

Wayfinding & Practical Supports

211 Alberta

Find community, health, social and government services. Available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.

Dial 211

Website: ab.211.ca

Alberta Seniors Housing Directory

Find appropriate housing, including accommodation only, housing with service options, and housing with service options and health supports.

Website: housingdirectory.ascha.com/

Sage Directory of Senior Services

A comprehensive directory of supports available in the Greater Edmonton area. Published annually by Sage Seniors Association and available as a digital PDF and in print.

Website:

mysage.ca/publications/directory

Strathcona Family & Community Services

Find programs and services for seniors including housing and home supports, meals, financial assistance and more.

780.464.4044

Website: strathcona.ca/community-families/seniors/

Our Lady of Perpetual Help Parish
13 Brower Drive, Sherwood Park

Church Open/Office Hours:

7:30 am – 7:30 pm, 7 days/week

Office: 780-467-5470

Email: info@olph.ca Pastor:

Compassionate Parish Team:

Call the parish office or email compassionateparish@olph.ca

www.olph.ca



Compassionate
Parish



Community Resources
and Supports in
Strathcona County
and Area

OLPH 

Health & Mental Health

Health Link Alberta

General Health advice and information, plus health related advice, education, information on community resources, and emotional support for events that occur during the course of dementia.

Dial 811

Website: MyHealth.Alberta.ca

Mercy Counseling-Catholic Social Services

Psychological counselling services from a faith-informed perspective.

780.391.3233

Website: cssalberta.ca/Our-Services

Alzheimer Society of Alberta

Information, education and support groups for individuals and families.

780.488.2266

Website: alzheimer.ca

Parkinson Association of Alberta

Support, education and inspiration for people impacted by Parkinson disease and Parkinson's Plus Syndromes. Sherwood Park Support Group for Persons with Parkinsons runs second Tuesday of the month.

1-800-561-1911

Website: parkinsonassociation.ca/

Advance Care Planning

Compassionate Alberta

A website designed to help Albertans have conversations about living and dying well and plan appropriately for the future.

Website: compassionatealberta.ca

Caregiver Support

Caregivers Alberta

Empowers caregivers by providing resources, mental health support, and education for people caring for family members or friends.

1.877.453.5088

Website: caregiversalberta.ca

Sherwood Park Care Partner Support Group

Alzheimer Society of Alberta & Northwest Territories

1-403-314-2295

Palliative Care

Pilgrims Hospice Society

Offers compassionate care for individuals living with a terminal illness, enhancing dignity and quality of life, until the end of life. Located in Edmonton.

780.413.9801

Website: pilgrimshospice.com

Alberta Hospice Palliative Care Association

Provides education, advocacy, and resources to achieve comprehensive and quality hospice palliative and end of life care for all Albertans.

403.206.9938

Website: ahpca.ca

Covenant Health Palliative Institute

Information and resources for patients and caregivers.

780.735.9637

Website: covenanthealth.ca

Elder Abuse/Domestic Violence

Catholic Social Services Elder/Senior Citizen Abuse Support Program

Support, assessment and referral for elderly adults at risk of experiencing abuse or neglect.

Intake Line: 780. 477.2929

Website: cssalberta.ca/Our-Services

Grief Support

Alberta Health Services Grief Support Program

Grief counselling for adults who have experienced the death of a family member or significant other.

Website: albertahealthservices.ca (search "grief")

Pregnancy and Infant Loss

Angel Whispers BabyLoss Support Program

Inspires hope and healing and offers compassion and understanding.

Program Coordinator: 780.974-7054
facebook.com/angelwhispersbabylosssupportprogram/

Waiting on Sunrise Baby Loss Resources

Offers resources to help grieving parents navigate their own loss journeys.

Website: babyloss.ca



Compassionate
Parish