

DROP IN SESSIONS

Each month, our Outreach Staff provide drop-in sessions throughout towns within Mountain View County.

Our Outreach Staff will also come to your town for scheduled appointments.

The drop-in sessions offer our regular Outreach Services but without a scheduled appointment.

Sundre - First Tuesday of each month from 10AM until 1PM.

Cremona - First Tuesday of each month from 2PM until 5PM

Carstairs - Second Wednesday of each month from 10AM until 1PM

Didsbury - Second Friday of each month from 10AM until 1PM

SUPPORTIVE PROGRAMS

We provide supporting programs that rotate throughout towns within the County. More information about these programs can be found on our website. Our programs include:

- Finding Our Voices
- Growth Circle
- Grief Recovery Method
 - Beautiful Me
 - Boundaries
 - H.E.A.R.T.
- Financial Literacy

Childcare can be provided for many of our programs.

MVESH OUTREACH SERVICES

- Outreach Services are available to individuals and families who have been affected by Family Violence.
- The number of meetings each client has with the Outreach Coordinator will be determined based upon the goals the client has chosen related to the abuse in their life.
- The Outreach Coordinator will provide assistance with safety issues and short term education with respect to issues of the abuse in a clients life.
- Advocacy, assistance with basic needs and referrals to other agencies, resources and shelters will be provided if needed.
- The Outreach Coordinator can be a source of support as you seek information, engage in self exploration and make healthier choices for your life.
- The Outreach Coordinator can assist in securing safe/supportive housing for survivors of domestic violence.

For more information about our programs or services, please call 403-586-4765 or 403-586-4545



"Nobody can go back and start a new beginning, but anyone can start today and make a new ending"

- Maria Robinson



**Find us on Facebook!
Mountain View Emergency Shelter Society
Outreach**



Want to make a donation?
 Mail cheques to:
Mountain View Emergency Shelter Society
 Box 3931, Olds, AB
 T4H 1P6
 or visit our website at
www.mountainviewemergencyshelter.ca

OFFICE HOURS
 Monday - 9:00am-3:30pm
 Tuesday - Appointment Only
 Monday - 9:00am-3:30pm
 Monday - 9:00am-3:30pm
 Friday - Appointment Only

**We are available to take calls from
 9:00am until 5:00pm from Monday to Friday**

Holidays & Weekends Closed

Walk-Ins Welcome
 4920, 50 Ave Olds, Alberta

TO BOOK AN APPOINTMENT
 Phone: 403-586-4765 or 403-586-4545
 Email:
mountainviewemergencyshelter@gmail.com

**For 24 hour support, call the Family Violence
 Info Line at 310-1818.**

**Up to date information on our programs can
 be found on our Facebook page and website.**

www.mountainviewemergencyshelter.ca



**REACH OUT
 SPEAK OUT**

Funded in part by

