

Community Services North Zone

Supports for Stroke Survivors

Non-AHS service providers offering assistance for stroke survivors integrating back into the community.

Caregiver Support

- [Alberta Brain Injury Initiative | bhssa](#) (multiple North Zone locations)
- Grande Prairie Adult Day Program – Community program by Homecare for Seniors (60+) to provide caregiver respite: 780-831-4179 or 587-495-9766
- Age Friendly Cold Lake www.agefriendlycoldlake.ca

Fitness and Recreation Programs

- Grande Prairie Eastlink Centre www.cityofgp.com/parks-recreation/facilities-venues/eastlink-centre
- Walking Programs – Grande Prairie Mall Walkers (Prairie Mall): 780-532-1810,
- Golden Age Centre (for Seniors 55+) – County of Grande Prairie Sportsplex www.crosslinkcountysportsplex.com
- Aquatic Rehab - www.alignable.com/grande-prairie-ab/rise-above-aquatic-rehabilitation
- Alberta Healthy Living: Exercise Program
[Free Group Health Education | North Zone Alberta Healthy Living Program](#)
- MacDonald Island Park, Ft. McMurray
- Syncrude Sport and Wellness Centre, Ft. McMurray
- Fort McMurray Golden Years Society
- Cold Lake Energy Centre [Cold Lake Energy Centre - City of Cold Lake](#)

Meals

- Meals on Wheels - [Grande Prairie & Area Council on Aging - Meals on Wheels \(gpcouncilonaging.com\)](#)
- Meals on Wheels Westlock (Homeland Housing 780-349-3600 (ext. 232)
- [Meals on Wheels Fort McMurray](#)
- Meals on Wheels [Meals on Wheels - City of Cold Lake](#)
- Age Friendly Cold Lake [MEAL PROGRAM - Age Friendly Cold Lake](#)

Rehabilitation

- [HomeBrainSolutions \(brainsolutionsot.com\)](http://brainsolutionsot.com) Private Occupational Therapy clinic in Grande Prairie
- Fit for Motion Physiotherapy Westlock [Fit For Motion Physiotherapy Clinic Inc - HealthLocal \(health-local.com\)](#)
- [Birchwood Circle of Care](#) Ft. McMurray
- Alta Sask Wellness [Alta-Sask Wellness | Lifemark](#) Cold Lake, Lloydminster

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- Elevation Health [Elevation Health](#) Cold Lake
- Impact Health [IMPACT Health | Physiotherapy in Bonnyville and east-central Alberta \(impacthealthcenter.com\)](#) Bonnyville, Cold Lake, St. Paul

Stroke Information and Support

- [Alberta Brain Injury Initiative | bhssa](#)
- Family and Community Support - County of Grande Prairie No.1 ([countygp.ab.ca](#))
[Blue Heron Support Services Association, Disability Supports Barrhead \(bhssa.ca\)](#)
- [Westlock County - FCSS \(Family & Community Support Services\)](#)
- [Blue Heron Support Services](#)
 - Athabasca, Onoway, Mayerthorpe, Whitecourt and surrounding areas - 780-305-3601
 - Slave Lake, Kinuso, and surrounding areas - 780-805-2649
 - Grimshaw, Peace River, Nampa, Manning, High Level, Fairview, La Crete, Fort Vermilion, Rainbow Lake, and surrounding areas - 780-933-1157
 - Grande Prairie, Grande Cache, Sexsmith, Spirit River, Rycroft, and surrounding areas - 780-933-4972 and 780-933-1147
 - High Prairie, McLennon, Falher, Donnelly, and surrounding areas - 780-536-7085
- [Alberta Brain Injury Network Home - St. Paul Abilities Network \(stpaulabilitiesnetwork.ca\)](#)
- [Age Friendly Cold Lake Age Friendly Cold Lake - New Title](#)

Transportation / Driving Assessment

- Functional Assessment Consultation Therapy (F.A.C.T.) – [F.A.C.T. Services Ltd. - Functional Assessments Consultation and Therapy \(otfacts.ca\)](#) Assessment of Driving capacity
- Grande Prairie Accessible Transit (Membership required) [Accessible Transportation | City of Grande Prairie \(cityofgp.com\)](#)
- Community Assistance Bus (Westlock) Book a Ride [Town of Westlock - Community Assistance Bus](#)
- [Special Mobility Assistance Required Transportation \(SMART bus\)](#) Wood Buffalo
- [Regional Municipality of Wood Buffalo Transit](#)
- [Cold Lake Adapted Transit](#)

Vocational Services

- R-Work Group (helps persons with disabilities find a job) – [Home - R Work Group \(rwgcommunity.com\)](#) Grande Prairie
- Functional Assessment Consultation Therapy (F.A.C.T.) [Services | F.A.C.T. Services Ltd. \(otfacts.ca\)](#) Grande Prairie

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Safety/Mobility

- [Fort McMurray Home Equipment Loan Program \(HELP\)](#)

Social and Mental Health

- Adult Day Program – Program provided by Homecare for seniors (60+) in community to optimize function/caregiver respite – call 780-831-4179 or 587-495-9766
- Catholic Family Services (Individual/Family Counseling/Support) [Home](#) | [cfsgp](#)
- Senior's Centre – [Golden Age Centre | City of Grande Prairie \(cityofgp.com\)](#)
- Men's Support Group (for men experiencing losses) – www.sp-rc.ca