

PROGRAMMING INCLUDING:

- Community resiliency
- Anger management
- Budgeting 101
- Indigenous resiliency
- Overdose prevention
- Suicide prevention
- Stress management
- Working through grief
- Wellness groups

Contact

Please email or call/text **Alexa Lizotte at 780-926-1176** to receive monthly program calendars, free online mental health resources, and connection to local addiction and mental health counsellors.

**Monday-Friday
8 a.m. - 4:30 p.m.**

Alexa Lizotte is the new AHS Flood Recovery Resource Worker in Fort Vermilion. Alexa has strong roots in the community as her family is from Buttertown (she is the daughter of Wade Lizotte and granddaughter of Norman Lizotte and Ella Paul). Alexa earned a Bachelors of Arts degree in Psychology and Sociology from UBC Vancouver where she was a family and youth worker with urban Indigenous populations. Her work experience is in providing youth and families with resources and facilitating community programming. She is excited to be home and to be able to provide support to the community with a wealth of services and resources.



Addiction & Mental Health Services
Community Health Centre
4804 – 50 Street Box 68
Fort Vermilion, AB T0H 1N0

Cell: 780-926-1176

Alexa.Lizotte@albertahealthservices.ca

Addiction & Mental Health
Services

Fort Vermilion Flood Recovery Resource Worker

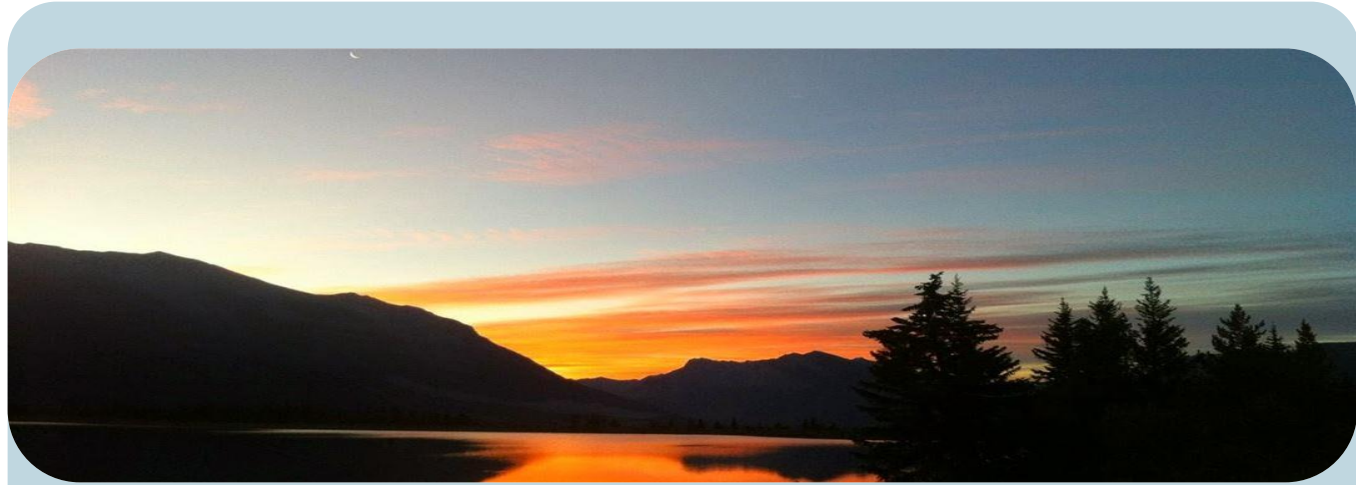
***“We are strong
and we are resilient.”***

WHO I AM

My name is Alexa Lizotte and I am the daughter of Wade Lizotte and granddaughter of Norman Lizotte and Ella Paul. My family is from Buttertown and I have lived most of my life in Vancouver and Las Vegas.

I have earned a Bachelors of Arts degree in Psychology and Sociology from UBC Vancouver where I was a family and youth worker with urban Indigenous populations.

My work experience is providing youth and families with resources and facilitating community programming.



SERVICES I PROVIDE

1 WEDNESDAY DROP-INS

- Questions about local mental health therapists, local mental health workshops, or the need for any mental health related resources?

Drop in from **1:00-4:00pm** at the **FV Community Health Centre** every Wednesday.

2 MONTHLY PROGRAMMING

- Interested in programs offering mental health, community, and cultural support?

Watch for my program **monthly calendar**.

*“I am a resource worker here to help **you and your family** connect with mental health resources.”*

