



Did you know?

In 2015 SAIF provided 3,640 hours of free counselling support to individuals experiencing domestic violence.

The low income cut off (LICO) for a family of 4 living in St Albert is \$45,206. That's 4180 people living in St Albert.

2130 adults between the ages of 25-64 do not have a High School diploma.

In Canada, Suicide accounts for 24% of all deaths among 15-24 year olds (2015)

45% of youth surveyed in St Albert report that they communicate positively with their parents and are willing to seek their advice and counsel.

53% of youth surveyed in St Albert receive support from 3 or more non parent adults.

I'm struggling, where do I go?

Despite St Albert's reputation as an affluent community, many families live paycheque to paycheque with very little savings. This series of eight newsletters will highlight some of the most pressing financial strains families face on a day to day basis.

Sometimes despite our best efforts as parents, our families struggle. We can encounter divorce, death, addictions, parent child conflicts, and difficulty with children's behavior at home or school. It is important to reach out for help rather than struggling alone. If issues such as these are ignored, a child's development can be impaired.

St Albert is fortunate to have various support services offered at no cost.

- ⇒ **Family School Liaison:** family-centered support to individuals and families whose children may be experiencing difficulties at home or school. 780-459-1756
- ⇒ **Family Resource Centre:** providing educational courses and workshops, as well as one-on-one support services. 780-459-7377
- ⇒ **Stop Abuse in Families Society (SAIF):** support, counselling, and prevention education to individuals who have been affected by family violence. 780-460-2195
- ⇒ **Community Village:** assisting disadvantaged residents to reach or return to a state of independence, personal safety and improved quality of life and empowerment. 780-459-0599
- ⇒ **Salvation Army:** assisting residents with programs and services designed to meet pressing basic and social needs and to foster healthy individual, family and community development. 780-458-1937
- ⇒ **Victim Services:** support, information, and referrals for victims and witnesses of crime and tragedy. 780-458-4353
- ⇒ **Sidekicks Mentoring:** mentoring opportunities for the whole family and family support. 780-459-6666
- ⇒ **Alberta Health Services Addictions & Mental Health:** support and treatment for those dealing with or impacted by addictions or functional problems related to mental health. 780-460-4971
- ⇒ **The Collective:** support for 13-24 year olds who are in need of resources. 780-470-2059



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For more information check out:

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