: Ted Kubinec, 403-443-7358

## HILLSIDE LANES BOWLING

5 pin, six lanes with glow bowling. Computerized scoring. Public bowling, kids bowling, leagues (youth and adults) and parties.

Contact: Deb Watson  
Phone: 403-443-2003  
Address: 207 Main St., Three Hills, AB

## KNEEHILL ARCHERS & BOW HUNTERS

Welcomes all ages & skill levels. Bows are available for new archers to try. Members are encouraged to have their own equipment.

Contact: Don Collins, 403-993-5282  
Location: Trochu Community Centre Basement  
Meetings: Wednesday, 7:00 pm

## KNEEHILL AREA RECREATIONAL HOCKEY ASSOCIATION

Contact: Steve Larocque  
Email: [KARHA2023@gmail.com](mailto:KARHA2023@gmail.com)  
Website: [www.kneehillstorm.com](http://www.kneehillstorm.com)

## KNEEHILL MINOR HOCKEY

Contact: Mike Arvidson  
Email: [preskmha@gmail.com](mailto:preskmha@gmail.com)  
Website: [www.kneehillminorhockey.ca](http://www.kneehillminorhockey.ca)

## KNEEHILL MIXED SLO-PITCH LEAGUE

Contact: Randi Fenton, 403-585-0160

## THREE HILLS AQUATIC CENTRE

Includes indoor pool, waterslide, outdoor splash park and weight/exercise room. Variety of programs offered. Schedules available at pool or online.

Pool: 403-443-2111 (Schedule line)  
Office: 403-443-2166  
Email: [pool@threehills.ca](mailto:pool@threehills.ca)  
Website: [www.threehills.ca/pool](http://www.threehills.ca/pool)  
Location: 221 4th Ave. NE  
Address: Box 610, Three Hills, AB T0M 2A0

## THREE HILLS CURLING CLUB

Operated by volunteer board. Curling and Bonspiels occur from November to March.

Email: [threehillscurlingclub@gmail.com](mailto:threehillscurlingclub@gmail.com)  
Location: 218-3rd Ave. NE, Three Hills

## THREE HILLS GOLF CLUB

Clubhouse: 403-443-5065  
Email: [threehillsgolfclub@gmail.com](mailto:threehillsgolfclub@gmail.com)  
Website: [www.threehillsgolfclub.ca](http://www.threehillsgolfclub.ca)

## THREE HILLS GYMNASTICS CLUB

Location: Three Hills Community Centre  
Email: [threehillsgymnastics@gmail.com](mailto:threehillsgymnastics@gmail.com)

## THREE HILLS KARATE

Contact: Dawn Kinsey, 403-443-1193

## THREE HILLS MINOR BALL

Contact: Randi Fenton, 403-585-0160  
Email: [three.hills.minor.ball@gmail.com](mailto:three.hills.minor.ball@gmail.com)

## THREE HILLS SKATING CLUB

Email: [3hillsskatingclub@gmail.com](mailto:3hillsskatingclub@gmail.com)  
Location: 202-3rd Ave. NE (Three Hills Arena)

## THREE HILLS SOCCER ASSOCIATION

Website: [www.threehillssoccer.ca](http://www.threehillssoccer.ca)

## THREE HILLS STREET FREAKS CAR CLUB

Email: [threehillsstreetfreaks@gmail.com](mailto:threehillsstreetfreaks@gmail.com)

## TORRINGTON AREA AND CURLING CLUB

Contact: 403-631-2163  
Email: [torringtonag@gmail.com](mailto:torringtonag@gmail.com)  
Bookings: [torringtonarena.com/rentals/](http://torringtonarena.com/rentals/)

## TROCHU DANCE TROUPE

Offers recreational and competitive classes for dancers of all ages!

Email: [trochudancetroupe@gmail.com](mailto:trochudancetroupe@gmail.com)  
Website: [www.trochudancetroupe.com](http://www.trochudancetroupe.com)

## TROCHU GOLF AND COUNTRY CLUB

This excellent course features 9 holes, grass greens, a licensed clubhouse, camping and full tournament facilities. Public Welcome! Open April – October.

Phone: 403-442-2747  
Email: [trochugolfandcountry@hotmail.com](mailto:trochugolfandcountry@hotmail.com)  
Website: [www.trochugolf.com](http://www.trochugolf.com)  
Location: 101 Devilder Ave.

## TROCHU GUN CLUB

Target practice and trap shooting. Must be a resident of Kneehill County.

Contact: Allen Capnerhurst, 403-396-0242  
Memberships: Gord and Deb Ruddell, 403-442-4236  
Location: Trochu Community Centre Basement

## TROCHU POTTERY CLUB

Contact: Thelma Enzie, 403-442-2541  
Location: Trochu Community Centre Basement

## COMMUNITY HALLS AND CENTRES

[www.kneehillcounty.com/2240/Rural-Community-Halls](http://www.kneehillcounty.com/2240/Rural-Community-Halls)

## SERVICE ASSOCIATIONS – VOLUNTEER

### AGRICULTURAL SOCIETIES

#### Acme and District Agricultural Society

Promotes and encourages activities that meet the needs of members. Supports various groups in Acme and the surrounding communities.

Email: [acmeagsociety@gmail.com](mailto:acmeagsociety@gmail.com)  
Website: [www.acmeag.ca](http://www.acmeag.ca)  
Meetings: As required

#### Carbon and District Agricultural Society

Email: [carboncurlingclub.ag@gmail.com](mailto:carboncurlingclub.ag@gmail.com)  
Location: Curling Club  
Address: Box 213, Carbon, AB T0M 0L0  
Meetings: As required

#### Linden and District Agricultural Society

Provide leadership and resources to enhance the community. Sponsors events, programs and scholarships, provides financial support to other community programs, partners with local and regional businesses, governments, and organizations. Current events are Volunteer Appreciation Night, Sports Day, Fall Fair, and Christmas Light Up Celebration.

Contact: Jamie Collins, 403-443-0766  
Email: [lindenagsociety@gmail.com](mailto:lindenagsociety@gmail.com)  
Location: Linden Clubhouse  
Address: 1st St. SE, Linden  
Meetings: 4th Thursday, 7:00 pm

#### Three Hills and District Agricultural Society

Supports the Farmers Market and promotes agricultural services and educational programs.

Contact: Alan Gorman, 403-443-0246  
Email: [3hillsagsociety@gmail.com](mailto:3hillsagsociety@gmail.com)

#### Three Hills Farmers Market

Operates Tuesdays 10:00 am – 1:00 pm June to September.

Christmas Market is held in November.

Contact: Cathy Baglole, 403-870-3155  
Email: [threehillsfarmersmarket@gmail.com](mailto:threehillsfarmersmarket@gmail.com)  
Location: Three Hills Curling Club

#### Torrington and District Agricultural Society

Responsible for the operation of all aspects of the Torrington Arena.

Contact: Alisa Kolenosky, 403-415-5785  
Chester Block, 403-445-1743  
Phone: 403-631-2163  
Email: [torringtonag@gmail.com](mailto:torringtonag@gmail.com)  
Website/Bookings: [www.torringtonarena.com](http://www.torringtonarena.com)

## Trochu and District Agricultural Society

We bring exciting agricultural experiences to Trochu and surrounding areas. Our fully equipped arena hosts thrilling rodeos and clinics. From action packed events to educational workshops, we celebrate our rural roots and foster agricultural passion.

Contact: Lynnette De Beaudrap, 403-588-5826  
Jaime Martel, 403-443-0635  
Email: [trochu.agsoociety@outlook.com](mailto:trochu.agsoociety@outlook.com)  
Location: 239 North Rd, Trochu  
Address: Box 543, Trochu, T0M 2C0  
Meetings: 3rd Monday

## BENEVOLENT PROTECTIVE ORDER OF ELKS

A fraternal organization and service club whose prime goal is community service. Any male over 16 years of age may join. Support many worthwhile community projects through casino and local fundraisers.

[www.elksofalberta.ca](http://www.elksofalberta.ca)

### Acme Branch

Exalted Ruler: Cory Ward, 403-888-6110  
Secretary: Douglas Miller, 403-650-6086  
Email: [acmeelks216@gmail.com](mailto:acmeelks216@gmail.com)  
Location: Acme Community Centre  
Address: Box 371, Acme, AB T0M 0A0  
Meetings: Last Tuesday, 7:30 pm

### Three Hills Branch

Exalted Ruler: Mike Reynolds Sr., 403-443-0122  
Secretary: Ella Lammle, 403-443-3286  
Email: [threehillselks190@gmail.com](mailto:threehillselks190@gmail.com)  
Location: Three Hills Community Centre  
Address: Box 93, Three Hills, AB T0M 2A0  
Meetings: 3rd Tuesday, 7:00 pm

### Trochu Branch

Exalted Ruler: Paul Frere, 403-442-2685  
Contact: John Hoppins, 403-442-2572  
Location: Trochu Community Centre  
Address: RR2, Trochu, AB T0M 2C0  
Meetings: 1st Tuesday, 8:00 pm

## HUXLEY COMMUNITY ASSOCIATION

Represent the community, organize dances and manage the curling rink and community hall.

Contact: Christina Hoppins, 403-358-8960

## KNIGHTS OF COLUMBUS

This is a charitable Catholic Men's Organization that raises money for social needs.

Contact: Kevin Kubinec, 403-442-2453  
Joe Kubinec, 403-443-5653  
Location: St. Joseph's Catholic Church  
109-6th Ave. N, Three Hills  
Meetings: 4th Tuesday, 8:00 pm, except in July, August & December

## LIONS CLUB

### Carbon Lions Club

Donates to causes such as schools, 4-H, STARS.

Contact: Terry Reed, 403-572-3626

Location: Carbon Community Hall

Address: Box 392, Carbon, AB T0M 0L0

Meetings: 2nd and 4th Wednesday, 7:00 pm

## MASONIC LODGE (ACME/IRRICANA)

Community donations and school scholarships.

Contact: Tony Gize, 587-777-2359

Secretary: Robert Park, 403-443-0145

Email: [AcmeIrricanaMasons@gmail.com](mailto:AcmeIrricanaMasons@gmail.com)

Location: Corner of 2nd St. and 2nd Ave. Irricana

Meetings: 3rd Thursday, 7:30 pm

## NEW NEIGHBOUR PROGRAM

Welcoming new neighbours to the Trochu/Torrington area with support from local businesses and organizations.

Contact: Deb Ruddell, 403-443-1487  
Email: [info@trochuministerial.ca](mailto:info@trochuministerial.ca)

## PRAIRIE ROSE REBEKAH LODGE

Prairie Rose Rebekah Lodge is open to men and women. This organization sponsors eye research and a public speaking contest for students. The winner gets an expense paid trip to the United Nations in New York. Raise funds with monthly soup and sandwich meals and operate a casino every 3 years. They do a barbecue once a year for Linden nursing home. Donates to local groups in the Acme area.

Contact: Doug Barnard, 403-546-2536  
Location: Acme Community Centre  
Address: Box 322, Acme, AB T0M 0A0  
Meetings: 2nd and 4th Monday, 7:30 pm

## RED HAT SOCIETY

The Happy Hillians of Kneehill County is a ladies over 50 fun social group. Must be prepared to wear a red hat and purple clothes and endure laughter. Monthly gatherings throughout Kneehill County where there are members from Torrington, Trochu, Three Hills, Carbon, Acme and Linden.

Contact: Donna Du Bois, 403-443-9565

## ROYAL CANADIAN LEGION

The Legion welcomes veterans and ex-service personnel but is open to anyone over the age of 18.

### Acme Branch

Contact: Marina Seaward, 403-546-4142  
Location: Acme Legion  
Meetings: As needed

### Carbon Branch

Contact: Kim Starchuk, 403-334-3124  
Location: Carbon Valley Hotel  
Meetings: 3rd Wednesday, 6:00 pm

### Huxley Branch

Contact: Christina Hoppins, 403-358-8960  
Location: Huxley Curling Rink  
Meetings: As needed

### Three Hills Branch

Contact: Doug Lorraine, 403-660-3222  
Location: Ella Lammle, 403-443-7268  
Meetings: Three Hills Community Drop-In Centre  
4th Tuesday, 7:00 pm

### Trochu Branch

Contact: Bruce Campbell, 403-442-2703  
Location: Seniors Drop-In Centre  
Meetings: As needed

## ROYAL PURPLE ELKS

We fundraise in a variety of creative ways so that we can donate back to our community through the volunteer efforts of our members.

### Acme Branch

The Acme Royal Purple Elks Lodge #103 is a member of a national, charitable organization. We support our communities and our national charity, the Elks and Royal Purple Fund for Children. Our donations have supported the schools and many organizations here in our Carbon-Acme-Linden communities.

Contact: Miranda McLean, 403-443-0725  
Location: Acme Community Hall  
Meetings: 1st Monday

### Trochu Branch

The Trochu Royal Purple Elks Lodge #71 is a member of a national, charitable organization. Donations are made to community organizations from Casino monies.

Contact: Jean Frere, 403-442-2685  
Location: Trochu Community Hall  
Meetings: 1st Tuesday, 8:00 pm

## THREE HILLS AND DISTRICT CHAMBER OF COMMERCE

The Three Hills and District Chamber of Commerce believes that prosperous businesses are essential to a thriving community. We actively promote the interests of our members, help our local economy to flourish, and contribute to the shared life of our community.

Phone: 403-443-5345  
Email: [info@threehillschamber.ca](mailto:info@threehillschamber.ca)  
Address: Box 277, Three Hills, AB T0M 2A0  
Meetings: 3rd Thursday in January, March, May, September and November.

## THREE HILLS AND DISTRICT PALLIATIVE CARE SOCIETY

Provides equipment and furnishings to enhance the physical needs and comfort of patients and their families, education programs for professionals and volunteers and training programs and supports for volunteers.

Contact: Maureen Arvidson, 403-443-0431  
Donna DuBois, 403-443-9565

## THREE HILLS BEAUTIFICATION

Contact: Shirley Cullum, 403-443-7429

## THREE HILLS COMMUNITY GARDEN

Contact: Deb Sept, 403-443-1160  
Email: [gdept@outlook.com](mailto:gdept@outlook.com)

## THREE HILLS HEALTH CARE AUXILIARY

Auxiliary supports the hospital, raising funds for hospital equipment etc.

Contact: Marion Johnson, 403-443-7069  
Secretary: Sharon Lee, 403-443-5767  
Location: Three Hills Health Care Centre  
1504-2nd St. N, Three Hills, AB  
Meetings: 3rd Tuesday, 1:00 pm  
Jan, Mar, May, Sept, Nov.

## WIMBORNE LADIES COMMUNITY CLUB

Raises money through catering to help support the Wimborne community and Community Centre.

Contact: Mary Mackie, 587-877-1012

## SENIORS SUPPORTS AND SERVICES

### ALBERTA SENIORS FINANCIAL AND HEALTH SUPPORTS

Provides a number of programs and services to Alberta seniors, such as information on senior's benefits, special needs assistance, dental and optical assistance, health care coverage, home adaptation and repair

Website: <https://www.alberta.ca/senior-supports.aspx>

### MEALS ON WHEELS

Meals are supplied at a reduced fee and local service group volunteers deliver.

**Three Hills, Linden, Acme and Carbon**  
Contact: Seniors Outreach  
Phone: 403-443-2555  
**Trochu**  
Contact: St. Mary's Health Care Centre  
Phone: 403-442-3955

### SENIORS OUTREACH PROGRAM SOCIETY

Provides services to seniors in the Kneehill area, including information and referral, assistance and advocacy, transportation, friendly visiting, support groups, elder abuse information and presentations, and partnerships with other agencies. Volunteers of all ages are welcome.

Administrator: Astrid Beerens - Ritz  
Phone: 1-888-443-2555 or 403-443-2555  
Fax: 403-443-7755  
Email: [office@seniorso.ca](mailto:office@seniorso.ca)  
Website: [www.seniorso.ca](http://www.seniorso.ca)  
Location: 128-3rd Ave. SE, Three Hills Provincial Building  
Address: Box 1465, Three Hills, AB T0M 2A0  
Hours: Monday - Thursday, 9:00 am – 4:00 pm

**Kneehill North** (Trochu, Torrington, Huxley, Wimborne)

Email: [kneehillnorth@seniorso.ca](mailto:kneehillnorth@seniorso.ca)

**Kneehill South** (Acme, Carbon, Linden, Swalwell)

Email: [kneehillnorth@seniorso.ca](mailto:kneehillnorth@seniorso.ca)

## **HOUSING SUPPORTS**

### **RENTAL ASSISTANCE BENEFIT PROGRAM**

Rental Assistance Benefit program is a subsidy paid directly to eligible tenants to assist with rental costs, based on income.

Contact: Drumheller Housing Authority  
Phone: 403-823-2121  
Email: [rent@2121.ca](mailto:rent@2121.ca)  
Website: [www.rentd.ca](http://www.rentd.ca)  
Location: 145 3rd Ave. W, Drumheller  
Address: Box 2121, Drumheller, AB T0J 0Y0

### **KNEEHILL HOUSING CORPORATION - SENIORS**

Provides affordable housing for seniors that are functionally independent with or without the assistance available through existing community-based services.

Phone: 403-443-5216  
Email: [info@kneehillhousing.com](mailto:info@kneehillhousing.com)  
Website: [www.kneehillhousing.com](http://www.kneehillhousing.com)  
Location: 814-1st St. N, Three Hills  
Address: Box 337, Three Hills, AB T0M 2A0

### **KNEEHILL HOUSING CORPORATION – FAMILIES**

Four duplexes provide housing for 8 eligible, low-mid income families. Rent is based on income and includes heat, water, sewer and garbage.

Phone: 403-443-5216

### **LINDEN LODGE**

Provides housekeeping and food services to its residents. It is a private, not-for-profit facility.

Contact: Christine Coggins  
Office: 403-546-3136  
Email: [admin@lindenlodgeab.com](mailto:admin@lindenlodgeab.com)  
Website: [www.lindenlodgeab.com](http://www.lindenlodgeab.com)  
Location: 101-1st St. NE, Linden  
Address: Box 150, Linden, AB T0M 1J0

### **PARKVIEW LODGE SENIORS SOCIETY (CARBON)**

Provides affordable, unassisted housing for seniors aged 65 plus. This is a private, not- for-profit facility.

Contact: Natasha Crocker  
Office: 403-901-8809  
Email: [pvlociety@gmail.com](mailto:pvlociety@gmail.com)  
Location: 324 Caradoc Ave, Carbon  
Address: Box 254, Carbon, AB T0M 0L0

### **ST. MARY'S LODGE (TROCHU)**

28 bed facility of private and semi-private rooms.

Phone: 403-442-3955; ext. 276  
Address: Box 100, Trochu, AB T0M 2C0

### **STUDIOS ALBERTA LTD.**

Provides affordable housing to low-income individuals. Properties in Ponoka, Olds, Drumheller, Vegreville and Three Hills

Phone: 1-888-963-5698  
Email: [info@studiosalberta.com](mailto:info@studiosalberta.com)  
Website: [www.studiosalberta.com](http://www.studiosalberta.com)

### **WESTVIEW CARE COMMUNITY**

Our mission is to compassionately care for the disabled and elderly.

Contact: 403-546-3966  
Website: [www.westviewcare.ca](http://www.westviewcare.ca)  
Address: Box 220, Linden, AB T0M 1J0

## **SENIORS CENTRES**

### **ACME SENIORS ASSOCIATION**

Phone: 403-546-2154  
Location: 112 Main St., Acme  
Address: Box 562, Acme, AB T0M 0A0  
Hours: Tuesday 1:00 – 4:00 pm  
Meetings: 2nd Wednesday at 6:00 pm

### **CARBON NEW HORIZONS GROUP**

Phone: Penny Ohlhauser, 403-820-2543  
Location: 718 Glengarry St. Carbon  
Address: Box 233, Carbon, AB T0M 0L0  
Hours: Tuesday and Thursday 1:30 – 3:30 pm

### **LINDEN SENIORS GROUP**

Contact: Deanna Bailey, 403-805-4359  
Address: Box 184, Linden, AB T0M 1J0  
Location: 106 1st St. SE, Linden Clubhouse

### **SILVER WILLOWS SENIOR CITIZENS CENTRE**

Members of this Torrington club meet at the Silver Willows complex for various events, activities, trips and occasional potlucks. Will rent to small groups.

Contact: Susan MacKenzie, 403-631-3700  
Dianne Gorr, 403-442-2532  
Location: 113 Centre St, Torrington

### **THREE HILLS COMMUNITY DROP-IN CENTRE**

A social drop-in centre for anyone; monthly meetings, potlucks, cards, games, pool, puzzles, visiting and new friends. Available for rental.

Drop-In Centre: 403-443-2182  
Rental Bookings: 403-443-2555  
Location: 499-3 Ave., SE. Three Hills  
Hours: Monday – Friday, 9:00 am – 12:00 pm

### **TROCHU SENIORS DROP-IN CENTRE**

Open Monday to Saturday 9:00 – 11:30 am, Monday, Wednesday and Friday 1:30 – 4:30 pm. Activities include cards and socializing.

Centre: 403-442-4212  
Contact: Bonny Teichroeb  
Address: Box 6, Trochu, AB T0M 2C0  
Location: 313 Main St., Trochu  
Meetings: 4th Tuesday (Executive)



**Kneehill Regional FCSS:  
Serving the municipalities of Acme, Carbon, Kneehill County,  
Linden, Three Hills and Trochu.**



**Kneehill Regional Family and Community Support Services** offers numerous programs and services throughout our six municipalities. For more information on any of the following programs, please contact our office at 403-443-3800, email [angie@krfcss.com](mailto:angie@krfcss.com), go to our website at [www.krfcss.com](http://www.krfcss.com) or follow us on Facebook ([facebook.com/krfcss](https://facebook.com/krfcss)) and Instagram ([kneehillregionalfcss](https://www.instagram.com/kneehillregionalfcss)).

**Information and Referral** – Kneehill Regional FCSS provides information and referral to services and programs available to residents in the Kneehill area.

**Kneehill Interagency Meetings and News Briefs** – Opportunities for service providers to network and share information. Interagency meetings are held on the 4<sup>th</sup> Tuesday in January, April, July and October.

**Volunteer Resources and Supports** – Kneehill Regional FCSS supports volunteer organizations and volunteers with recruitment, retention, recognition, education, and appreciation initiatives, as well as through the Volunteer Kneehill website [www.volunteerkneehill.ca](http://www.volunteerkneehill.ca).

**Tools for School** – Kneehill Regional FCSS organizes the Tools for School Program. Through generous cash donations, much needed school supplies are provided to children in need in the Kneehill area. Cash donations are accepted all year, and tax receipts are available.

**Community Volunteer Income Tax Program (CVITP)** – Community volunteers prepare income tax returns for low-income individuals and families who meet the criteria. This is a program run in partnership with Canada Revenue Agency, who provides volunteer support for those lending a hand. Volunteers are available in March and April of each year to complete returns. Contact [cvitp@krfcss.com](mailto:cvitp@krfcss.com) or call our office at 403-443-3800.

**Just in Case** – Just in Case sessions help you create a file of the important information in your life “just in case” something happens, and helps those who need to know where your information is, such as wills, insurance, passwords, etc.

**Child and Youth Programs** – Kneehill Regional FCSS offers several programs and activities that support children and youth by providing opportunities to express themselves, make positive connections and enhance leadership skills.

**Fountain of Health** - Research shows that there are five actions you can take to maximize your health and happiness, no matter your age. Learn how developing a positive outlook on aging, combined with a healthy lifestyle can help you reduce the risk of chronic illness and optimize the management of chronic conditions like depression, anxiety, diabetes, cancers, heart disease and others.

**Other Initiatives** – Family Violence Awareness and Preventing, Healthy Relationships, Bullying Awareness, Random Acts of Kindness, Community Discovery Nights, Dementia Friendly Communities Group, Seniors Week, Child and Youth Working Group, Mental Health and Wellness projects and programs, Emergency Social Services, Men, Kids and Mayhem, Early Years programs.



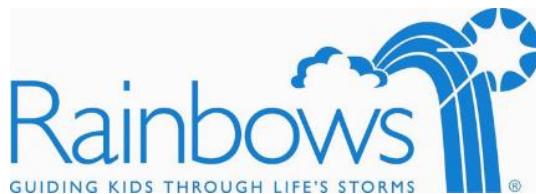
True Colors is a personality typing program that helps people of all ages with self-discovery and a better understanding of others to reduce miscommunication and conflict. Whatever challenges you may be facing at home, in school, or in the workplace, True Colors can help you to communicate more effectively. We offer True Colors for adults, children, youth, and organizations as well as True Parenting, where you can learn how to apply the concepts to the difficult job of parenting.



Stress can affect children's physical, emotional, social and intellectual well being. By participating in this workshop, parents/caregivers will learn how to recognize stress in children and identify how to help children learn to manage stress. Participants will leave the 2-hour workshop with resources and content to help their children/youth manage stress. For parents with children Preschool to Grade 9.



Triple P Fearless is a program that supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, to support their children.



Rainbows offers programs for children, youth and adults who have experienced a separation, divorce, death or other painful transition within their family. Rainbows assists participants with sorting through their pain and confusion, build self-esteem and learn positive coping strategies to help deal with their loss. This process takes place in groups of peers with an adult facilitator in a safe and nurturing environment.



Parents/caregivers know their children best! Take a snapshot of your child's communication, social, motor, & problem-solving skills using a simple questionnaire. Identify your child's strengths! Learn new activities to improve skills not yet developed.



A 4, 6 or 8 week program where youth or adults learn, and practice proven and effective skills to manage anxiety and promote a sense of calmness.



An evidence-based program where participants explore exciting new information about what makes people happy. Learn to create more happiness for yourself by making positive changes in your thoughts, actions, relationships, and health.



**Girls Circle:** A structured support group for girls that builds resiliency, self-esteem, self-awareness, personal skills, and positive peer connections.

**Mother/Daughter Circle:** Mothers or female caregivers and their daughters come together to strengthen their bonds through shared listening, creative expression, and skill building.



# Volunteer Kneehill

**KNEEHILL REGIONAL FAMILY AND COMMUNITY SUPPORT SERVICES (FCSS)** hosts the **VOLUNTEER KNEEHILL** website. This website ([www.volunteerkneehill.ca](http://www.volunteerkneehill.ca)) serves volunteers and volunteer organizations in the areas of Acme, Carbon, Kneehill County, Linden, Three Hills and Trochu.

Kneehill Regional FCSS has made it a part of their mandate to support volunteers and organizations in the Kneehill area. Volunteering is vital to communities. It contributes to social cohesion and has the power to transform lives and communities. Volunteering doesn't take any special skills or extensive experience – and there's never a shortage of organizations looking for help!

## LOOKING FOR VOLUNTEERS? REGISTER YOUR ORGANIZATION!

1. Go to [www.volunteerkneehill.ca](http://www.volunteerkneehill.ca)
2. Select the “Register” button at the top right corner of the page.
3. Complete the required information, and register your organization.
4. Once your organization has been approved, you will be able to log in and start adding and editing your volunteer opportunities!

## WANT TO VOLUNTEER?

Volunteers do not need to register on the Volunteer Kneehill website. Easily view all the available opportunities by visiting [www.volunteerkneehill.ca](http://www.volunteerkneehill.ca) and selecting “Opportunities” at the top of the page. If you are interested in staying updated on new opportunities, upcoming events or receiving valuable volunteer resources, subscribe to the Volunteer Kneehill mailing list!

## SPONSORS



**WWW.VOLUNTEERKNEEHILL.CA**

# KNEEHILL AND AREA

# Circle of Supports

