

# Well on Your Way

Helping Youth Transition to Adult Healthcare



## Red Deer Transition Resources

### Community Supports

- [Alberta Native Friendship Centre \(Red Deer\)](#) 403-340-0020
- [Red Deer Public Library \(downtown\)](#) 403-346-4576
- [Youth HQ](#) 403-342-6500

### Education Resources

- [Red Deer Polytechnic Accessibility Services](#) 403-357-3629

### Employment Resources

- [Bredin Employment Centre \(Red Deer\)](#) 587-273-0225
- [Employment Placement Support Services \(EPSS\)](#) 403-343-6249

### Financial & Legal Resources

- [Alberta Supports](#) 403-340-5353
- [Assured Income for the Severely Handicapped \(AISH\)](#) 403-340-5353
- [Central Alberta Community Legal Clinic](#) 1-877-314-9129

### Housing Resources

- [49<sup>th</sup> Street Youth Shelter](#) 403-341-3190

### Medical Resources

- [Primary Care Network – Red Deer](#) 403-343-9100

### Mental Health Resources

- [A Gathering Place](#) 403-309-7772
- [Canadian Mental Health Association \(CMHA-Red Deer\)](#) 403-342-2266
- Community Addiction & Mental Health – Adult & Youth Services 403-340-5466

### Supports for People with Disabilities

- [COSMOS Group of Companies](#) 403-343-0715

### Supports for Immigrants

- [Care for Newcomers](#) 403-346-8818

### Transportation Resources

- [Red Deer Transit](#) 403-342-8225
- [Action Bus \(Paratransit\)](#) 403-309-8400