

# Well on Your Way

Helping Youth Transition to Adult Healthcare



## Lethbridge Transition Resources

### Community Access, Advocacy and Support

- [Big Brothers Big Sisters of Lethbridge & District](#) 403-328-9355
- [BGC \(Lethbridge\)](#) 403-327-6423
- [Family Centre \(Downtown Location\)](#) 403-320-4232
- [Family Support for Children with Disabilities](#) 403-381-5777
- [Key Connections Consulting Inc.](#) 403-524-2522
- [Inclusion Lethbridge](#) 403-327-2911
- [McMan Youth Family & Community Services](#) 403-328-2488
- [Youth One](#) 403-380-4426

### Disability Services

- [Lethbridge Family Services – DaCapo Disability Services](#) 403-320-9119
- [Edenbridge Family Services](#) 403-320-8887

### Education

- [Career Transitions](#) 403-328-3996

### Financial

- [Alberta Supports](#) 403-380-2272
- [Income Support](#) 1-877-644-9992
- [Assured Income for the Severely Handicapped](#) (AISH) 1-833-382-4081

### Housing

- [HomeBASE](#) (CMHA) 403-328-5465
- [YWCA Harbour House](#) 403-320-1881
- [McMan – Transition to Independence](#) 403-328-2488
- [Wood's Homes - Youth Connections: The Core](#) 403-317-1777

### Medical

- [CBI Health \(Lethbridge\)](#) 403-320-0911
- [Lethbridge Family Services – Home Services](#) 403-317-4624

### Mental Health

- [AHS – Addiction & Mental Health – Treatment Services for Youth](#) 1-866-332-2322
- [Lethbridge Family Services - Counselling, Outreach & Education](#) 403-327-5724

### Sexual Health

- [AHS Sexual & Reproductive Health](#) 403-388-6666

## **Recreation & Fitness**

- [KidSport](#)
- [Lethbridge YMCA](#)
- [Recreation and Culture Fee Assistance Program](#)

403-359-8200

403-942-5757

311 or 403-320-3111

## **Transportation Resources**

- [Lethbridge Transit](#)
- [Access-A-Ride \(AAR\)](#)

311 or 403-320-3111

403-329-6464