



Calgary Homeless  
FOUNDATION

Calgary

EXTREME WEATHER RESPONSE | WINTER 2025 - 2026

# Cold Weather Supports & Resources



# WHO TO CONTACT

## Emergency

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

## HELP Team

If an unhoused or vulnerable individual needs non-emergency support, including help getting to a safe place, assistance accessing supports, or has concerns involving intoxication, call the HELP Team at **403-998-7388**.

## 211 Alberta Helpline

Call or text **2-1-1**, 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.

## Outreach Encampment Team

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

## 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.

## Needle Response Team

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

## City of Calgary Services

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

# Cold weather supports for Calgarians at risk of or experiencing homelessness.

Calgary's Extreme Weather Response helps individuals at risk of or experiencing homelessness access safe spaces and essential supports when weather conditions become a serious threat to health and safety, especially during cold winter months.

The Extreme Weather Response program is run by the City of Calgary, Calgary Homeless Foundation, and more than 20 local organizations. The program provides safe, warm spaces and connects people to overnight shelters and other resources.

To access services or learn more, please contact the agency directly using the information in this booklet.

Learn more at [www.calgaryhomeless.com/ewr](http://www.calgaryhomeless.com/ewr)



## Supports & Resources Legend

To help you quickly find the supports that best meet your needs, each resource in this booklet is marked with icons that show what kind of service is offered. Use this legend to understand what each icon means:

-  **Daytime Service** – Available during daytime hours
-  **Overnight Service** – Available during night time hours
-  **Youth-Specific Services** – Tailored for young people
-  **Family-Specific Services** – Designed to support families

# SEASONAL DAY SPACES AND SERVICES

This section lists places and services that offer extra support during Calgary's colder months. These include longer hours at day spaces and more transportation options. Some services run all year, while others open or expand their supports when the weather gets cold. All partners work together to help people stay safe, warm, and connected to essential supports when they're needed most.



## Mustard Seed – Day Space (Community Impact Centre)

102 11 Ave. S.E. | [theseed.ca](http://theseed.ca) | 1-833-448-4673

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.



**General Hours**  
Open daily  
8 a.m. - 6 p.m.

**Seasonal Hours**  
Dec. 1, 2025 to  
March 31, 2026  
Open daily  
7 a.m. - 7 p.m.

## Journey Church – Day Space (In partnership with Distress Centre Calgary)

10307 Eamon Rd. N.W. | [myjourney.church](http://myjourney.church) | Walk-in services

A year-round day space that connects individuals to services and helps with finding and accessing resources while also providing snacks, coffee, essential items, and connection to health services, community resources, and housing supports.



**General Hours**  
Mon. to Fri.  
10 a.m. - 5 p.m.

## Wood's Homes – Inglewood Opportunity Hub

1008 14 St. S.E. | [woodshomes.ca](http://woodshomes.ca) | 403-774-1674

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.*



### Seasonal Hours

Dec. 1, 2025 to  
March 31, 2026  
Open daily  
9 a.m. - 5 p.m.

## Aboriginal Friendship Centre of Calgary (AFCC)

4630 16 Ave. N.W. | [afccalgary.org](http://afccalgary.org) | 403-270-7379

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.



### Seasonal Hours

Dec. 1, 2025 -  
March 31, 2026  
Mon. to Fri.  
9 a.m. - 4 p.m.  
Sat. & Sun.  
11 a.m. - 4 p.m.

## Salvation Army – Mobile Warming Stations

For the updated schedule and locations scan the code or visit  
[www.calgaryhomeless.com/ewr](http://www.calgaryhomeless.com/ewr)

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



### Seasonal Hours

Dec. 1, 2025 -  
March 31, 2026  
Operates Daily  
11 a.m. - 1 p.m.  
3 p.m. - 5 p.m.

## Shelter Shuttle

**HELP Team Dispatch: 403-998-7388**

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.



### Seasonal Hours

Dec. 1, 2025 -

March 31, 2026

Operates daily from  
10:30 p.m. - 4 a.m.

## CITY OF CALGARY RESOURCES

### Cold Weather Map

Scan the code to access the map or visit

[maps.calgary.ca/ColdWeatherEmergencySupport](https://maps.calgary.ca/ColdWeatherEmergencySupport)

The City of Calgary provides a regularly updated map of services available during cold weather. Locations include city facilities, libraries, YMCAs, and other partner sites.



### Year- Round Public Washrooms

- Prince's Island Park (year-round and seasonal)
- Devonian Gardens – 320 8 Ave. S.W.
- Tomkins Park – 738 17 Ave. S.W.
- Century Gardens Park – 826 8 Ave. S.W.
- Central Memorial Park – 340 13 Ave. S.W.
- The Open – 850 6 St. S.E.
- St Patrick's Island – 1300 Zoo Rd. N.E.

# COMMUNITY SUPPORTS AND SERVICES

Calgary has many organizations and community groups that offer daytime services for people in need. This section lists some local agencies and programs that run all year to provide safe, welcoming spaces and practical help. Whether you need a warm place to rest, a meal, or connection to other supports, these resources are here to help.



## Navigation & Support Centre (Government of Alberta)

428 9 Ave. S.E. | 403-410-1167 | Walk-in services

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.



### General Hours

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

## SORCe Calgary

City Hall LRT Platform: #2-316 7 Ave. S.E.

*\*This location closes Dec. 31, 2025 and will be relocating. Visit the website listed below for updates on the new location.*

[sorcecalgary.ca](http://sorcecalgary.ca) | Walk-in services

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.



### General Hours

Mon. to Fri.  
9 a.m. - 4 p.m.

## Hope Mission – Calgary Hub

4810 Hubalta Rd. S.E. | [hopemission.com](http://hopemission.com)

[calgary@hopemission.com](mailto:calgary@hopemission.com)

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.



### General Hours

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

## Central Outreach Hub

(In partnership with Good Neighbour, AAWEAR, The Alex, Alpha House, Safelink Alberta and Siksika Nation)

131 7 Ave. S.W. (Central United Church) | 403-606-7892

A safe, low-barrier warm space to connect and access resources, offering hot meals (see hours), coffee, and snacks; no-cost clothing, essential items, and hygiene supplies; basic medical services such as foot and wound care; recovery supports; financial and education resources; social supports; Indigenous-led peer support; system navigation and referrals; and housing supports. The Reconnects Program is offered on Tuesdays.



### General Hours

Tues.  
(all services available)  
10 a.m. - 12:30 p.m.

Thurs. to Sat.  
(meals and clothing)  
12 p.m. - 2 p.m.

Sun.  
(meal only)  
12 p.m. - 2 p.m.

## Calgary Public Library

For locations and hours call 403-260-2600 or visit

[calgarylibrary.ca](http://calgarylibrary.ca)

Open to the public. Offers resources and referrals to various supports and access to public computers.



### General Hours

Sun. 12 p.m. - 5 p.m.  
Mon. to Thurs.  
10 a.m. - 8 p.m.  
Fri. 10 a.m. - 6 p.m.  
Sat. 10 a.m. - 5 p.m.

## Rise Calgary

[risecalgary.ca](http://risecalgary.ca) | [info@risecalgary.ca](mailto:info@risecalgary.ca)



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

**Ranchlands:** #14-1840 Ranchlands Way N.W. | 403-204-8280

**Southeast:** 2734 76 Ave. S.E. | 403-720-3322

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

 **Must appear sober.**

## The Alex

**#102-2840 2 Ave. S.E.** | [thealex.ca](http://thealex.ca) | 403-266-2622

Offers primary and medical health care, mental health and addictions support, pharmacy services, housing supports, essential items, social and wellness programming, and more support services to low-income Calgarians without a family doctor, and to Indigenous and 2SLGBTQIA+ Calgarians of any income level.



### General Hours

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

## CUPS

**1001 10 Ave. S.W.** | [cupscalgary.com](http://cupscalgary.com) | 403-221-8780

Offers primary, family and prenatal health care, mental health resources, housing and basic needs supports, system navigation, family and child development, addictions support, and more.



### General Hours

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

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

## McMan – Neighbourhood Hub

344 14 St. N.W. | [JHHub@mcmancalgary.ca](mailto:JHHub@mcmancalgary.ca) (email to request a monthly calendar of events)

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 housing assessments and provide information about other community resources.



### General Hours

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

## Centre Street Church – Centre for the City

3900 2 St. N.E. (North-side entrance) | 403-293-3900  
[cschurch.ca/centre-for-the-city](http://cschurch.ca/centre-for-the-city)



### General Hours

Mon. Wed. & Fri.  
5:30 p.m. - 7:30 p.m.  
(closed on stat  
holidays)

### The Well Cafe

Offers free, hot meals in a warm and safe environment to anyone that comes.

### ReNew Clothing

Offers gently used clothing at no-cost.

*Drop-in space.*

## Dashmesh Cultural Centre

135 Martindale Blvd. N.E. | [dashmesh.ca](http://dashmesh.ca) | 403-590-0970

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



### General Hours

Open daily  
4 a.m. - 10 p.m.  
Meals between  
9 a.m. - 9 p.m.

# SafeLink Alberta

1944 10 Ave. S.E. | safelinkalberta.ca | 403-508-2500

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.



## General Hours

Appointments  
Mon. to Fri.  
9 a.m. - 12 p.m.

## Calgary Community Online Food Map

[bit.ly/YYCFoodMap](http://bit.ly/YYCFoodMap) | Scan the QR code to access the map

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



# EMERGENCY SHELTERS AND SERVICES

Emergency shelters provide essential, 24/7 support for people who need a safe, temporary place to stay. Many overnight shelters also offer daytime services like meals, outreach, and access to health and social services. These spaces help provide people with safety, stability, and connection to longer-term resources and supports.



## Alpha House

203 15 Ave. S.E. | [alphahousecalgary.com](http://alphahousecalgary.com) | 403-234-7388

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



## Calgary Drop-In Centre



1 Dermot Baldwin Way S.E. | [calgarydropin.ca](http://calgarydropin.ca)

General: 403-263-5707 | Shelter: 403-266-3600

24/7, housing-focused shelter provides daily meals, snacks, and bagged lunches; clothing, essential items, and hygiene products; showers and laundry facilities; and support for housing, health, and recovery needs.

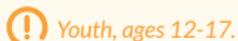


## Trellis –Avenue 15



938 15 Ave. S.W. | [growwithtrellis.ca](http://growwithtrellis.ca) | 403-543-9651

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



# Mustard Seed Calgary

[theseed.ca](http://theseed.ca)



**!** Ages 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 daily transportation to and from the Downtown Community Impact Centre (102 11 Ave. S.E.), and operates daily at 4:30 p.m. & 5:30 p.m.

## 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.

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# Salvation Army Calgary



[salvationarmycalgary.org](http://salvationarmycalgary.org)

**!** Ages 18+. Must be coherent.

## Centre of Hope Men's Shelter

420 9 Ave. S.E. | 403-410-1194

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

## West Campus Women's Shelter

1731 29 St. S.W. | 403-930-2711

24/7 female only shelter offers three meals per day, essential items, laundry, hygiene services, Wi-Fi, computer access, and learning resources.

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## Inn from the Cold



#110-7 Ave. S.W. | [innfromthecold.org](http://innfromthecold.org) | 403-263-8384

24/7 family shelter provides food, basic needs, and housing supports for parents with children under the age of 18, including expectant parents. Once in shelter, families can stay until housing is secured.

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

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## Unison Elder Abuse Shelter



Main Office: 1133 7 Ave. S.W. (shelter address is confidential)

[unisonalberta.com](http://unisonalberta.com) | 24/7 Elder Abuse Resource Line: 403-705-3250

24/7 shelter and safe place for adults who are experiencing elder abuse. Offers financial assistance, transportation, housing, legal assistance, and health care support.

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

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## Fear is Not Love – Calgary Women's Emergency Shelter



Main office: #500-1509 Centre St. S. (shelter address is confidential)

[fearisnotlove.ca](http://fearisnotlove.ca) | 403-234-7233 (SAFE)

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.

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## Crisis Shelter, Emergency Beds & Transitional Housing

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

Emergency bed program for single women who are experiencing or at risk of homelessness, fleeing violence, or experiencing crisis and barriers to wellness.

 *Single women without children. Must register.*

## Crisis Shelter

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

24/7 short-stay crisis shelter offers essential items, food, counselling and other supports such as assistance with housing programs, legal supports and education services.

 *Women with or without children leaving domestic abuse. Must register.*

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## Niitoiyis Family Support Society – Women’s Emergency Shelter



(formerly Awo Taan Healing Lodge Family Wellness Centre)

Family Wellness Centre: #225-525 28 St. S.E. (shelter address is confidential)

niitoiyis.com | 24/7 Crisis Line 403-531-1972 or 403-531-1976

24/7 Text Line: 403-875-4512

24/7 emergency shelter focused on traditional Indigenous teachings to promote healing. Providing accommodations for a three-week period and offering access to basic needs, counselling, holistic support and guidance, pediatric wellness, system navigation and referral, family violence and safety education, and other support services.

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

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