



EXTREME WEATHER RESPONSE

YEAR-ROUND SUPPORTS & RESOURCES



Calgary Homeless
FOUNDATION



SUPPORTS FOR CALGARIANS AT RISK OF OR EXPERIENCING HOMELESSNESS.

Explore the different supports and resources available in Calgary. To receive the help you need and for more information about programs, supports and services please reach out to the agency or program directly.

For more information about the Extreme Weather Response (EWR), visit www.calgaryhomeless.com/ewr

WHO TO CONTACT



211 Alberta Helpline

Call or text **2-1-1**, available 24/7, or visit **www.ab.211.ca** to access a network of community, social, health and government services.

H.E.L.P.

If you see someone who needs help, call the HELP Team (Human-centered Engagement Liaison and Partnership) at **403-998-7388**.

Emergency

If someone is in serious distress or non-responsive, call **9-1-1**.

City of Calgary Services

Call **3-1-1** for non-emergency and non-law enforcement related services.

PAL Encampment Team

For rough sleepers, call **403-805-7388** to access help navigating supports including shelter, detox and housing programs.

Needle Response Team

Call the mobile response unit at **403-796-5334** for needle and needle debris clean-up.

Suicide Crisis Helpline

If you need a safe space to talk, call or text **9-8-8**, available 24/7.

Alberta's One-line for Sexual Violence

Call **1-866-403-8000** if you have experienced sexual violence and need crisis support or help finding support services.

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NAVIGATION & SUPPORT CENTRE

428 9 Ave. S.E. | 403-410-1167

Mon. to Fri. 8:30 a.m. - 4:30 p.m. *(closed on statutory holidays)*



Provided by **The Government of Alberta**, the centre offers unhoused community members with one-stop access to multiple supports and services.

Transportation to and from the centre is provided as needed, including to the individual's next location or referral.

Aboriginal Friendship Centre of Calgary (AFCC)

Indigenous cultural supports and support with Status Cards, Jordan's Principle applications.

Calgary Drop-In Centre

Shelter navigation and housing connections.

Canada Revenue Agency (CRA)

Income tax services.

CUPS

Light touch medical services and support with health system navigation.

Distress Centre Calgary

Housing support, including system navigation & housing plans, and access to CAA

Employment & Financial Services

Income Support, AISH and Emergency Benefits.

Parachutes for Pets

Support and care for pets while clients seek assistance (if necessary).

Probation

Stakeholder engagement, liaison with resources, and client support.

Recovery Alberta *(formerly Alberta Health Services 'AHS')*

Addiction and mental health consultation and system navigation, including Opioid Dependency Program (ODP) and Virtual OPD (VODP), detox and treatment.

Recovery-Oriented System of Care (ROSC) Solutions Group

Recovery coaching services.

Alberta Motor Association (AMA)

Same-day valid Alberta identification and support with Alberta Health cards.

The Salvation Army

Shelter services and transportation.

Service Canada

Social Insurance Numbers (SINs), federal benefit programs.


Prepare For Extreme Heat

Scan the adjacent QR Code to access the map.



The City of Calgary provides a regularly updated map of daytime cooling centres, water stations, and tips to help you stay safe during heat events. Locations include City facilities, libraries, YMCAs, and partner sites.

Drinking Fountains and Washrooms

 *Some drinking stations & washrooms are in parks or on pathways, addresses may not be exact.*

Temporary Water Stations

Drinking water and misting station | Open end of June to September.

- Sien Lok Park (140 Riverfront Ave. S.W.)
- Bow River Pathway (Princes Island Park Bridge at 6 St. S.W.)
- Century Gardens (826 8 Ave. S.W.)
- Pixel Park (1110 Macleod Trail S.E. at 12 Ave. S.E.)
- Haultain Park (225 13 Ave. S.W.)
- Tomkins Park (820 17 Ave. S.W.)

Seasonal Drinking Water Stations

Open late May to late September (approximate).

- Prince's Island Park
- Connaught Park (1135 – 14 Ave. S.W.)
- Harmony Park (115 – 4 Ave. S.W.)
- Riley Park (1407 – 7 Ave. N.W.)
- Pumphouse Park (2038 Pumphouse Ave. S.W.)
- Rouleauville Square Park (210 – 18 Ave. S.W.)
- Central Memorial Park (340 – 13 Ave. S.W.)
- Nellie Breen Park (691 – 14 St. S.E.)
- Rotary Park (601 – 1 St. N.E.)
- Jack Long Park (800 – 8 St. S.E.)

Washrooms

Seasonal washrooms open late May to late September (approximate).

- Prince's Island Park (year-round and seasonal)
- Devonian Gardens (320 8 Ave. S.W. — year-round)
- Rotary Park (601 1 St. N.E.— seasonal)
- Century Gardens Park (826 8 Ave. S.W.— year-round)
- Central Memorial Park (340 13 Ave. S.W.— year-round)
- The Open (850 6 St. S.E.— year-round)
- Sunnyside Lift Station (286 Memorial Dr. N.W.— year-round)
- Municipal Plaza (800 MacLeod Tr. S.E.— year-round)

DAY SPACES

Mustard Seed Calgary – Community Impact Centre

102 11 Ave. S.E.

1-833-448-4673 | theseed.ca | 102DowntownCIC@theseed.ca

7 days a week 8 a.m. - 6 p.m.

Welcoming community spaces offering a variety of services, from a cup of coffee to essential items, employment and advocacy support, literacy workshops, and more.

Journey Church – Day Space

10307 Eamon Rd. N.W.

403-241-8822 | myjourney.church

Mon. to Fri. 10 a.m. - 5 p.m.

Offers snacks and coffee, essential items, social supports, system navigation services, and Housing Strategist support for the CAA system to support individuals with connections to community resources, through partnership with Distress Centre Calgary.

EMERGENCY SHELTERS

Alpha House Calgary

203 15 Ave. S.E.

403-234-7388 | alphahousecalgary.com | info@alphahousecalgary.com

24/7 shelter offers essential items, food, clothing, showers, detox access, outreach and transitional housing services.

Calgary Drop-In Centre

1 Dermot Baldwin Way S.E.

General: 403-263-5707 | Shelter: 403-266-3600 | calgarydropin.ca

24/7 shelter offers essential items, food, clothing, showers, laundry and hygiene services, and supports with housing, addiction and health.

Mustard Seed Calgary

theseed.ca | info@theseed.ca

 *Adult (18+). Sober environment. Intake required for new clients.*

Foothills Shelter

7025 44 St. S.E. | 403-723-9422

24/7 shelter offers food, clothing, hygiene supplies and showers. The Shelter Bus provides transportation to and from the Downtown Community Impact Centre (102 11 Ave. S.E.) daily.

Women's Shelter

110 11 Ave. S.E. | 587-447-1345


24/7 women only shelter on a first-come first-serve basis at 4 p.m. Offers food, clothing, hygiene supplies and showers.

Fear is Not Love – Calgary Women's Emergency Shelter

1509 Centre St. S.


403-234-7233 (SAFE) | fearisnotlove.ca | help@fearisnotlove.ca

24/7 secure emergency shelter offers essential items, food, hygiene services, wellness centre, child & youth, men and family support programs such as a court program, community resources and counselling services.

 *Women with or without children and pets fleeing domestic violence and abuse. Sober environment.*

The Salvation Army

salvationarmycalgary.org

 *Adults (18+). Must be coherent.*

Centre of Hope Men's Shelter

420 9 Ave. S.E.

403-410-1184 | CSCalgary.Info@salvationarmy.ca

24/7 men only shelter offers daily meals, essential items, laundry and hygiene services, Wi-Fi, computers, gym access and other support resources.

West Campus Women's Shelter

1731 29 St. S.W.

403-930-2711 | CSCalgary.WestCampusInfo@salvationarmy.ca

24/7 women only shelter offers daily meals, essential items, hygiene and laundry services, Wi-Fi, computer access and learning resources.

YW Calgary

24/7 Crisis Line: 403-266-0707 | ywcalgary.ca | ywca@ywcalgary.ca

Emergency Shelter & Transitional Housing

1715 17 Ave. S.E. | 403-705-0315


Emergency shelter and longer-term transitional housing for women without children and other outreach supports.

 *Must call to register as a client before accessing services.*

Crisis Shelter

2003 16 St. S.E. | 24/7 Crisis Line: 403-266-0707

24/7 crisis line for domestic violence shelter which offers essential items, food, counselling and other outreach supports.

 *Women with or without children. Must call to register before accessing services.*

Unison Elder Abuse Shelter

1133 7 Ave. S.W.

Elder Abuse Resource Line: 403-705-3250 | General: 403-265-0661
unisonalberta.com | HelloYYC@UnisonAlberta.com

Shelter and safe place for adults who are experiencing elder abuse. Offers financial assistance, transportation, housing, legal and health care supports.

! *Adults (55+). Limited space.*

Awo-Taan Healing Lodge Society – Women’s Emergency Shelter

403-531-1927 or 403-531-1976 | awotaan.org

24/7 emergency shelter focused on traditional Indigenous teachings to promote healing. Providing housing for up to 32 people for a 3-week period and offering access to basic needs, counselling, holistic support and guidance, pediatric wellness, and other support services.

! *Women and children (of all cultures) experiencing domestic violence. Sober environment. Intake is based on capacity.*

YOUTH & FAMILY SHELTERS

Inn from the Cold

#110 – 706 7 Ave. S.W.

403-263-8384 | innfromthecold.org | gethelp@innfromthecold.org

24/7 family shelter with capacity for 32 families at a time. Provides shelter, food, basic needs and housing supports for parents with children under the age of 18, including expectant parents. Families can stay until housing is secured.

! *Families must complete a triage and screening process. Intake is based on capacity. No drop-in services. Single individuals cannot be accommodated.*

Trellis - Avenue 15

938 15 Ave. S.W.

403-543-9651 | growwithtrellis.ca

24/7 youth shelter offers essential items and support services.


! *Youth ages 12-17.*

RESOURCE CENTRES

SORCe Calgary

City Hall LRT Platform: #2 – 316 7 Ave. S.E. | sorcecalgary.ca

SORCe is a multi-agency collaborative that connects people to programs and services that help address barriers to stable housing in a low-barrier location. Working together in one place, partner agencies offer support with housing, justice, finances, mental health, communication access, and community connection

 *Walk-in services only. Open Mon. to Fri. 9 a.m. - 12 p.m. / 1 p.m. - 4 p.m.*

Women's Centre of Calgary

39 4 St. N.E.

403-264-1155 | womenscentrecalgary.org | info@womenscentrecalgary.org

Walk-ins are welcome. Offers basic needs assistance, essential and hygiene items, peer and social supports, access to computers, housing supports, and other support services and resources.

Calgary Public Library

For locations and hours: 403-260-2600 | www.calgarylibrary.ca

Offers resources and referrals to various supports. Additionally, public computers are available to access information and services.

Rise Calgary

403-204-8280 | risecalgary.ca | info@risecalgary.ca | See website for hours.

Bowness: 7904 43 Ave. N.W.

Forest Lawn: 3303 17 Ave. S.E.

Ranchlands: #14 – 1840 Ranchlands Way N.W.

Millican/Ogden: 2734 76 Ave. S.E.

Offers basic needs assistance, food hampers, access to computers, money management and skill building programs, and connection to wellness supports.

SafeLink Alberta

1944 10 Ave. S.W.

403-508-2500 | safelinkalberta.ca | info@safelinkalberta.ca

Mon. to Fri. | Appointments: 9 a.m. – 12 p.m. | Walk-ins: 1 – 4 p.m.

Offers low-barrier access to supplies, food, hygiene items, emotional and peer support, STBBI testing and treatment, housing supports, referrals, and Indigenous supports through Strong Voices, including ceremonial supplies and guidance.

Community Resource Hub – Women in Need Society (WINS)

825-540-4717 | winsyyc.ca | hubs@winsyyc.ca

Beltline: 1003 11 Ave. S.W. | Tues. to Fri. 9 a.m. – 4:30 p.m.

Dover: 3525 26 Ave. S.E. | Tues. to Fri. 9 a.m. – 4:30 p.m.

Erin Woods: 701 Erin Woods Ln. S.E. | Mon. and Wed. 9 a.m. – 4:30 p.m.

Lincoln Park: 36 Lincoln Way S.W. | Tues. and Thurs. 9 a.m. – 4:30 p.m.

Temple: 16 Templemont Ln. N.E. | Tues. and Thurs. 9 a.m. – 4:30 p.m.

Provides families with barrier-free access to essential programs, services and resources that improve and support well-being.

 *For women and their families. By appointment only.*

McMan – James House Neighbourhood Hub

344 14 St. N.W.

mcmancalgary.ca/neighbourhood-hub/ | JHHub@mcmancalgary.ca

Mon. Wed. Thurs. 12:00 p.m. - 4:00 p.m | Tues. 11:00 a.m. - 2:00 p.m.

Offers programs and services to people seeking housing stability and connection to resources. Participants can attend learning sessions, cultural activities, access mental and physical health programs, and have access to a computer and printer. Staff can complete or update NSQs and provide information about other community resources.

The Children's Cottage Society

1921 28 St. S.W.

403-242-8575 | childrencottage.ab.ca

Provides crisis respite, and support for families going through crisis, including those experiencing homelessness.

Wood's Homes – Inglewood Opportunity Hub


1008 14 St. S.E.

403-774-1674 | Inglewood.opportunityhub@woodshomes.ca

Mon. to Fri. 8:30 a.m. - 4:30 p.m

Drop in space for showers, laundry, food hampers, daily meals hygiene products, clothing, rest stations and scheduled calendar of social activities and events.

Professionals on site - Recovery counsellors, Mental Health Therapist, Employment Counsellors and Crisis Counsellors. Programming includes Wellbriety, Siksika Nation cultural teachings and a wide range of events twice per month.

 *For youth and young adults ages 15-29. Sober environment. Intake form required.*

ESSENTIAL NEEDS & SERVICES

Mustard Seed Calgary – Community Impact Centres

1-833-448-4673 | theseed.ca

Downtown: 102 11 Ave. S.E. | 102DowntownCIC@theseed.ca

Marlborough Park: #24 – 6060 Memorial Dr. N.E. | MarlboroughParkCIC@theseed.ca

Ogden Hub: 2385 74 Ave. S.E. | OgdenCIC@theseed.ca

Welcoming community spaces that offer a variety of services, from a cup of coffee to essential items, employment support, workshops, after-school programming, family supports and more resources.

Women’s Centre of Calgary

39 4 St. N.E.

403-264-1155 | womenscentrecalgary.org | info@womenscentrecalgary.org

Offers access to basic needs items—such as emergency food and personal care supplies—a community drop-in space, peer support, access to computers and other support services including referrals.

⚠ *Services are for women. Walk-ins welcome. Some services require an appointment.*

The Salvation Army – Community Resource Centre & Thrift Stores

East Campus: #100 – 5115 17 Ave. S.E.

403-410-1160 | salvationarmycalgary.org | CSCalgary.CFSInfo@salvationarmy.ca

The Community Resource Centre (East Campus) offers emergency food hampers, essential and hygiene items, learning and engagement programs, a recreation space, and other support programs.

Salvation Army thrift stores, located across the city, provide access to low-cost second-hand essential and household items.

Soaps & Suds

Ernie Starr Arena: 4808 14 Ave. S.E. | Tuesdays 10 a.m. – 12 p.m.

Offers shower facilities with toiletries and towels provided.

⚠ *Must be coherent.*

Centre Street Church – ReNew Clothing

Central Campus: 3900 2 St. N.E. (north side entrance)

403-293-3900 | cschurch.ca/centre-for-the-city | compassion@cschurch.ca

Mon. and Wed. from 5:30 p.m. to 7:30 p.m.

Offers gently used clothing at no-cost.

Victory Outreach

Call or text 403-273-1050 | victoryoutreach.ca

Eastside: 1840 38 St. S.E. | 403-387-0587

Ogden: 7012 Ogden Rd. S.E. | 403-264-0598

Satellite depot for Calgary Food Bank hampers, emergency food church hampers, hot meal service, resource lists, The Alex Mobile Health Unit, church services, healing rooms.

HER Victory

1840 38 St. S.E. | 403-371-4012 | hervictory.ca | info@hervictory.ca

Tues. to Thurs. 12 p.m. – 2 p.m.

Provides daily hot meals and coffee, emergency food hampers, essential item and personal care packs, shower facilities, hygiene items, and other support services and resources. Case workers are onsite to support with referrals, safety planning, system navigation, income support, bad date reporting, and case management.



For women who are at risk of or experiencing extreme hardship, exploitation, addiction and/or human trafficking.

Society of St. Vincent de Paul

Various locations in each quadrant of Calgary | 403-250-0319 | ssvpcalgary.ca

North & North East Calgary: ssvpeast@gmail.com

South Calgary & Okotoks: ssvpsouthcalgary@gmail.com

West Calgary & Canmore area: ssvpwest@gmail.com

Offers assistance with basic needs and emergency food hampers. Additional items may be requested based on need and availability.

BeTheChangeYYC

587-224-9114

Tues., Wed., and Sun. 4:30 p.m. – 9 p.m. | Sat. 2:00 p.m. - 6 p.m.

Provides street-level access to food, water, clothing, hygiene and harm reduction supplies, basic first aid, and referrals to shelters, detox and other services.

Outreach teams of four travel on foot year round, including holidays, walking core areas and transit routes to support people experiencing homelessness.

FOOD: MEALS & HAMPERS

Dashmesh Cultural Centre

135 Martindale Blvd. N.E.

403-590-0970 | dashmesh.ca | info@dashmesh.ca

Offers free daily hot meals and food hampers, a food bank, community garden and community kitchen. Visit the website for updated hours.

Calgary Drop-In Centre

1 Dermot Baldwin Way S.E.

403-263-5707 | calgarydropin.ca

Offers three daily meals (one serving per meal per person), snacks and bagged lunches.

The Alex

#102 2840 2 Ave. S.E.

403-520-2260 | thealex.ca | registration@thealex.ca

Offers food skill programming, community meals and snacks served weekly, and more support services. Community meals are walk-in, no registration required.

Meal times (*excluding holidays*):

Tues. 9:30 a.m. – 11:30 a.m.

Thurs. 11 a.m. – 1 p.m.

Feed The Hungry – St. Mary's Cathedral Hall

221 18 Ave. S.W.

403-218-5532 | catholicyc.ca/feedthehungry | feedthehungry@calgarydiocese.ca


Offers sit-down, family-style lunches on Sundays and provides food bundles. Visit the website for hours and updated information.

Calgary Food Bank

5000 11 St. S.E.

403-253-2055 | calgaryfoodbank.com | info@calgaryfoodbank.com

Offers emergency and mobile food hampers, as well as pet food, hygiene supplies and baby items upon request. Pick up at the main warehouse or one of their satellite locations. Visit the website for information and to book an appointment.

 *Appointment required by phone or online. Identification needed for pick-up.*

Centre Street Church – The Well Café

Central Campus: 3900 2 St. N.E. (*north side entrance*)

403-293-3900 | cchurch.ca/centre-for-the-city | compassion@cchurch.ca

Offers a free, hot meal in a warm and safe environment to anyone that comes. Mondays and Wednesdays from 5:30 p.m. to 7:30 p.m.

Society of St. Vincent de Paul

Various locations in each quadrant of Calgary | 403-250-0319 | ssvpcalgary.ca

North & North East Calgary: ssvpeast@gmail.com

South Calgary & Okotoks: ssvpsouthcalgary@gmail.com

West Calgary & Canmore area: ssvpwest@gmail.com

Offers emergency food hampers and assistance with basic needs. Additional items may be requested based on need and availability. Visit the website for locations and more information.

Calgary Community Online Food Map

bit.ly/4e4THF0 | Scan the QR Code to access the map.

A community curated Google map of locations where you can access no and low-cost food options in the City of Calgary. This includes meals, emergency hampers, food banks, community pantries and fridges, low-cost food options, baby supplies, pet food and more.



PET SUPPORTS

Parachutes for Pets

6120 1A St. S.W.

403-305-9677 | parachutesforpets.com | info@parachutesforpets.com

Intake: 368-999-1702 / intakes@parachutesforpets.com

Offers food (including pet food hampers), clothing, harm reduction supplies, and community support. Provides a Safekeeping Program, and a 24/7 Angel Team for emergencies involving unhoused people with pets.

! *Self-referral and proof of low income are required.*

Calgary Humane Society

4455 110 Ave. S.E.

403-205-4455 | www.calgaryhumane.ca | general.inquiries@calgaryhumane.ca

Provides programs to help people and their pets stay together, including emergency boarding, safekeeping for those fleeing violence, a pet food bank (with prescription diets), and access-to-care services like spay/neuter, vaccinations, senior pet support, urgent vet care, and pet surrender when needed.

! *Referrals, Self-Referrals and proof of income may be required.*

Alberta Animal Rescue Crew Society (AARCS)

5060 74 Ave. S.E.

403-250-7377 | www.aarcs.ca | info@aarcs.ca

Offers a Pet Assistance Program for people experiencing financial hardships—providing pet essentials like food and litter. AARCS also provides an Alberta Animal Disaster Response program, may assist with owner surrenders, and offers Compassionate Care programs for pet medical help and senior wellness clinics.

! *Self-referral online.*



HEALTH & WELLNESS SERVICES

Recovery Alberta *(formerly Alberta Health Services 'AHS')*

Health Link: 8-1-1 | recoveryalberta.ca | info@recoveryalberta.ca

Mental Health Helpline: 1-877-303-2642 | Addiction Helpline: 1-866-332-2322


Provides comprehensive and accessible recovery-oriented mental health and addiction services including consultations, system navigation, opioid programs, detox and treatment. Recovery Alberta works in partnership with AHS and the other three public health agencies—which offer primary, acute and continuing health care.

Renfrew Recovery

1611 Remington Rd. N.E. | 403-297-3337

www.albertahealthservices.ca/services/renfrewrecoverycentre.aspx

24/7 service that helps people detoxifying from alcohol and other drugs in a safe, controlled setting, and offers crisis stabilization for those who gamble.

 *Clients must be able to attend to independent daily living. Referral required. Tobacco free site.*

Opioid Dependency Programs

ODP: Sheldon Chumir: 1213 4 St. S.W. - Floor 8 | 403-955-3390

www.albertahealthservices.ca/services/odp.aspx

VODP: 1-844-383-7688 | recoveryalberta.ca/page14106.aspx

Opioid Dependency Program (ODP) and Virtual Opioid Dependency Program (VODP) provide access to services, initiation and maintenance of medications to people with an opioid use disorder.

Supervised Consumption Site & Connect Program


Sheldon Chumir: 1213 4 St. S.W. | 403-955-3380 | stopods.ca

Providing a place where people can use drugs in a monitored, hygienic environment to reduce harm from substance use while offering additional services such as social work and peer support.

Calgary Adult Addiction Services

707 10 Ave. S.W. - 3rd floor | 403-367-5000

Non-medical treatment facility for those experiencing problems related alcohol, drugs, gambling, or sex addictions. Offers short-term, outpatient counselling, education, skill and support group programs, and a 4-week intensive treatment program for those committed to abstinence.

 *Intake required.*


The Alex Community Health Centre

#102 – 2840 2 Ave. S.E.

403-266-2622 | thealex.ca | info@thealex.ca

Mon. to Fri. 8:30 a.m. - 4:00 p.m. (excluding holidays)

Offers primary health care, mental health and addictions support, pharmacy services, housing supports, essential items, social and wellness programming, and more support services.

 *Any low-income Calgarian without a family doctor. Indigenous and 2SLGBTQIA+ Calgarians of all income levels.*

CUPS Calgary

1001 10 Ave. S.W.

403-221-8780 | cupsocalgary.com | info@cupsocalgary.com

Mon. to Thurs. 8:30 a.m. - 3:00 p.m. | Fri. 8:30 a.m. - 2 p.m. |

Phones are answered: Mon. to Fri. 8:00 a.m. - 4:00 p.m.

Offers primary health care, mental health resources, housing and economic supports, family and child development care, addictions support and more.

Mustard Seed – Wellness Centre

1010 Centre St. S.E.

587-393-4020 | theseed.ca/services/wellness-centre | wellnessCGY@theseed.ca

Offers adult mental health counselling, advocacy services, medical clinic, FASD assessment and more. Book an appointment or visit during walk-in hours.

 *Adults (18+).*

Reconnects Program: Pathways to Primary Care

(The Alex and AAWEAR Outreach)

Central Outreach Hub: 131 7 Ave. S.W.

aawear.org/reconnects/ | Tuesdays @10:30 a.m. – 12:30 p.m.

Offers hot meals, coffee & snacks; clothing and basic hygiene supplies; recovery supports; education resources; housing referrals; foot and wound care; STBBI testing and referrals; peer and community support; and resource navigation.

Canadian Mental Health Association

#105 – 1040 7 Ave. S.W.

403-297-1700 | cmha.calgary.ab.ca | info@cmha.calgary.ab.ca

Offering programs, resources, and compassionate support to promote mental wellness and recovery for individuals and families in Calgary.

Community Connect YYC

communityconnectyyc.ca


Online booking tool that connects people to barrier-free counselling services provided by partner agencies (fees vary). Connect to counselling for adults, family, children and youth, domestic violence, sexual health, immigration, persons with disabilities, addictions supports, peer supports, caregiver support and more.

Distress Centre Calgary – Crisis Support

#500 – 999 8 Ave. S.W.

24/7 phone & text: 403-266-4357 | distresscentre.com | help@distresscentre.com
Hearing Impaired: 403-543-1967 | Suicide Prevention: 988

24/7 crisis support by phone, text, and chat. Offers free professional counselling, resources and referral services. Evening and emergency appointments are available.

 *Intake form or call required.*

YWCA – Calgary Counselling Programs

1715 17 Ave. S.E.

403-536-2844 | Crisis line: 403-266-0707
ywcacalgary.ca/programs-services/counselling | counselling@ywcacalgary.ca

Offers adults, children (ages 4-17), and family counselling services based on a sliding-scale fee structure. Virtual and in-person options available.

Wood's Homes – Eastside Community Mental Health Services

#255 – 495 36 St. N.E.

Call: 403-299-9699 | Text: 587-315-5000
woodshomes.ca/eastside-community-mental-health-services

Offers immediate, no-cost, mental health support to children, young people, adults and families. Services available in multiple languages.
For service hours and access, including appointments and walk-in, please call.

Carya Calgary

caryacalgary.ca | Intake: 403-250-5244 | intake@caryacalgary.ca

Central Commons: #800 – 1000 7 Ave S.W. | 403-269-9888

Bowmont Commons: 5000 Bowness Rd. N.W. | 403-202-5641

Village Commons: #201 – 610 8 Ave. S.E. | 403-536-6558

Provides free or low-cost programs to support mental health, strengthen families, improve living conditions, & build social connections, including subsidized counselling for families and seniors in person, online, or by phone.

 *Families and adults (18+ and 65+).*

Fear Is Not Love

#500 – 1509 Centre St. S.W.

Helpline: 403-234-7233 | Men's Resource Line: 1-833-327-6367

fearisnotlove.ca | help@fearisnotlove.ca

Offers free programs for any person experiencing domestic violence and abuse, including a helpline, court program, inclusive counselling services and education and resource support.

Calgary Communities Against Sexual Abuse (CCASA)

#700 – 910 7 Ave. S.W.

403-237-5888 | calgarycasa.com

Provides free individual short-term counselling, supports and information for anyone impacted by sexual violence.

Fresh Start Recovery Calgary – Men's Treatment

411 41 Ave. N.E.

403-387-6266 | freshstartrecovery.ca | info@freshstartrecovery.ca


Offers recovery-oriented housing, treatment and addiction supports.

Alcove: Addiction Recovery for Women

1937 42 Ave. S.W.

587-576-3512 | alcoverecovery.ca | intake@alcoverecovery.ca

Offers holistic residential recovery treatment programs for individuals and families, and an online program to support recovery, for women dealing with addiction, abuse and mental health distress.

 *Women (18+). Must meet eligibility criteria.*

Aventa Addictions Treatment

610 25 Ave. S.W.

403-245-9050 | aventa.org | info@aventa.org

Offers holistic, trauma informed, concurrent capable, live-in addiction treatment services.

 *Women (18+). Must meet eligibility criteria.*

RESET Society of Calgary (formerly Servants Anonymous)

#260 – 7220 Fisher St. S.E.

403-237-8477 | resetcalgary.ca | reception@resetcalgary.ca

Offers long-term programs, housing and supporting independent housing, and ongoing supports to women who are victims of or at risk of sexual exploitation and/or human trafficking.

! *Women (16+) with or without children.*

Sunrise Healing Lodge

1231 34 Ave. N.E.

403-261-7921 | admissions@nass.ca | nass.ca

Offers Indigenous-based programs that assist in recovery from alcohol, drug and gambling addictions, and provides family counselling and residential in-patient treatment. Free with an Alberta Health Card.

! *For Indigenous and non-Indigenous clients (18+). Must be alcohol and drug-free for three days.*



FINANCIAL & EMPLOYMENT SERVICES

Momentum

#100 – 525 28 St. S.E.

403-272-9323 | momentum.org | welcome@momentum.org

Offers affordable programs including money management, financial coaching and education, trades job training, professional development and tax services.

Mustard Seed – Employment Program

102 11 Ave. S.E.

403-615-9216 | theseed.ca/services | EmploymentCentre@theseed.ca

Equip individuals with job searching skills including resume crafting, interview preparation, job search support and placement assistance.

 *Must submit an online application.*

MCG Careers – Calgary Career and Employment Centre

#350 – 11012 Macleod Trail S.E.

403-668-5445 | mcgcareers.com | ccec@mcgcareers.com

Offers no-cost employment services, career & employment coaching, interview prep, training, workshops & events, job boards, community resource referrals.

 *Albertans ages 18-63.*

Prospect Human Services

1-877-483-2562 | prospectnow.ca | info@prospectnow.ca

Calgary Downtown: #900 – 910 7 Ave. S.W. | 403-237-5108

Calgary Northeast: 915 33 St. N.E. | 403-273-2822

Studio C: #235 – 1721 29 Ave. S.W. | 403-269-1838

Offers no-cost career, employment, information services and job placement services. Fully accessible to people with disabilities.

 *Albertans (18+).*

Carya – Financial Wellness

caryacalgary.ca

Central Commons: # 800 – 1000 7 Ave S.W. | 403-269-9888

Bowmont Commons: 5000 Bowness Rd. N.W. | 403-202-5641

Village Commons: #201 – 610 8 Ave. S.E. | 403-536-6558

Offers programs for financial literacy, including financial education workshops, financial coaching for older adults, and annual tax clinics.

 *Families and adults (18+ and 65+).*

TAX CLINICS & SUPPORTS

Calgary Navigation & Support Centre

428 9 Ave. S.E. | 403-410-1167 | Every second Thursday

Mustard Seed – Wellness Centre

1010 Centre St. S.E. | 587-393-4020 | WellnessCGY@theseed.ca

The Salvation Army Calgary Community Services

Call 403-220-0432 to make an appointment.

Rise Calgary

risecalgary.ca/taxes-and-benefits | info@risecalgary.ca

Forest Lawn: 3303 17 Ave. S.E. | 403-204-8280

Bowness: 7904 43 Ave. N.W. | 403-216-5348

Ranchlands: #14 – 1840 Ranchlands Way N.W. | 403-374-0448

Millican/Ogden: 2734 76 Ave. S.E. | 403-720-3322

! *Low-income taxation and benefits programming.*

Women in Need Society (WINS)

825-540-4717 | hubs@winsyc.ca | See the website for locations and hours
winsyc.ca/wins-supports/community-resource-hubs

! *Tax filing support for women. By appointment only.*

ASAP Taxation & Benefits Clinic

128 2 Ave. S.E.

597-889-6668 | taxclnicasap@gmail.com | www.facebook.com/ASAPVolunteerTax

! *For low-income individuals.*

Women's Centre of Calgary

39 4 St. N.E. | 403-264-1155 | womenscentrecalgary.org

! *For low-income women.*

Carya

caryacalgary.ca/program/tax-clinics/

Bowmont Commons: 5000 Bowness Rd. N.W.

403-286-1811 | ChristinaH@caryacalgary.ca

Village Commons: #201 – 610 8 Ave. S.E.

403-536-6558 | AdminVC@caryacalgary.ca

! *Low-income seniors and individuals on Income Support or AISH.*

LEGAL SUPPORTS & SERVICES

Legal Aid Alberta

Apply: 1-866-845-3425 | legalaid.ab.ca

Provides affordable legal services in family law, domestic violence, child welfare, immigration, and youth and adult criminal defense.

 *Must meet eligibility criteria. Income dependent.*

Calgary Legal Guidance (CLG)

#100 – 840 7 Ave. S.W.

403-234-9266 | clg.ab.ca | clg@clg.ab.ca

Offers legal assistance, guidance, information and support on social benefits advocacy, Indigenous law, domestic violence/family law, immigration law, elder law, homeless outreach and more for people with no-to-low-income.

 *Appointment required.*

Civil Claims Duty Counsel (CCDC)

Calgary Courts Centre: 601 5 St. S.W. – 15th floor, rooms S15-06, S15-23, S15-39

Offers drop-in, first-come first-serve legal assistance on civil matters in the Alberta Court of Justice including legal advice, information on court procedures, assistance with document preparation and review, and preparation assistance.

Diversecities

1405 Centre St. N.

403-265-8446 | diversecities.org/law | laprogram@diversecities.org

Offers law and advocacy programs that provide legal information, education, referrals and other legal supports. Programs can be offered in Mandarin, Cantonese and Ukrainian.

The Alex – Justice Navigation

#104 – 2840 2 Ave. S.E.

403-520-2260 | thalex.ca/program/justice-navigation | justicenavigator@thealex.ca

Provides legal information, referrals, help obtaining a lawyer, application and paperwork assistance, and court accompaniment.

 *Ages 12+. Appointment required.*

Court and Justice Programs

1-855-738-4747 | www.albertacourts.ca/kb/resources/legal-resources-useful-links

Provides administrative support and services to help with legal issues and offers programs at no-cost or nominal charge.

The Alberta Human Rights Commission

780-427-7661 | albertahumanrights.ab.ca

Provides public information and education programs, self-assessment for AHRC complaint submission and helps to resolve complaints under the Alberta Human Rights Act.

Women's Centre of Calgary

39 4 St. N.E.

403-264-1155 | womenscentrecalgary.org | legal@womenscentrecalgary.org

Offers free legal advice clinics on family, civil, immigration, criminal and other legal issues provided by volunteer female lawyers. The centre also provides Commissioner of Oath services to endorse affirmations and declarations, take and receive affidavits, and administer oaths.

 *Women only. Appointment required.*

Indigenous Justice Centre of Alberta

444 5 Ave. S.W.

587-943-7747 | www.ijcalberta.com | info@ijcalberta.ca

Provides free legal information and representation for Indigenous people facing Criminal Code offences, especially for those who do not qualify for legal aid or cannot afford private counsel. Offers pro bono services, supports the TRC Calls to Action, and addresses the impacts of colonialism.

SORCe Calgary (via Distress Centre Calgary)

City Hall LRT Platform: #2 – 316 7 Ave. S.E. | sorcelandary.ca

The Justice Navigation program, offered by Distress Centre Calgary at SORCe, works with people in need of support with justice-related matters. Needs that the program can support include: victim navigation, landlord/tenant disputes, addressing by-law infractions, information on warrants and court dates, information on legal processes and available resources, and in-person court support.

IMMIGRATION SERVICES

Centre for Newcomers

#125 – 565 36 St. N.E.

403-569-3325 | centrefornewcomers.ca | info@centrefornewcomers.ca

Offers settlement services, children and youth programs, English classes, tax services, employment supports, and more.

Immigrant Services Calgary | Gateway

#1200 – 910 7 Ave. S.W.

403-265-1120 | immigrantservicescalgary.ca | info@immigrantservicescalgary.ca
| gatewayconnects.ca | info@immigrantservicescalgary.ca

Gateway, offered by Immigrant Services Calgary, is an IRCC-designated starting point for newcomers in Calgary to access personalized support and referrals. It provides settlement services such as English language help, job and education guidance, translation, family and seniors programs, and community referrals. Through one-on-one assessments, Gateway connects newcomers to 90+ community partners offering free, tailored services.

Calgary Catholic Immigration Society (CCIS)

1111 11 Ave. S.W.

403-262-2006 | ccisab.ca | contact@ccisab.ca

Provides settlement services in 70 different languages for immigrants and refugees, interpretation and translation services, including employment and guidance services, newcomer child and youth connection services, senior services, childcare, language classes, refugee/immigrant trauma related counseling, and community integration supports.

Calgary Immigrant Women's Association (CIWA)

#200 – 138 4 Ave. S.E.

403-263-4414 | ciwa-online.com | reception@ciwa-online.com

Offers immigrant women and their families settlement services including language training, childcare and family services, employment supports, counselling, education resources, tax support, legal advice, referral services and more.

The Immigrant Educational Society (TIES)

www.immigrant-education.ca

Forest Lawn: 1723 40 St. S.E.

403-235-3666 | reception@immigrant-education.ca

Whitehorn: 3820 32 Ave. N.E.

403-291-0002 | wcreception@immigrant-education.ca

Westwinds: #200 – 3675 63 Ave. N.E.

587-392-4177 | wwreception@immigrant-education.ca

Offers settlement programs, employment services, English classes and digital skill development programming.

Centre Street Church – New Canadian Hub

Central Campus: 3900 2 St. N.E. (northwest entrance)

587-390-0770 | cchurch.ca/centre-for-the-city | info@ncfcentre.com

Mon., Tues., & Thurs. 9 a.m. – 3 p.m.

Offers people of all immigration status, including refugees claimants, friendship, community and practical support to newcomers to Canada. Providing programs such as English as a second language (ESL) classes, childcare for parents in morning classes, bible studies, and sewing and creative classes.

⚠ *Must pay a \$5 fee to register to access free ESL classes. ESL classes are not tested for Canadian Language Benchmarks.*



2SLGBTQIA+ SERVICES

Calgary Outlink

#105 – 223 12 Ave. S.W.

403-234-8973 | calgaryoutlink.ca | info@calgaryoutlink.ca

A resource hub that provides support, education, outreach, and information resources to the 2SLGBTQIA+ community.

Centre for Sexuality

#700 – 1509 Centre St. S.

403-283-5580 | centreforsexuality.ca | info@centreforsexuality.ca

Provides counselling and education on healthy relationships, sexual health, gender identity, sexual orientation, and consent. Offers 2SLGBTQIA+-specific programs, including free one-on-one support for youth and adults on topics such as coming out, navigating medical, social, or legal transition, accessing gender-affirming gear, addressing social isolation, homelessness, and more. Support is also available for parents and natural supports of 2SLGBTQIA+ individuals to help create safe and affirming environments.

Skipping Stone

#1900 – 736 6 Ave. S.W.

587-333-4342 | skippingstone.ca | info@skippingstone.ca

Provides low-barrier access and support to trans and gender-diverse youth, adults and families. Offering one-on-one support, group and community programs, ID support, and resources for individuals and allies.

End of the Rainbow Foundation

#211 – 223 12 Ave. S.W.

403-262-4086 | endoftherainbow.ca

Offers support services to the 2SLGBTQIA+ community including social, emotional and peer support services, refugee supports for asylum seekers and refugees settling in Calgary, tax supports and more.

Transgender Lifeline

1-877-330-6366 | translifeline.org

Provides direct emotional and financial support to trans people—often in crisis—offered by trans people, for trans people and those struggling with their gender identity.

INDIGENOUS SERVICES

Aboriginal Friendship Centre of Calgary (AFCC)

316 7 Ave. S.E.

403-270-7379 | afccalgary.org | info@afccalgary.org

Provides numerous programs and services to support Calgary's urban Indigenous community including housing services, community programs, Indigenous culture education and outreach, youth programs, and employment resources. Support with status cards and Jordan's Principle applications.

Miskanawah

403-247-5003 | miskanawah.ca

East: 2335 30 Ave. N.E.

West: 2340 1 Ave. N.W.

Offers culturally based programs and services guided by Indigenous teachings for family support (from prevention to intervention), youth services, clinical and cultural mental health supports, housing support, and more cultural supports.

Siksika Family Services

1-888-734-5140 | siksikafamilyservices.com

Mohkinstsis – Elbow (Calgary): 132 16 Ave. N.E. | 403-235-6893

Siksika Nation Office: PO. Box 1189, Siksika | 403-734-4360

Provides support services and resources for Siksika Nation families including employment and training services, income support, shelter, and childcare services.

Circle of Wisdom Elders & Seniors Centre

#110 – 1603 10 Ave. S.W.

587-350-4789 | circleofwisdom.ca | info@circleofwisdom.ca


Offers elders and seniors support in advocacy, community engagement, traditional teaching and basic needs referrals.

Sunrise Healing Lodge

1231 34 Ave. N.E.

403-261-7921 | nass.ca | nasgeneral@nass.ca

Offers Indigenous-based programs that assist in recovery from alcohol, drug and gambling addictions, and provides outpatient treatment, inpatient treatment, and family-focused healing.

 *For Indigenous and non-Indigenous clients (18+). Free with an Alberta Health Card. Must be alcohol and drug-free for at least three days.*

Métis Calgary Family Services Society – Rainbow Lodge Program

500 6505 Huntridge Hill N.E.

403-240-4642 | mcfs.ca/development/ | mail@mcfs.ca


A culturally based supportive housing program for Indigenous families, offering goal setting, life skills, budgeting, peer support, outreach, advocacy, cultural and Elder supports, system navigation, and resources to address homelessness, employment, education, parenting, and cultural identity.

Elbow River Healing Lodge – AHS

Sheldon Chumir: 1213 4 St. S.W. – 7th floor

403-955-6600 | elbow.riverhealinglodge@ahs.ca | ahs.ca/ihp

Offers a full range of primary care services and visiting specialists to First Nations (Status & Non-Status), Métis, and Inuit peoples and their families, including traditional healing approaches, health promotion, disease prevention, curative care, rehabilitative care, social resource advocacy and supportive care.

 *No walk-in service. Call to make an appointment.*

Siksika Health Services (SHS)

PO. Box 1130, Siksika

403-734-5600 | siksikahealth.com

Provides healthcare services including clinical, emergency, dental, disability, food and nutrition, health assistance, home care, mental wellness, addiction, and more.

Tsuut'ina Health and Wellness: Harm Reduction Outreach, Mental Health, and Addictions

Old Agency Rd, Tsuut'ina

24/7 Mental Health Support Line for Tsuut'ina Community: 403-819-6602

A culturally based supportive housing program for Indigenous families, offering goal setting, life skills, budgeting, peer support, outreach, advocacy, cultural and Elder supports, system navigation, and resources to address homelessness, employment, education, parenting, and cultural identity.

Aboriginal Futures Career & Training Centre

#200 – 6011 1A St. S.W.

403-253-5311 | aboriginalfutures.com | info@aboriginalfutures.com

Offers one-on-one career counselling with career development practitioners providing preparation, coaching and referral services.

Native Counselling Services of Alberta (NCSA)

#1010 – 910 7 Ave. S.W.

403-237-7850 | nca.ca | info@nca.ca

Provides court worker assistance to Indigenous peoples for criminal, family and youth courts.

Hope for Wellness Helpline

1-855-242-3310 | hopeforwellness.ca

24/7 immediate and culturally competent support and crisis intervention through mental health counselling via telephone and online chat.

 *For Indigenous Peoples.*

Indigenous Mental Health Program – AHS

Sheldon Chumir: 1213 4 St. S.W. – 7th floor

403-955-6645 | albertahealthservices.ca/info/Page2762.aspx

Offers culturally appropriate mental health care and support services to Indigenous clients including counselling, traditional wellness resources, education, assisted referrals and more.

Calgary Legal Guidance – Sahwoo Mohkaak Tsi Ma Taas (Before Being Judged)

#100 – 840 7 Ave. S.W.

403-234-9266 | clg.ab.ca | clg@clg.ab.ca

For Indigenous peoples seeking legal guidance and advice. Provides connections to community supports.

 *Appointment required.*

Elizabeth Fry Society

1731 10 Ave. S.W.


403-294-0737 | elizabethfrycalgary.ca | reception@elizabethfrycalgary.ca

Offers support and advocacy for Indigenous women who have been involved in the criminal system and provides mentoring, housing and other supports. The Soksipaitapiisin Program provides support for Indigenous adults and youth in the court systems.

YOUTH & YOUNG ADULT SERVICES

Wood's Homes

woodshomes.ca

 For youth and young adults ages 15-29. Sober environment. Intake form required.

Eastside Community Mental Health Services: #255 – 495 36 St. N.E.

Call: 403-299-9699 | Text: 587-315-5000

Inglewood Opportunity Hub: 1008 14 St. S.E.

403-774-1674 | Inglewood.opportunityhub@woodshomes.ca

Provides services catered to vulnerable young people. Offering a range of services and programs including mental health wellness programs, counselling, mentorship, addictions support, therapeutic care, skill development, employment services, essential needs supports and housing services.

New Horizon

#2 – 1008 14 St. S.E. | 403-860-6521


Temporary, low-cost housing for young adults at risk of or facing homelessness. Offering services from the Opportunity Hub including individualized support and guidance on independent living, employment training, physical and mental wellness support, addictions services, peer and group support, recreational activities and basic needs support.

 Ages 18-29. Fee associated with services. Referral through SORCe is required.

Trellis

#200 – 2609 15 St. N.E.

403-219-3477 | growwithtrellis.ca

 Referral for housing through SORCe is required.

Offers a variety of supports for youth and their families including programming, shelter and housing outreach, employment and education support, therapy, foster care, parental support services and settlement services.

Avenue 15

938 15 Ave. S.W. | 403-543-9651

24/7 drop-in shelter for youth experiencing homelessness, offering essential items and support services.

 Ages 12-17.

Calgary John Howard Society – Roofs for Youth

#1000 – 4502 Builders Rd. S.E.

403-266-4566 | info@cjhs.ca

www.cjhs.ca/programs-initiatives/youth-programs/housing/

Provides housing with wrap-around supports to youth who are experiencing homelessness, offering services based on needs.

 *Youth ages 15-24. Referral through SORCe is required.*

The Alex – Youth Health Centre & Drop-In Space

#104 – 2840 2 Ave. S.E.

403-520-6270 | Text: 403-680-9627 | youthinfo@thealex.ca

www.thealex.ca/program/youth-health-centre

Provides health and social care to young people. Offering supports and services for addictions and harm reduction, mental health supports and counselling, justice navigation, medical care, LGBTQ2S+ supports, parenting programs, basic needs support and case management, sexual health services, social connection, ID document support and social work.

 *Ages 12-24*

Youth Substance Use & Mental Health Services – AHS

1005 17 St. N.W. | 403-287-4664

Access Mental Health: 403-943-1500 | 24/7 Helpline: 1-866-332-2322

Provides mental health and substance use screening, assessment and counselling, as well as referral services.

 *Youth ages 12-18 experiencing substance use and/or mental health concerns.*

Hull Services – Bridging the Gap (BTG)

#420 – 1509 Centre St. S.W. | 403-216-0660

BTGIntake@hullservices.ca | hullservices.ca/services/bridging-the-gap

Program that provides support to young people who struggle with mental health concerns. Offering education on mental health, skill development and assistance with accessing community services.

 *Ages 16-24. Must meet eligibility criteria.*

ConnectTeen – Distress Centre Calgary

403-264-8336 | Text: 587-333-2724

calgaryconnectteen.com | connectteen@distresscentre.com

24/7 teen and youth mental health helpline. Available by phone, chat, and text. Daily peer support hours offered in which youth can speak with a trained youth responder.

Kids Help Phone

1-800-668-6868 | Text: 686868 | kidshelpphone.ca

24/7 e-mental health service offering free, multilingual and confidential support to young people.

 *Individuals under the age of 25.*

Youth At Risk Development Program (YARD)

403-428-8409 | YARD@calgarypolice.ca


Early intervention and prevention program for youth at risk of or affiliated with gang life. Offering supports for mental health, skill development and social connection supports. Delivered in partnership with the Calgary Police Service and The City of Calgary – Calgary Neighborhoods and Alberta Health Services.

 *Youth ages 10-17.*

Youth Employment Centre (YEC)

Alberta Trade Centre: 315 10 Ave S.E. – 2nd floor | 403-268-2490


Free in-person drop-in employment services for youth. Offering counselling, preparation, planning and networking employment services.

 *Ages 15-24. Social insurance number (SIN) is required for registration.*

The Doorway

2808 Ogden Road S.E. | 825-449-4277 | www.thedoorway.ca

Provides support to young people through MyPlan, an individualized goal setting program. Supporting them as proactive agents of change in their own lives and communities.

 *Ages 17-30, unhoused or experiencing unstable housing. Self-referral only, orientation required.*



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