

# Are you cold?

If you're experiencing homelessness, learn what cold weather resources are available for you.



## SEASONAL DAY SPACES & SERVICES

### Mustard Seed – Community Impact Centre

102 11 Ave. S.E. | 1-833-448-4673 | theseed.ca  
Regular hours: Open daily 8 a.m. - 6 p.m.  
Winter hours: Dec. 1, 2025 - March 31, 2026  
Open daily 7 a.m. - 7 p.m.

A year-round, welcoming community day space offering a variety of services including coffee, bagged lunches, daily hot meals, essential items, emergency clothing, employment support, system navigation and referrals, housing supports, and group programming.

### Aboriginal Friendship Centre of Calgary (AFCC)

4630 16 Ave. N.W. | 403-270-7379 | afccalgary.org  
Dec. 1, 2025 - March 31, 2026  
Open Mon. to Fri. 9 a.m. - 4 p.m.  
Sat. & Sun. 11 a.m. - 4 p.m.

A culturally safe warming space, offering coffee, tea, bannock, and a wide range of programs and services for Calgary's urban Indigenous community, including support with status cards, Jordan's principle applications, housing, community and youth programs, Indigenous cultural education and outreach, and employment resources.

### Wood's Homes – Inglewood Opportunity Hub

1008 14 St. S.E. | 403-774-1674 | woodshomes.ca  
Dec. 1, 2025 - March 31, 2026  
Open daily 9 a.m. - 5 p.m.

Drop-in space offers showers, laundry, food hampers, daily meals, hygiene products, clothing, rest stations, and a scheduled calendar of activities and events. On-site professional services include recovery and mental health counsellors, crisis counsellors, employment counsellors, and housing supports.

Youth and young adults only, ages 15-29.

### Journey Church

(In partnership with Distress Centre Calgary)

10307 Eamon Rd. N.W. | 403-241-8822  
myjourney.church  
Open Mon. to Fri. 10 a.m. - 5 p.m.

A year-round day space that connects individuals to services and system navigation supports, providing snacks, coffee, essential items, and connection to health services, community resources, and housing supports.

### Salvation Army – Mobile Warming Stations

For the updated locations and schedule visit  
[www.calgaryhomeless.com/ewr](http://www.calgaryhomeless.com/ewr)  
Dec. 1, 2025 - March 31, 2026  
Open daily at 11 a.m. - 1 p.m. & 3 p.m. - 5 p.m.

Mobile warming stations offering soup, hot drinks, connection to housing supports, system navigation, referral services, and transportation to shelters. Two locations to be set up daily.

### Shelter Shuttle

HELP Team Dispatch: 403-998-7388  
For the updated schedule visit  
[www.calgaryhomeless.com/ewr](http://www.calgaryhomeless.com/ewr)  
Dec. 1, 2025 - March 31, 2026  
Operates daily from 10:30 p.m. - 4 a.m.

Provides free transportation for individuals at CTrain stations to emergency shelters, where they can access support services. For current shuttle locations or pick-up requests, please call the HELP Team Dispatch.

### Government of Alberta – Navigation & Support Centre

428 9 Ave. S.E. | 403-410-1167  
Open Mon. to Fri. 8:30 a.m. - 4:30 p.m.  
(closed stat holidays)

One-stop access to multiple services, including same-day Alberta ID cards, government benefit programs, financial services, recovery and mental health supports, basic medical care, probation services, Indigenous supports, shelter navigation, and housing supports.

### SORCe Calgary

City Hall LRT Platform: #2-316 7 Ave. S.E.  
*\*This location closes Dec. 31, 2025 and will be relocating.*  
403-241-8822 | sorcocalgary.ca  
Open Mon. to Fri. 9 a.m. - 4 p.m.

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

### Hope Mission – Calgary Hub

4810 Hubalta Rd. S.E. | calgary@hopemission.com  
hopemission.com  
Open Mon. to Fri. 9 a.m. - 4:30 p.m.

Provides basic needs, social supports, transportation to and from agencies, agency referrals, bagged lunches, and community meals.  
**Breakfast:** 9 a.m. - 10 a.m.  
**Lunch:** 11:30 a.m. - 12:30 p.m.  
**Dinner:** 3:30 p.m. - 4:30 p.m.

## EMERGENCY SHELTERS (Shelters are open to access 24/7)

#### Calgary Drop-In Centre

1 Dermot Baldwin Way S.E. | 403-266-3600  
 Adults (18+).

#### Alpha House

203 15 Ave. S.E. | 403-234-7388  
 Adults (18+).

#### Mustard Seed – Foothills Shelter

7025 44 St. S.E. | 403-723-9422  
 Adults (18+). Sober environment.

#### Mustard Seed – Women's Shelter

110 11 Ave. S.E. | 587-447-1345  
 Adult women only (18+). Sober environment.

#### Salvation Army – Centre of Hope

420 9 Ave. S.E. | 403-410-1194  
 Adult men only (18+). Must be coherent.

#### Salvation Army – Women's Shelter

1731 29 St. S.W. (West Campus) | 403-930-2711  
 Adult women only (18+). Must be coherent.

#### YW Calgary – Crisis Shelter

2003 16 St. S.E.  
24/7 Crisis line: 403-266-0707  
 Women with or without children leaving domestic abuse.

#### YW Calgary – Crisis Shelter, Emergency

Beds & Transitional Housing  
1715 17 Ave. S.E. | 403-705-0315  
 Women without children. Must register.

#### FAMILY SHELTER

Inn from the Cold  
#110-7067 Ave. S.W. | 403-263-8384  
 No drop-in services. Intake is based on capacity. Singles cannot be accommodated.

#### YOUTH SHELTER

Trellis – Avenue 15  
938 15 Ave. S.W. | 403-543-9651  
 Youth only shelter, ages 12-17.



To learn about other available resources and supports, and for the most up-to-date information, scan the code or visit [www.calgaryhomeless.com/ewr](http://www.calgaryhomeless.com/ewr)

Call or text 211, available 24/7, or visit [www.ab.211.ca](http://www.ab.211.ca) to access a broad network of community, social, health and government services. If you see someone who needs help, call the HELP Team at 403-998-7388.

