

## Manning Community Health Centre

### Alberta Health Services

Box 1250, Manning, AB T0H 2M0 #600, 2<sup>nd</sup> St NE

Phone: 780.836.3391 Fax: 780.836.7352

Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

- **24-hour emergency care** 780.836.7391
- **Outpatient Clinic** - for urgent health care matters *call the Health Link for advice at 811 - 24 hours a day, 7 days a week*  
Mon to Fri 9:00am; Sat, Sun & Holidays 10:30am;  
Evenings 7:30pm daily.
- **10 Acute Care Beds** 780.836.7391
- **16 Continuing Care Beds** 780.836.7391
- **Cardia/Diabetic Education** -Education for new diagnosis or ongoing support for individuals, families and staff/community groups. 780.836.7361
- **Health Promotion** - Our Health Promotion program focuses on Active Living & Healthy Eating, Tobacco Reduction & Cessation and Injury Prevention in the community. 780.836.7360
- **Home Care** - Home Care RN's and LPN's provide home visits to clients who have been assessed and require services that are supportive, rehabilitative and palliative, promoting independence, maintaining dignity and enhancing quality of life. The care that Home Care staff provides is a complement to the support provided by family, friends, neighbors and others in the community. Services include Alberta Aids to Daily Living, nursing and personal care services, palliative care, respite care, single point of entry, Short Term Assessment and Rehabilitation, HPT, and foot care clinics. 780.836.7361. For Homecare referral: Toll Free: 1.855.371.4122
- **Home Care Personal Support Aide services** - Provide personal care to individuals in their homes and the Del Air lodge. Services include assistance with bathing, medications, some physiotherapy/exercise routines, and dressing changes. Toll Free: 1.855.371.4122
- **Medical Social Work** -Service provides information and/or assistance in applying for a number of different financial benefits. Service provides emotional support and information on guardianship, trusteeship, personal directives and enduring power of attorney. Referral is also made to community resources as appropriate. May provide home visits. A Medical Social Worker visits Manning every two weeks. 780.624.7500
- **Mental Health** -counselors visit Manning weekly for one- on- one and group sessions -working with individuals for improved mental health and addictions counseling. 780.624.6151
- **Nutrition** -Registered dietitians provided information, resources, telephone advice and individual or group counselling services on any nutrition-related subject. Service may be provided in schools, homes or community halls. A registered Dietitian travels to Manning weekly. 780.624.7500
- **Occupational Therapy** -work with people of any age who are having problems with doing the activities that are important to them, because of changes in their abilities resulting from an illness, an accident, a developmental problem or the aging process. 780.836.7396
- **Palliative Care** - The North Zone Palliative care team believes that people should have input and control over the care they receive throughout their journey with a life limiting diagnosis. We strive to improve the quality of life of an individual and their family that are faced with a life threatening illness by providing: person centered care that addresses the individuals' goals of care, active treatment and/or prevention of pain and other symptoms, knowledge, expertise and compassion so that individuals and families feel supported on this journey. Referrals or questions to 780.836.7361.
- **Physiotherapy** -The treatment of disorders with physical agents and methods, such as massage, joint mobilization, therapeutic exercises, cold, heat and electrical modalities. Some services available in home (for home care clients). Services offered in Manning one day per week. 780.624.7500, or 780.836.3391
- **Public Health** - Prenatal Classes, Family/Child Health, Immunizations, influenza (flu) or travel immunizations. Please phone for an appointment. Clinics scheduled periodically in Dixonville and Paddle Prairie. 780.836.7361
- **Recreation Therapy** – Assess long term care and acute client needs; implement and adapt programs, activities and special projects. Focus on restoring leisure independence, maintaining and /or improving functional abilities and enhancing overall well being of clients. 780.836.7392
- **Respite Care** -provides a temporary substitute for primary care giver. 780.836.7391

- **Volunteer services** –provides volunteers across all program areas. Volunteers are used in acute care, continuing care and in the community. Volunteers assist with friendly visits, meals on wheels delivery, flu clinics, pastoral visiting and many other programs. Volunteers are a part of the health care team. They share their time, energy and a fresh point of view. They support and enhance the quality of life for patients, residents and visitors. 780.836.7392

- **X-Ray and Laboratory Services**

9:00am to 4:00 pm Monday to Friday.

X-ray phone: 780.836.7380

Lab phone: 780.836.7392

### Mental Health Services

Phone: 780.624.6151 Fax: 780.624.6565

Clinicians travel weekly to Manning. Phone Peace River for appointments. Mental Health can help you with:

- Schizophrenia, psychotic disorders, bi-polar disorders
- Depression
- Suicide prevention
- Anxiety and phobias
- Sexual abuse
- Eating disorders
- Family violence victims
- Significant parent/child problems
- Childhood behavioural and psychiatric disorders
- Other significant mental health problems

### Addiction Services – Peace River

Addictions 24/7 Toll-free Help Line: 1.866.332.2322

Toll-free: dial 310-0000 then 780-624-6193

Phone: 780.624.6193

Fax: 780.624.6579

Website: [www.albertahealthservices.ca/addiction.asp](http://www.albertahealthservices.ca/addiction.asp)

Addiction Services help Albertans who have concerns about alcohol, tobacco, other drugs and gambling through information, prevention and treatments services.

Outpatient counseling services are available to individuals, family members and others (adults or youth). Counselor travels to Manning weekly.

### Alberta Quits Smoking

Toll-free Helpline (8am-8pm, 7 days a week):

1-866-710-QUIT (7848)

Online: [albertaquits.ca](http://albertaquits.ca)

### Crisis Response & Suicide Prevention

Alberta Health Services - Mental Health Services

#10015-98<sup>th</sup> St, Bag 900-8, Peace River, AB T8S 1T4

Phone: 780.624.6151 Fax: 780.624.6565

Provide Crisis Response and Management, Suicide Prevention and Mental Health Promotion. Services include support and education for various groups including youth, trade workers and farmers. Also provides consultation, referrals. Service housed in Peace River but available regionally and coordinator travels to communities within the region to schools, health centres and worksites. Some services may be offered in the evenings or on weekends

### Walk in Counselling Services

Mental Health Services 780.624.6151

Walk-In Counselling times:

Thursdays: 10:00 am-12:00 pm and 1:00-3:00 pm

Third Floor, #10015 - 98<sup>th</sup> St, Peace River, AB T8S 1T4

Anyone experiencing emotional or mental health issues is welcome to attend Walk-In Counselling. No appointment is necessary. Clients are generally seen in order of arrival. If someone arrives who is in crisis, they may be seen on a priority basis. A therapist will meet with you for a 50-minute session. Your therapist will then consult with other therapists for 10 minutes and return to share recommendations with you. The sessions are meant to be a one-time meeting. You may wish to make use of this service, or other mental health services in the future. You do not need a referral or appointment to attend a Walk-In Counselling Clinic.

### 24 Hour Mental Health Help Line

1.877.303.2642

Call for help with any kind of problem, day or night. You do not have to give your name.

### Medical Clinic (Manning)

Box 40, Manning, AB T0H 2M0 #625, 2<sup>nd</sup> St NE

Phone: 780.836.2811 Fax: 780.836.3030

Scheduled medical appointments with family physicians.

### Building Better Babies

Manning Community Health Centre

780.836.7361

Provides information, education and support to pregnant woman and for 6 months after delivery.

### Health Link Alberta

Health Advice 24 hours a day

For Non-Emergencies only! Call 811

Go to: <https://myhealth.alberta.ca> to access an online database of reliable health information