

Community Services and Contact Information

24-hour numbers

Police / Fire / Ambulance	911
RCMP Canmore	403-678-5516
Cochrane	403-851-8000
Sundre	403-638-3655

Community Watch issues; call local RCMP not 911

MD Bighorn Bylaw Services	403-673-3611, 233 or 160
MD Public Works Emergency	403-673-3611, option 1
Bow Valley SPCA	403-609-2022
Cochrane Humane Society	403-932-2072
Forest Fires (toll-free, 24/7)	310-FIRE (3473)
Report a Poacher & Land Use Infractions	800-642-3800
Fish and Wildlife Cochrane	403-932-2388
Francis Cooke Regional Landfill	403-673-2708

Crisis Supports

Bow Valley Victim Services	403-760-0197
Cochrane & Area Victim Services	403-851-8055
AHS Addiction Services- Help Line	1-866-332-2322
AHS Mental Health Crisis Line	1-877-303-2642
Mental Health Clinics Intake Line	1-844-943-1500
Distress Centre Crisis Line www.ab.211.ca	211

Family Violence

Child and Family Services – Calgary	403-297-6100
Child Abuse Line (24hr)	800-387-KIDS (5437)
24 Hour Family Violence Helpline	403-234-SAFE (7233)
Calgary Emergency Shelter toll-free	866-606-7233
YWCA Sheriff King Crisis Line	403-266-0707
Family Violence Info Line (toll-free, 24/7)	403-310-1818

My Street Address: _____

My Fire Emergency Address: _____

My Legal Address: _____

myAlbertaSupports.ca 877-644-9992

Health Services

Alberta Health Link	811
Poison Centre	800-332-1414
Canmore Hospital - Emergency Dept.	403-678-5536
Cochrane Urgent Care	403-851-6000
Canmore Public Health	403-678-5656
Cochrane Community Health	403-851-6000
Home Care Canmore	403-678-7200
Home Care Cochrane	403-851-6060
Palliative Care Society of Bow Valley	403-707-7111
STD's / AIDS / HIV Information Line	811

Family & Community Support Services

Community and Social Supports	211
FCSS Canmore	403-609-3743
FCSS Cochrane	403-851-2250
MD Bighorn Community Services	403-673-3611 x 223
Parent Support Association of Calgary	403-270-1809
Kids Help Phone	800-668-6868
Teen Help Line (Peer Talk)	403-264-TEEN (8336)
Bullying Help Line	888-456-2323
Cochrane Boys & Girls Club	403-981-2020
Family Resource Network - Bow Valley	403-678-2529
Family Resource Network - Cochrane	403-851-2265

Libraries

Bighorn Public (Exshaw)	403-673-3571
Canmore Public	403-678-2468
Cochrane Public	403-932-4353
Water Valley Library	403-637-3899

Community Groups

Beaupre Community Association	www.beauprehall.com
Benchlands Community Association	mail@redcougar.ca
Dead Man's Flats Community Association	dmfca2017@gmail.com
Exshaw Community Association	www.exshaw.ca
Exshaw Legion 179	exshaw179@shaw.ca
Ghost Waiparous Trails Association	gwta.ab.ca@gmail.com
Ghost Watershed Alliance Society	www.ghostwatershed.ca
Harvie Heights Community Association	hccassoc@gmail.com
Heart Mountain Go-getters	www.exshaw.ca/heart-mountain-go-getters
Jumpingpound Community Association	jumpingpoundhall@gmail.com
Lac des Arcs Community Association	lacdesarcscsa@gmail.com
Water Valley Community Association	www.ilovewatervalley.com

Useful Links:

Alberta Emergency Alert	www.emergencyalert.alberta.ca
Emergency Preparedness –72-hour kit	https://www.alberta.ca/build-an-emergency-kit.aspx
MD Bighorn website	http://mdbighorn.ca/
• Emergency notification sign up	http://mdbighorn.ca/379/Emergency-Notification
• Community Services	http://mdbighorn.ca/269/community-services/
• Event Calendars	http://mdbighorn.ca/449/events/
• Bylaw Services	http://www.mdbighorn.ca/267/Bylaw-Services
• Pet Licence & Bylaw	http://www.mdbighorn.ca/524/Pet Licenses
• Good Food Box	http://www.mdbighorn.ca/577/Good-Food-Box
Bow Valley Affordability Guide	www.banff.ca/index.aspx?NID=187
Crossway Thrift Store (Canmore)	http://web.rmvc.ca/thrift-store.html
Cochrane Home Treasures	http://www.cochranehometreasures.ca/
Clothesline Thrift Store (Cochrane)	http://www.cochraneactivettes.com/clothing-store-cochrane/
Bow Valley Regional Housing	www.BVRH.ca
Community Key	http://keyed.ca/
Benefit for Parents of Young Victims of Crime	http://www.canada.ca/en/employment-social-development/services/parents-young-victims-crime.html
Cochrane & Area Rural Crimewatch	www.cfparcw.ca
Cochrane & Area Hospice Society	www.cochranehospicesociety.ca
WildSmart	www.wildsmart.ca

Council

Reeve	
Dene Cooper, WARD 1	403-673-3968
dene.cooper@mdbighorn.ca	
Deputy Reeve	
Paul Clark, WARD 3	403-651-3636
paul.clark@mdbighorn.ca	
Councillors	
Paul Ryan, WARD 1	403-609-7465
paul.ryan@mdbighorn.ca	
Lisa Rosvold, WARD 2	403-678-7063
lisa.rosvold@mdbighorn.ca	
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