



Campus Collective Centre

Resource Hub - 2025 Edition

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Introduction

Welcome to the Collective Centre Resource Hub!

This handbook provides a comprehensive overview of resources available to students and community members in need. Assembled by past and current staff members, this guide contains information for dealing with issues related to emergencies, health and wellness, finances, housing/rent, food security and student services. All resources, links and other information are accurate as of April 2025.

Use the links throughout the document to find campus and community resources.

If you have suggestions for more resources or updates that need to be made, please let us know at collective.centre@uleth.ca.

Kind regards,

CCC Resource Hub Team

Local and Province-wide Services

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[Indigenous Services Canada](#)

[Canadian Mental Health Association in Southern Alberta](#)

[Alberta - Province-Wide Mental Health and Other Services](#)

- Includes resources for:
 - Addiction and Substance Use
 - Mental Health
 - Disasters
 - Diversity and Inclusion

[Lethbridge Integrated Coordinated Access \(ICA\)](#)

Crisis and Emergency

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Emergency

Emergencies: 911

Suicide Crisis Helpline (Canada-wide)

- **Call or text: 988**
- Available 24/7, in English and French

City of Lethbridge Police Service

- Location: 135 1 Ave S, Lethbridge, Alberta T1J 0A1
- Non-Emergency Phone Number: (403) 328-4444
- General Inquiries Phone Number: (403) 327-2210

Chinook Regional Hospital

- Location: 960 19 Street S, Lethbridge, Alberta, T1J 1W5
- Phone Number: (403) 388-6111
- **Chinook Sexual Assault Centre:**
 - Location: Suite 502 - 740 4 Avenue South, Lethbridge, Alberta, T1J 0N9
 - Phone number: 403-694-1094

Alberta's One Line for Sexual Violence:

- Call or Text: 1-866-403-8000
 - 9am-9pm daily, 170+ languages

Hope for Wellness Helpline:

- 24 hour, immediate mental health counseling and crisis intervention to all **Indigenous** peoples
- Phone number: 1-855-242-3310 (24/7)

Distress Line of Southwestern Alberta

- Phone Number: (403) 327-7905 or 1 (888) 787-2880

Kids Help Phone

- Support hotline for people aged 20 & under
- Phone Number(professional counsellor): 1-800-668-6868

- Text CONNECT to 686868 to access confidential support from a volunteer crisis responder
 - Or [message online](#)

Trans Lifeline

- Anonymous peer support services for trans and questioning individuals who need a trans person to talk to
 - Phone Number: 1 (877) 330-6366
 - Available in English and Spanish

Alberta Bullying Helpline

- Call or Text: 310-1818
 - Or [message online](#)
 - Available 24/7, English only

Alberta Addictions Helpline

- Phone Number: 1-866-332-2322
 - Available 24/7

For shelter and support for those who are unhoused, go to Housing > Shelter

On Campus

U of L Security

- Location: L911 (Library)
- 24/7 Hotline: (403) 329-2345
- General Inquiries: (403) 329-2549
- Email: security.services@uleth.ca

UofL Counseling Services:

- Phone number: 403-317-2845
- Location: AH153 (Anderson Hall)
- If you are in emotional distress during office hours, a counsellor may be available as soon as possible. They reserve spots for emergency situations such as recent assaults, suicide risks or severe emotional crises.

Health and Wellness

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General Health

[Alberta Health Link](#)

- Province-wide health advice, available in 240 languages, non-emergency
- Phone Number: 811
- Text: 8811

[Chinook Regional Hospital](#)

- Location: 960 19 Street S, Lethbridge, Alberta, T1J 1W5
- Phone Number: (403) 388-6111

[U of L Health Centre](#)

- Phone Number: (403) 329-2484
- Email: health.centre@uleth.ca
- Location: SU020 (Student's Union)
- The U of L Health Centre provides the services listed below on campus.
 - If this is your first appointment, please scroll down partway down the main or site visit the [booking page](#).
- Non-emergency medical care such as but not limited to:
 - Management of acute and chronic health conditions
 - Sprains/strains
 - Colds/flu/sore throats
 - Skin conditions (rashes, eczema, acne)
 - Pregnancy tests
 - Urinary tract infections
 - Mental health management and treatment
 - Referral to appropriate specialists
- Preventative medical care such as but not limited to:
 - Pap tests
 - STI screening
 - Contraception counselling
- Medical procedures such as but not limited to:
 - IUD/Nexplanon Insertions
 - Mole check/biopsy if needed

- Ingrown toenail procedures
- Wart treatment
- Allergy shots
- HPV Immunizations
- The Health Centre also provides services for addiction counselling and mental health services.
 - However, please note that some services are not covered by provincial health care plans. Consult with the Health Centre beforehand if you have questions regarding fees.

Distress Line of Southwestern Alberta

- Phone Number: (403) 327-7905 or 1 (888) 787-2880

YWCA Lethbridge:

- Location: 604 8 St South, Lethbridge, AB
- Phone: 403-329-0088
- Email: inquiries@ywcalethbrigde.com
- 24-Hour Crisis Line: 403-320-1881 or 1-866-296-0447

Hope for Wellness Helpline:

- 24 hour, immediate mental health counseling and crisis intervention to all **Indigenous** peoples
- Phone number: 1-855-242-3310 (24/7)

Mental Health

Refer to [Local and Province-Wide Resources](#) for general mental health services.

Counselling

UofL Counseling Services:

- Phone number: 403-317-2845
- Location: AH153 (Anderson Hall)
- Email: counselling.services@uleth.ca
 - Initiate an appointment through email or phone call
 - Fill out some online forms that they will send you

- Once the forms are done, a 15-minute phone intake will need to be completed for them to assess your needs
- Based on your needs, Counselling Services will book you an appointment or an appropriate referral
- If you are in emotional distress during office hours, a counsellor may be available as soon as possible. They reserve spots for emergency situations such as recent assaults, suicide risks or severe emotional crises.

Lethbridge ICA Counselling Subsidy

- See eligibility for subsidized counselling

Sexual Health

Melcor Centre

- Location: 200 4 Avenue S, Lethbridge, Alberta T1J 4C9
- Phone Number: (403) 388-6666

Sexual Violence Support

Alberta's One Line for Sexual Violence:

- Call or Text: 1-866-403-8000
 - 9am-9pm daily, 170+ languages

Chinook Sexual Assault Centre:

- Location: Suite 502 - 740 4 Avenue South, Lethbridge, Alberta, T1J 0N9
- Phone number: 403-694-1094

ULeth Preventing Sexual Violence Action Committee (PSVAC)

- Email: sexualviolenceinfo@uleth.ca

General On-campus Sexual Violence Support

Reproductive Services

Pro-Choice YQL:

- Organization that aims to empower and provide individuals in Southern Alberta with resources to make informed choices about their reproductive health and sexual wellness
- Phone Number: (587) 257-6833

- 24-hour Volunteer Hotline: (587) 257-6833

Abortion

- There are two types of abortion - medical and surgical.
 - **Medical Abortion ("Abortion Pill"):** Ending a pregnancy using a combination of medications called Mifegymiso. This has been approved by Health Canada for use up to 9 weeks of pregnancy.
 - Medical Abortion Resources:
 - [Kensington Clinic \(Calgary\)](#)
 - Phone Number: (403) 283-9117
 - [ProChoice YQL](#) for local options
- **Surgical Abortion:** An internal procedure performed by a doctor. There are two types of procedures, and the type required can depend on the stage of the pregnancy.
- Surgical Abortion Resources:
 - [Kensington Clinic \(Calgary\)](#)
 - Phone Number: (403) 283-9117
 - [Peter Lougheed Centre \(Calgary\)](#)
 - Phone Number: (403) 943-4555

Free Menstrual/ Sexual Health Supplies

The Collective Centre provides sexual, personal, and menstrual supplies to everyone, free of charge. Stop by the resource wall at **SP150 (located near the SU entrance to the tunnel, at the double red doors)** for confidential access to:

- Condoms
 - Regular
 - Flavored
 - XL
 - Unlubricated
 - Studded
 - Latex-free
- Menstrual pads
 - Liners, sizes 1, 2 and 4
- Tampons
 - Regular and super
- Dental dams
 - Regular and latex-free

- Lubricant
 - Water-based
 - Silicon-based
- Pregnancy tests are available **by request** in-centre. Our open hours are Monday-Friday, 10:00 AM to 3:00 PM.
 - If you need a test outside of these hours, feel free to send an email to collective.centre@uleth.ca and we would be happy to accommodate you.
- If you require anything else or further information, please do not hesitate to stop by the Centre.

Other menstrual supplies are available in most of the [UofL Food Pantries](#) throughout campus and in select washroom facilities. You can find more information on

2SLGBTQ+ Resources

Local

[OUTreach Southern Alberta](#)

- [Comprehensive Guide to Queer and Trans Health Resources](#)
- [Arches Queer Health](#) archive - which includes up-to-date information on
 - [General Queer Resources](#)
 - How To Navigate the Lethbridge Health System
 - Find a Doctor
 - Reproductive Health Services
 - Queer Mental Health
 - Coming Out Supports
 - Queer Crisis Supports
 - Two Spirit
 - Queer Sex Education
 - Sexually Transmitted Infections
 - [Trans Health Resource Guide](#)
 - Being Transgender
 - Transgender Support
 - Your Identity & Legal Documents
 - Gender Expression & Presentation
 - Medical Transition
 - Hormone Replacement Therapy (HRT)

- Support For Family, Partners, & Friends
- Transition Flow Chart

U of L 2SLGBTQ+ Resources

- [Support Services and Safety](#)
- [Student Groups](#)
- [UofL procedures](#) on legal name change and updating your first name in campus databases
- [Location of all-gender washrooms](#) on the Lethbridge Campus
- [External/ community supports](#)

Student Groups

Q-Space

- Club Room Location: SU 170
- The official “2SLGBTQ+ club and advocacy group at the University of Lethbridge.”
 - Host lots of events and inclusive activities throughout the year
 - Provide a safer space on campus as well as a variety of resources
- [Discord](#)
- [Instagram](#): @q.spaceuleth
- [Facebook](#): Q-Space

Campus Collective Centre

- Location: SP 150 (near the tunnel, level 1 of SU building)
- Student-led levy group that offers a variety of free sexual and menstrual health products, available 24/7 on the resource wall.
 - Host lots of events and inclusive activities throughout the year
 - Provide a safer space on campus
- Email: collective.centre@uleth.ca
- [Instagram](#): @ulethcollective
- [Facebook](#): Campus Collective Centre
- [X](#): @ULethCollective
- [Tiktok](#): @ulethcampuscollective

Indigenous Resources

Hope for Wellness Helpline:

- 24 hour, immediate mental health counseling and crisis intervention to all **Indigenous** peoples

- Phone number: 1-855-242-3310 (24/7)

Local

Indigenous Wellness Core

- Alberta-wide program that aims to honor Indigenous cultures, beliefs and attitudes and provide appropriate, accessible health services to all First Nations, Métis and Inuit people in Alberta
- Guided by five important areas
 - Patient care with respect and dignity
 - Improving access to health services
 - Treating people as unique individuals
 - Managing mental health, including addictions
 - Remaining up-to-date on Indigenous health in Alberta
- Health programs vary by zone, visit their website for more information
- General Inquiries: indigenouswellnesscore@ahs.ca

Native Counselling Services of Alberta

- Offers a wide variety of programs and services for Indigenous people, including Courtworker assistance to attain fair and equitable treatment across the province
- Offices and programs differ based on zone, visit their website for more information
- Email: info@nsca.ca
- Phone Number (head office): 1 (780) 451-4002

Iikaisskini Indigenous Services at U of L

- Provides connections to academic, cultural, financial, health and well-being resources for Indigenous students at the U of L
- Access to enrolment and academic supports, initiatives and events as well as connections with Elders
- General Inquiries: iikaisskini@uleth.ca

Student Groups

All My Relations “Nikso’kowaisi” Indigenous Students’ Association

- The official Indigenous student group on campus - “Celebrate All Indigenous People Across Turtle Island, All Stories and Teachings”
 - Runs events, provides links to a variety of Indigenous resources

- Email: allmyrelations.is@uleth.ca
- **Instagram:** @allmyrelations.isa

Housing

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General

Lethbridge Housing Authority

- Provides resources for affordable housing, community housing, rent supplements, independent senior suites and community-based organizations
- Location: 314 3 Street S, Lethbridge, AB T1J 1Y9
- Phone: (403) 329-0556
- Email: info@lethbridgehousing.ca
- Applications here: <https://www.lethbridgehousing.ca/apply-today>

Aboriginal Housing Society

- Location: 22-1102 5th Avenue North, Lethbridge, AB
- Phone Number: (403) 328-8806
- Email: bonnie.ahs@shaw.ca
- **Facebook**
 - Follow on Facebook for updates on available rental listings

Bringing Lethbridge Home

- “We believe that offering the providing "appropriate housing" and providing "wrap around supports", we can literally bring homes to the hundreds of individuals and families whose circumstances have forced them to live without adequate, safe and affordable housing in Lethbridge”
- Phone Number: (403) 320-3051
 - Provides more information on services offered

Shelter

Definitions

- **Emergency Shelter:** Provides temporary shelter for people who cannot live in their previous residence, typically specializes in people fleeing from a dangerous situation, such as disasters, domestic violence or sexual abuse

- **Short-Term/Transitional Housing:** Facility for homeless people or families that provides appropriate social services for up to 24 months
- **Secondary Housing:** Housing and support provided for women leaving abusive relationships as they make plans for independent living. Often referred to from shorter term transitional housing, it includes emotional support, safety planning and referrals to long-term housing and support.
- **Long-term Housing:** Sustainable, accessible, affordable and safe housing that individuals or families live in for the foreseeable future

Women's Shelters

Emergency Shelters

[YWCA Harbour House \(Lethbridge\)](#)

- Short stay(maximum 21 days), 24-bed facility for women and children fleeing abuse
- Additional services include:
 - Crisis support
 - Educational and self care programming
 - Referrals to community agencies
- Location: 604 8 St South, Lethbridge, AB
- Phone: 403-329-0088
- Email: inquiries@ywcalethbrigde.com
- 24-Hour Crisis Line: 403-320-1881 or 1-866-296-0447

[Safe Haven \(Taber\)](#)

- 24/7 Crisis Line: (403) 223-0483
- Email: admin@tabersafehaven.ca
- For women in crisis

[Salvation Army Women's Emergency Shelter \(Calgary\)](#)

- Emergency, short/long-term housing options for women
- Location: 1731 29 St SW, Calgary, AB T3C 1M6
- Phone: (403) 930-2711
- Email: CSCalgary.WestCampusInfo@salvationarmy.ca

Short-term/Transitional Housing

[Genesis Shelter - Streets Alive Missions \(Lethbridge\)](#)

- Sober supportive housing for women, Christian-faith based
- Location: 323 4th St S, Lethbridge, AB T1J 1Z9
- Shelter Contact
 - Phone Number: (403) 635-0336
 - Email: shana@streetsalive.ca
- General Office Contact
 - Phone Number: (403) 320-1159
 - Email: info@streetsalive.ca

Jessie's House (Morinville)

- Trauma informed, short-term and emergency housing
- Case management, court support, specialized supports for children
- Location: Box 3167, Morinville, AB T8R 1S1
- 24/7 Crisis Line: 1 (866) 939-2850
- Intake Email: support@jmmf.ca

YW Calgary Transitional Housing (Calgary)

- Safe and affordable housing for women in crisis or transition
- Intake Phone Number: (403) 263-1550
- Email: THGeneral@ywcalgary.ca

Secondary Housing

Cross Roads Resource Centre (Fairview)

- Supports for women and families affected by family violence
- 24/7 Helpline: 1 (877) 835-2120

Pincher Creek Women's Emergency Shelter (Pincher Creek)

- Provides shelter and support for women and children experiencing family violence and/or crisis situations
- Outreach Program - 24/7 Intake worker: (403) 627-2114
- 24/7 Crisis Line: 1 (888) 354-4868
- Email: info@pcshelter.ca

A Safe Place (Sherwood Park)

- Emergency shelter for women and children, crisis and family violence information line, public education and community outreach
- 24/7 Crisis Line: (780) 464-7233
- 24/7 Email Helpline: helpline@asafeplace.ca

Outreach Centre - Julietta's Place (Red Deer)

- Housing for women and children fleeing domestic abuse

- Phone Number(not 24/7): (403) 347-2480 or 1 (866) 347-2480
- Outreach Centre Location: 4101 54 Ave, Red Deer, AB T4N 7G3
- Outreach Centre Email: info@theoutreachcentre.org

Long-term Housing

Adeara Recovery Centre (Edmonton)

- “Our long-term, faith-based program guides women through each stage of their healing journey—from addiction to recovery, and ultimately reintegrating into a healthy community.”
- Phone Number: (780) 423-5516
- Location: 162 Bonnie Doon Ctr, Edmonton, AB T6C 4N6

Other Resources

Alberta Council of Women's Shelters

- Referral service for women looking for shelters or assistance
- Connects you with a nearby shelter that fits your needs, call 1 (866) 331-3933.

Womanspace Resource Centre (Lethbridge)

- Free tax clinic, ID replacement services and financial literacy programming, appointment only
- Location: #16 740 4th Ave S, Lethbridge AB T1J 0N9
- Phone Number: (403) 329-8338
- Email: womanspace.lethbridge@gmail.com

Men's Shelters

Emergency Shelter

Salvation Army Centre of Hope - Serving Men

- Shelter and transitional housing for men experiencing homeless, aged 18 and up
- Provides 3 meals per day, laundry facilities, educational opportunities
- Location: 420 9th Ave SE, Calgary, AB T2G 0R9
- Phone Number: (403) 410-1184
- Email: CSCalgary.Info@salvationarmy.ca

Short-Term Housing

Exodus Men's Life Recovery - Streets Alive Missions

- Faith-based, sober, supportive housing for men
- Involves individual and group counselling, psycho-educational presentations and spiritual care
- Phone Number: (403) 320-1159
- Email: cam@streetsalive.ca

Long-Term Housing

Family Ties - River House

- Managed alcoholism recovery program targeted at “males with complex needs unsuitable for market housing”, houses residents and provides mental health supports
- Location: 909 3 Ave N, Lethbridge, AB, Canada, T1H 0H5
 - Second floor of the government building
- Phone Number: (403) 320-8888
- Email: t.ram@familyties.ca

All-Gender Shelters

Emergency

The Mustard Seed (Alberta-Wide)

- Christian faith-based non-profit providing emergency shelter and care, health and wellness programs and assistance with housing, employment and community engagement
- Locations: Calgary, Red Deer, Edmonton, Grande Prairie, Kamloops, Medicine Hat, Saskatoon
- Phone Number: 1 (833) 448-4673
- Email: info@theseed.ca

Lethbridge Wellness Shelter and Stabilization Unit

- Location: 802 2 Avenue N, Lethbridge, AB T1H 6N6
- Phone Number: (587) 612-5356
- Open 24/7

Cantara House (Brooks)

- Short-term, emergency housing for individuals and families fleeing abuse or family violence
- 24/7 Family Violence Crisis Support Line: (403) 793-2232

- Appointment, referrals, intervention or accommodation services
 - Email: crisis@cantarahouse.net
 - Phone Number: (403) 793-2232

Alpha House (Calgary)

- Provides shelter and detox facilities, outreach programs and housing programs with intensive case management - works with individuals suffering from homelessness, addiction and mental and physical health issues
- Location: 203 15th Avenue SE, Calgary, AB T2G 1G4
- Phone Number: 403 234-7388
- Email: info@alphahousecalgary.com

Drop-In Centre (Calgary)

- Connects vulnerable adults experiencing or at risk of homelessness with emergency shelter, health programs and housing
- Location: 1 Dermot Baldwin Way SE Calgary, Alberta T2G 0P8
- Phone Number: (403) 263-5707
- community@thedi.ca

Safe Harbour Society (Red Deer)

- Provides emergency shelter, medically supported detox, outreach services, housing support and Indigenous support
- Location: 5246 53 Ave, Red Deer, AB T4N 5K2
- Phone Number: 1 (403) 347-7275
- Email: office@safeharboursociety.org

Strathmore Overnight Shelter

- Emergency shelter for a few days for any need
- Location: 102 Canal Gardens, Strathmore, AB T1P 0C4
- Phone Number: (403) 880-3171

Short-Term/Transitional Housing

Laura House Group Home (Lethbridge)

- Community-based, alternative housing for individuals with persistent mental illness, aims to allow individuals to live independently
- Email: tracylh@cmhalethbridge.ca
- Phone Number (through CMHA): (403) 329-4775

Calgary Dream Centre (Calgary)

- Provides recovery programs, affordable short-term housing

- Location: 4510 Macleod Trail South, Calgary, AB, T2G 0A4
- Phone Number: (403) 243-5598
- Email: info@calgarydreamcentre.com

Long-Term Housing

Southern Alberta Self-Help Association (Lethbridge)

- Long-term supportive housing for adults with persistent mental illness
- Requires referral from doctor, helps those who are pursuing sobriety
- Location: 1239 5th Ave S, Lethbridge, AB T1J 0V6
- Phone Numbers
 - Staff: (403) 942-2264
 - Admin: (403) 942-2263

Accessible Housing Society (Calgary)

- Long-term supportive living services for individuals with physical diversities/disabilities
- Location: Deerfoot Junction III, Suite # 215, 1212-31st Ave NE, Calgary, AB T2E 7S8
- Phone Number: (403) 282-1872
- Email: info@accessiblehousing.ca

Big Hill Haven (Cochrane)

- Support for adults with or without children experiencing abuse, provides safe shelter spaces, outreach support, education and referrals
- Phone Number: (403) 796-6564
- FearIsNotLove 24/7 Crisis Line: (403) 234-7233

The True North Society (Strathmore)

- Supports for individuals impacted by abuse and domestic violence with emergency shelter, public education programs and outreach services
- Serves all individuals and families of any age, gender identity or gender expression
- 24/7 Crisis Line: 1 (403) 934-6634 or 1 (877) 934-6634
- General Phone Number: (403) 934-6634
- General Email: general@truenorthab.com

Finding Housing

Lethbridge Integrated Coordinated Access (ICA)

- Compiles short-term, one to two-bedroom rentals at <https://www.lethbridgeica.ca/rental-listing>
- Email: communitylinks@cmhalethbridge.ca
 - For inquiries and additions to the rental listings

[Rentals.ca Lethbridge](#)

[Rent Canada Lethbridge](#)

[Kijiji Lethbridge](#)

Other Supports

[SAGE Clan](#)

- Community patrol helping homeless people and those suffering from addictions
- Patrols downtown Lethbridge at night to provide food, water and conversation to homeless individuals
- Phone Number: (403) 915-7650
- Email: mark@sageclan.ca

[HomeBASE - Adaptive Case Management](#)

- Centralized intake, referral, assessment and triage services for homeless people
- Phone Number: (403) 328-5465

Student Services

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Financial Support

[General U of L Financial Resources](#)

[U of L Student's Union Bursaries](#)

Provides financial support for students for:

- Financial need
 - Financial support for student relocation (Co-op placements, exchange programs, etc.)
- Student achievement
- Emergency situations

Alberta Student Loans and Scholarships

- [Steps to Apply to Student Loans](#)
- [Alberta Student Aid Scholarships](#)

U of L Student Loans

- Provides information on applying for government student loans across Canada as well as personal loans

U of L Scholarship Portal

- Sign in and fill out the [general application](#) - this goes out to a wide variety of scholarships
- After completing the general application and Liberal Education essay, you are presented with [other opportunities](#) relevant to you that require more work to apply for

Housing Services

U of L Housing Application Portal

U of L Housing Application Info

- Provides information on the timeline, key steps and residence fees

U of L Housing Services

- Contact Housing Services for assistance with housing and residence applications
- Location: C420 (University Hall)
- Phone Number: (403) 329-2584
- Email: housing@uleth.ca

Residence Scholarships

- Application deadline for all awards is May 1

Organization of Residence Students (ORS)

- Ratified club aiming to foster a close-knit inclusive community with events, programming and opportunities
- Provides information the council, current opportunities and the services provided by Resident Assistants
- [Residence Community Handbook](#)

U of L General Housing Resources

Self-Advocacy

ULSU Self-Advocacy Package

- Lays out the rights students have and what supports are available to them. A guide for students to self-advocate for grade appeals, contact department chairs, and locate student resources
- Created in response to the Spring 2022 Faculty Job Action

ULSU Grade Appeal Guide

- Contact your VP Academic for inquiries
- Location: SU180
- Phone Number: (403) 329-2770
- Email: su.academic@uleth.ca

Accommodated Learning

Accommodated Learning Centre

- Supports for students with a wide range of documented disabilities
- Individualized learning plans, exam accommodations, assistive technologies, alternate format textbooks, funding assistance and general advising. We offer personalized support through educational assistants, academic strategists, tutors and note-takers.
- **Steps for Registering for Disability Supports**
- Location: SU065 (Student Union Building)
- Phone Number: (403) 329-2766
- Email: alc@uleth.ca

Additional U of L Learning Resources

Academic Advising

U of L Academic Advising

- Assist students with academic regulations, course selection and program planning. C
 - Services include changing your major/minor, navigating the Liberal Education requirements or reviewing important dates and deadlines.
- **Faculty of Arts & Science**

- Location: M2102 (Markin Hall)
 - Phone: (403) 329-5106
 - Email: artsci.advising@uleth.ca
- **Faculty of Fine Arts**
 - Location: W660 (Fine Arts Building)
 - Phone: (403) 329-2691
 - Email: finearts.advising@uleth.ca
- **Faculty of Health Sciences**
 - General
 - Location: M3080 (Markin Hall)
 - Phone: (403) 329-2649
 - Nursing
 - Location: M3076 (Markin Hall)
 - Phone: (403) 329-2699
 - Fill out online form to meet with an advisor
- **Faculty of Education**
 - Location: TH421 (Turcotte Hall)
 - Phone: (403) 329-2254
 - Email: edu.sps@uleth.ca
- **Dhillon School of Business**
 - Location: M2060 (Markin Hall)
 - Phone: (403) 329-2153
 - Email: dhillon.advising@uleth.ca

Student's Union Services

University of Lethbridge Students Union

- **ULSU Student Council**
 - Provides contact information for all members of student council
- **ULSU Advocacy Initiatives**
 - Provides information on student self-advocacy, grade appeals, 2SLGBTQ+ supports, press releases and committees
- **ULSU Services**
 - ULSU provides wide variety of services, including:

- [Prescription delivery service](#)
- [Health and Dental plan](#)
- [Virtual Doctor program](#)
- [UPass \(Bus and Transit Access\)](#)

Peer Support

Campus Collective Centre

- The Campus Collective Centre offers peer support during their open hours, **Monday-Friday 10:00 AM to 3:00 PM**. Volunteers and staff are available during these hours to deal with tough conversations, sensitive subjects and requests for other support.
- The Centre aims to be a safe(r) space on campus where anyone can visit, chat and participate in events. We have no tolerance for discrimination.

U of L Student Wellness Ambassador Program

- Get advice from trained peer listeners who aim to help students feel less alone, normalize experiences and provide hope and strategies for dealing with student struggles
- Email: swap@uleth.ca

Food Security

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Food Banks in Lethbridge

U of L Food Bank

The University of Lethbridge runs a food bank available to all students at SU180.

To request a hamper, please visit <https://ulsu.ca/ulsu-food-bank> for the latest details or call (403) 329-2222.

- On your first visit, you will be required to fill out a short form and show your U of L student ID.
 - For subsequent visits, you will be required to show your student ID.
- One day notice is required for a hamper request, if the hamper is not picked up within 3 days you will have to resubmit your request.

- Each person is allowed one hamper per month for a total of 10 visits per academic career.

If you have any questions regarding the ULSU Food Bank you can contact food.bank@uleth.ca or phone Shelley at (403) 329-2039.

Little Libraries Food Pantries

Little Library Food Pantries are located throughout campus. They are stocked weekly with a variety of snacks, canned goods, carbohydrates such as pasta and ramen, sexual health products, menstrual products and breakfast foods.

Locations:

<https://www.google.com/maps/d/u/0/viewer?ll=49.67894926279351%2C-112.86339685017356&z=16&mid=1fvzHXP6rZhKaMLpcOxYpjhTeyjdOCX4>

- 24-Hour Study Space - Floor 10, Library
- Floor 2, SU Building
- Floor 1, Markin Hall
- Floor 6, Science Commons
- Floor 4, Fine Arts Building

For more information, you can visit

<https://www.ulethbridge.ca/food-for-thought/little-library-food-pantries>

You can also visit the Food for Thought Bodega at SP157 (in the Student's Union building, down the hall from the tunnel). For information regarding their hours, you can visit

<https://www.ulethbridge.ca/food-for-thought/food-thought-bodega>

Lethbridge Food Bank

Lethbridge has its own local Food Bank. Once you meet their guidelines, they offer bread and produce pickup every 3 weeks and a hamper once a month. They will either provide you with a 3 or 6 month card to access your services before you must re-qualify.

Location: 1016 2nd Ave S, Lethbridge, AB, T1J 0C9

- This is nearby the 1, 2 and 60A/B/C bus routes that go through downtown

Hours: Monday to Friday - 9:30 AM - 12:00 PM, 12:30 PM - 3:30 PM

Please bring these items to access their services:

- Identification of each person in the home
 - Such as Drivers License, Birth Certificate, AHC Card for all family members
- Proof of address/phone number/birthdates of each person in the home
- Proof of income
 - Such as SFI, AISH, CPP, OAS, DIS, EI, Child Tax, Child Support, Alimony, Student Loan, Wages
- Proof of expenses
 - Daycare, Alimony, Child Support, Rent/Sub, Mortgage/House Tax, Utilities
- They also offer hampers to those with no fixed address.

For more information:

- Visit their website: <https://lethbridgefoodbank.ca/>
- Call (403) 320-1879