

CALGARY'S HOMELESS-SERVING SYSTEM OF CARE

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# Supports & Resources Guide



## SUPPORTS FOR CALGARIANS AT RISK OF OR EXPERIENCING HOMELESSNESS.

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 an online list of resources, visit [www.calgaryhomeless.com/resources](http://www.calgaryhomeless.com/resources)

## WHO TO CONTACT



### Emergency

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

### H.E.L.P.

Call the HELP Team at **403-998-7388** 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.

### 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 network of community, social, health, and government services.

### City of Calgary Services

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

### Non-Emergency Line

Call **403-266-1234** to report non-urgent suspicious behavior, public safety issues, or crimes not in progress (e.g. stolen property, break and enters, or past non-injury accidents).

### 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.

### 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

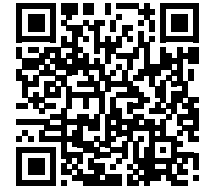
Call **1-866-403-8000** if you have experienced sexual violence and need crisis support or help finding support services.

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## Prepare For Extreme Heat

Scan the adjacent QR Code to access the map.

The City of Calgary maintains an up-to-date map of public indoor spaces offering temporary relief from extreme heat. All listed locations have either an indoor water fountain or an indoor water bottle filling station.



## Drinking Fountains and Washrooms

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

### Temporary Water Stations

Open end of June to September

- Tomkins Park (820 17 Ave. SW)
- Sien Lok Park (140 Riverfront Ave. SW)
- Bow River Pathway (Prince's Island Park Bridge at 6 St. SW)
- Century Gardens (826 8 Ave. SW)
- Enoch Park (1110 Macleod Trail SE at 12 Ave. SE)
- Haultain Park (225 13 Ave. SW) - *Park construction may delay opening*
- Central Memorial Park (340 13 Ave. SW)

### Seasonal Drinking Water Stations

Open late May to late September (approximate)

- Prince's Island Park
- Connaught Park (1135 14 Ave. SW)
- Harmony Park (115 4 Ave. SW)
- Riley Park (1407 7 Ave. NW)
- Pumphouse Park (2038 Pumphouse Ave. SW)
- Rouleauville Square Park (210 18 Ave. SW)
- Cowboys Park (1220 9 Ave SW)
- Rotary Park (601 1 St. NE)
- Jack Long Park (800 8 St. SE)



# DAY SPACES

## Washrooms

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

- Prince's Island Park (year-round)
- Devonian Gardens (320 8 Ave. SW – year-round)
- Rotary Park (601 1 St. NE – seasonal)
- Century Gardens Park (826 8 Ave. SW – year-round)
- Central Memorial Park (340 13 Ave. SW – year-round)
- The Open (850 6 St. SE – year-round)
- Sunnyside Lift Station (286 Memorial Dr. NW – year-round)
- Municipal Plaza (800 MacLeod Tr. SE – year-round)
- Cowboys Park (1220 9 Ave. SW - seasonal)

## Salvation Army Mobile Support Stations

Scan the adjacent QR Code to access the mobile support station schedule or visit [www.calgaryhomeless.com/ewr](http://www.calgaryhomeless.com/ewr)



Mobile support stations offering food and drinks, connection to housing supports, system navigation, referral services, and transportation to shelters.


## Mustard Seed Calgary – Downtown Day Space

**102 11 Ave. SE** | [theseed.ca](http://theseed.ca)

**1-833-448-4673** | [102DowntownCIC@theseed.ca](mailto:102DowntownCIC@theseed.ca)

Open 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, laundry, showers, employment and advocacy support, literacy workshops, and more.

 Adults (18+)

## Journey Church – Day Space

**10307 Eamon Rd. NW**

**403-241-8822** | [myjourney.church](http://myjourney.church)

Open 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. SE**

403-234-7388 | [alphahousecalgary.com](http://alphahousecalgary.com) | [info@alphahousecalgary.com](mailto:info@alphahousecalgary.com)

24/7 short-term, crisis-oriented emergency shelter for adults who are under the influence of alcohol or other drugs.

## Calgary Drop-In Centre

**1 Dermot Baldwin Way SE**

General: 403-263-5707 | Shelter: 403-266-3600 | [calgarydropin.ca](http://calgarydropin.ca)


24/7 low-barrier, housing-focused emergency shelter. Overnight sleep programs, basic needs and access to housing, health and recovery supports.

## Centre of Hope Men's Shelter – The Salvation Army

**420 9 Ave. SE**

403-410-1184 | [salvationarmycalgary.org](http://salvationarmycalgary.org) | [CSCalgary.Info@salvationarmy.ca](mailto: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.

 *Adult men only (18+). Must be coherent. Participants can self refer.*

## Foothills Shelter – Mustard Seed Calgary

**7025 44 St. SE**

403-723-9422 | [theseed.ca](http://theseed.ca) | [info@theseed.ca](mailto:info@theseed.ca)

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. SE) daily. For up to date information regarding renovations head to [theseed.ca/foothills](http://theseed.ca/foothills).

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


## Unison Elder Abuse Shelter

**1133 7 Ave. SW**

24/7 Elder Abuse Resource Line: 403-705-3250 | General: 403-265-0661

[unisonalberta.com](http://unisonalberta.com) | [HelloYYC@UnisonAlberta.com](mailto>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.*

# WOMEN'S SHELTERS

## Women's Shelter – Mustard Seed Calgary

**110 11 Ave. SE**

587-447-1345 | [theseed.ca](http://theseed.ca) | [info@theseed.ca](mailto:info@theseed.ca)

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


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

## West Campus Women's Shelter – The Salvation Army

**1731 29 St. SW**

403-930-2711 | [CSCalgary.WestCampusInfo@salvationarmy.ca](mailto: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.


 *Adult women only (18+). Must be coherent.*

## FearIsNotLove – Calgary Women's Emergency Shelter

**1509 Centre St. S**

403-234-7233 (SAFE) | [fearisnotlove.ca](http://fearisnotlove.ca) | [help@fearisnotlove.ca](mailto: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 fleeing domestic violence and abuse (pets permitted). Sober environment.*

## Niitoyis Family Support Society – Women's Emergency Shelter (formerly Awo-Taan Healing Lodge Society)

24 hour crisis line: 403-531-1927 or 403-531-1976

[www.niitoyis.com/s-projects-side-by-side](http://www.niitoyis.com/s-projects-side-by-side)

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, pediatrics wellness, and other support services.

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

## YWCA Calgary

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

### Emergency Shelter & Transitional Housing

1715 17 Ave. SE | 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. SE | 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 who are fleeing domestic violence and abuse (pets permitted). Must call to register before accessing services.*

## YOUTH & FAMILY SHELTERS

### Inn from the Cold

#110 - 706 7 Ave. SW

403-263-8384 | innfromthecold.org

24/7 family shelter with capacity for 32 families at a time. Provides shelter, food, basic needs and housing supports for families with children under the age of 18, including expectant parents. This program is housing-focused, supporting families to secure housing in the community as quickly as possible.

ⓘ *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. SW

403-543-9651 | growwithtrellis.ca

24/7 shelter supporting youths experiencing homelessness who need help with temporary shelter and basic needs.

ⓘ *Youth ages 12-17.*

## RESOURCE CENTRES

### SORCe Calgary

1944 10th Ave. SW

sorcecalgary.ca

Open hours: Mon. to Fri. 9 a.m. - 4 p.m.

Open until 12 p.m. on the 1st Thursday of each month

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.*

### SafeLink Alberta

#201 - 1950 10th Ave. SW

403-508-2500 | 403-508-2716 | safelinkalberta.ca

Email: info@safelinkalberta.ca | STBBI : calgaryclinic@safelinkalberta.ca

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

SafeLink Alberta supports better health outcomes by connecting participants to low-barrier STBBI testing, prevention, education, and coordinated services that address broader health and social needs. Anonymous testing is available.

### Women's Centre of Calgary

39 4 St. NE

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.

### Rise Calgary

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

**Forest Lawn:** 3303 17 Ave. SE

**Ranchlands:** #14 - 1840 Ranchlands Way NW

**Millican/Ogden:** 2734 76 Ave. SE

**Siksika Nation Office:** Behind Administration Complex HWY 547, AB

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



### Calgary Public Library

For locations and hours: 403-260-2600 | [www.calgarylibrary.ca](http://www.calgarylibrary.ca)

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

### The Children's Cottage Society

1804 Home Rd. NW

403-233-2273 | [childrenscottage.ab.ca](http://childrenscottage.ab.ca)

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

### Community Resource Hub – Women in Need Society (WINS)

825-540-4717 | [winsyyc.ca](http://winsyyc.ca) | [hubs@winsyyc.ca](mailto:hubs@winsyyc.ca)

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

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

**Erin Woods:** 701 Erin Woods Ln. SE | Wed. & Fri. 9 a.m. – 4:30 p.m.

**Manchester:** 105J 58 Ave. SE | Tues. to Fri. 9 a.m. – 4:30 p.m.

**Temple:** 16 Templemont Ln. NE | Tues. & Thurs. 9 a.m. – 4:30 p.m.

 For women and their families. By appointment only.


### Wood's Homes – Inglewood Opportunity Hub

1008 14 St. SE

403-774-1674 | [Inglewood.opportunityhub@woodshomes.ca](mailto: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.

428 9 Ave. SE | 403-410-1167

Open 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.

### 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.

### Service Canada

Social Insurance Numbers (SINs), federal benefit programs.

# ESSENTIAL NEEDS & FOOD RESOURCES

## Mustard Seed Calgary – Community Impact Centres

1-833-448-4673 | theseed.ca

**Downtown:** 102 11 Ave. SE | 102DowntownCIC@theseed.ca

**Marlborough Park:** #24 – 6060 Memorial Dr. NE | MarlboroughParkCIC@theseed.ca

**Ogden Hub 29:** 2385 74 Ave. SE | OgdenCIC@theseed.ca

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

## Hope Mission

**4810 Hubalta Rd. SE**

hopemission.com | calgary@hopemission.com

Open Mon. to Fri. 9 a.m. - 5 p.m.

Provides basic needs, social supports, transportation to and from agencies, agency referrals, bagged lunches, and community meals.

### Weekday 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.

## Hope Mission Shuttle Bus

Scan the adjacent QR code to view the schedule, or visit [calgaryhomeless.com/ewr](http://calgaryhomeless.com/ewr)

Operates Mon. to Fri. 10 a.m. - 5 p.m. (excluding holidays)

A partner of Calgary's Day Space Network, the shuttle bus provides free transportation that connects people to Calgary's day spaces and service centres. The bus is wheelchair accessible.



## Women's Centre of Calgary

**39 4 St. NE**

403-264-1155 | [womenscentrecalgary.org](http://womenscentrecalgary.org) | [info@womenscentrecalgary.org](mailto: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

**Community Resource Centre: #100 – 5115 17 Ave. SE**

403-410-1160 | [salvationarmycalgary.ca](http://salvationarmycalgary.ca) | [CSCalgary.CFSInfo@salvationarmy.ca](mailto:CSCalgary.CFSInfo@salvationarmy.ca)  
[thriftstore.ca](http://thriftstore.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.

ⓘ *Services are available to residents of the communities of Greater Forest Lawn.*

## Central Outreach Hub

(in partnership with Good Neighbour, The Alex Street Team, Alpha House, SafeLink Alberta, Aboriginal Friendship Centre of Calgary, Siksika Family Services, Tsuut'ina Urban Outreach, and BillWardLife)

**Central United Church: 131 7 Ave. SW**

403-606-7892 | [centraloutreachhub.ca](http://centraloutreachhub.ca) | [admin@centraloutreachhub.ca](mailto:admin@centraloutreachhub.ca)

Open Mon. to Sat.

A safe, low-barrier space to connect and access resources. Offering daily meals, coffee, and snacks; no-cost clothing, essential items, and hygiene supplies; basic wellness services such as foot and wound care; Indigenous-led peer support and engagement; and system navigation and connection to recovery, financial, education, social, and housing supports. The Reconnects Program runs on Tuesdays, and Reconnects Indigenous Hosted Meals run on Thursdays. Good Neighbour provides meals on Fridays and Saturdays.

## Centre Street Church

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

403-293-3900 | [cschurch.ca/centre-for-the-city](http://cschurch.ca/centre-for-the-city) | [compassion@cschurch.ca](mailto:compassion@cschurch.ca)

### ReNew Clothing

Mon. and Wed. 5:30 p.m. - 7:30 p.m.

Offers gently used clothing at no-cost.

### The Well Café

Mon. & Wed. 3 p.m. - 8 p.m. | Tues. & Thurs. 10 a.m. - 1 p.m.

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

## Soaps and Suds

**Ernie Starr Arena: 4808-14 Ave SE**  
Wed. 10 a.m. - 12 p.m.

Offers shower facilities with toiletries and towels provided.

## Victory Outreach


Call or text 403-273-1050 | [victoryoutreach.ca](http://victoryoutreach.ca)  
**Eastside:** 1840 38 St. SE | 403-387-0587  
**Ogden:** 7012 Ogden Rd. SE | 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. SE | 403-520-8080 | [hervictory.ca](http://hervictory.ca) | [info@hervictory.ca](mailto:info@hervictory.ca)  
Lunch served - Tues. to Thurs. 12 p.m. - 2 p.m., Wed. 11:30 a.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 on-site to support with referrals, safety planning, system navigation, income support, bad date reporting, and case management.

 For women who are at risk of, or are 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](http://ssvpcalgary.ca)  
**North & North East Calgary:** [ssvpeast@gmail.com](mailto:ssvpeast@gmail.com)  
**South Calgary & Okotoks:** [ssvpsouthcalgary@gmail.com](mailto:ssvpsouthcalgary@gmail.com)  
**West Calgary & Canmore area:** [ssvpwest@gmail.com](mailto:ssvpwest@gmail.com)

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

## Dashmesh Cultural Centre

**135 Martindale Blvd. NE**  
403-590-0970 | [dashmesh.ca](http://dashmesh.ca) | [food@dashmesh.ca](mailto:food@dashmesh.ca)

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

## Feed The Hungry – St. Mary’s Cathedral Hall

**221 18 Ave. SW**  
403-228-6318 | [catholicyc.ca/feedthehungry](http://catholicyc.ca/feedthehungry) | [feedthehungry@calgarydiocese.ca](mailto:feedthehungry@calgarydiocese.ca)  
Sun. 1:30 p.m. - 3 p.m.

Offers sit-down, family-style lunches on Sundays and provides food hampers to-go.

## The Alex Community Food Centre

**4920 17 Ave. SE**  
403-455-5792 | [thealexcfcc.ca](http://thealexcfcc.ca) | [registration@thealex.ca](mailto:registration@thealex.ca)

Offers food skill programming, community meals and snacks served weekly, and more support services. All programs are free. Low income residents of Greater Forest Lawn prioritized.


**Meal times** (excluding holidays):

- **Monday: Drop-In Family Dinner** 5 p.m. - 6:30 p.m.
- **Wednesday: Drop-In Community Lunch** 12 p.m. - 1 p.m.
- **Friday: Drop-In Community Cafe** 9 a.m. - 11 a.m.

## Calgary Food Bank

**Main Warehouse:** 5000 11 St. SE  
**Downtown Neoma:** 655 6 St. SW  
Hamper request line: 403-253-2055 | [calgaryfoodbank.com/needfoodform](http://calgaryfoodbank.com/needfoodform)  
[info@calgaryfoodbank.com](mailto:info@calgaryfoodbank.com)

Offers food hampers, pet food, hygiene supplies and baby items upon request. Pick up at the main warehouse or one of their satellite locations. To book an appointment, call the hamper request line, or book online.

 Appointment only. Income and ID verification required to receive more than 3 hampers annually.

## Calgary Community Online Food Map

[bit.ly/4e4THF0](https://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.



## Parachutes for Pets - Pet Food Bank

**6120 1A St. SW**

403-305-9677 | [parachutesforpets.com](http://parachutesforpets.com) | [info@parachutesforpets.com](mailto:info@parachutesforpets.com)

Complete the online Pet Food Bank form before visiting: [parachutesforpets.com/pet-food-bank](http://parachutesforpets.com/pet-food-bank). Also 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. Once per month with a maximum of two pets per household.*

## Calgary Humane Society

**4455 110 Ave. SE**

403-205-4455 | [www.calgaryhumane.ca](http://www.calgaryhumane.ca) | [hello@calgaryhumane.ca](mailto:hello@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. SE**

403-250-7377 | [www.aarcs.ca](http://www.aarcs.ca) | [info@aarcs.ca](mailto: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.*

## ADDICTION & RECOVERY RESOURCES

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

211 Alberta | [recoveryalberta.ca](http://recoveryalberta.ca) | [info@recoveryalberta.ca](mailto:info@recoveryalberta.ca)

Call 211 Alberta for 24 /7 confidential service that provides patient screening and navigation to service providers, support and information to Albertans experiencing addiction and mental health concerns.

#### Renfrew Recovery

**1611 Remington Rd. NE** | 403-297-3337

[www.albertahealthservices.ca/services/renfrewrecoverycentre.aspx](http://www.albertahealthservices.ca/services/renfrewrecoverycentre.aspx)

24/7 Inpatient facility offering medically supported detoxification services for withdrawal from alcohol and other drugs, as well as gambling stabilization.

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

#### Opioid Dependency Programs

**ODP: Sheldon Chumir: 1213 4 St. SW - Floor 8** | 403-955-3390

[www.albertahealthservices.ca/services/odp.aspx](http://www.albertahealthservices.ca/services/odp.aspx)

**VODP: 1-844-383-7688** | [recoveryalberta.ca/page14106.aspx](http://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.

#### Calgary Adult Addiction Services

**707 10 Ave. SW - 3rd floor** | 403-367-5000

Non-medical treatment facility for those experiencing problems related to 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.*

#### Fresh Start Recovery Calgary – Men's Treatment

**411 41 Ave. NE**

403-387-6266 | [freshstartrecovery.ca](http://freshstartrecovery.ca) | [info@freshstartrecovery.ca](mailto:info@freshstartrecovery.ca)


Offers recovery-oriented housing, counselling, treatment and addiction supports. Intake assessments are conducted in person or over the phone.

## Aventa Addictions Treatment

**610 25 Ave. SW**

403-245-9050 | [aventa.org](http://aventa.org) | [info@aventa.org](mailto:info@aventa.org)

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


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

## Alcove: Addiction Recovery for Women

**1937 42 Ave. SW**

587-576-3512 | [alcoverecoverly.ca](http://alcoverecoverly.ca) | [intake@alcoverecoverly.ca](mailto:intake@alcoverecoverly.ca)

Provides long-term residential recovery treatment for women experiencing addiction, mental health distress, and trauma, allowing mothers and children to stay together during recovery process.

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

## Calgary Drop In Centre

**1 Dermot Baldwin Way SE**

(403) 699-8236 | [calgarydropin.ca](http://calgarydropin.ca) | [ROSC@thedi.ca](mailto:ROSC@thedi.ca)

24/7 Inpatient facility offering medically supported detoxification services for withdrawal from alcohol and other drugs.

## Recovery Acres Residential Addiction Treatment Program

**1835 27 Ave. SW**

403-245-1196 | [www.recoveryacres.org](http://www.recoveryacres.org) | [info@recoveryacres.org](mailto:info@recoveryacres.org)

Recovery Acres is a three-phase residential addiction treatment program designed to provide individuals with the tools, support, and structure necessary to build and maintain long-term recovery.

## Alpha House

**203 15 Ave. SE**

403-234-7388 Ext #2 | [alphahousecalgary.com](http://alphahousecalgary.com) | [info@alphahousecalgary.com](mailto:info@alphahousecalgary.com)

Detox Program providing residential care for clients to safely withdraw from drugs in a medically supportive environment. The Transitional Program helps move clients safely into permanent housing or long-term drug treatment facilities.


## Last Door Recovery Society – Calgary Recovery Community

**2736 19 Ave. SE**

403-917-9599 | Helpline (7 a.m. - 7 p.m.) +1-855-971-0486

[lastdoor.org](http://lastdoor.org) | [community@lastdoor.org](mailto:community@lastdoor.org)

Bed-based recovery program for adult men, the Calgary Recovery Community is a licensed, accredited program that uses a peer-based model, emphasizing structured routines, peer support, and skill-building to support long-term recovery from substance use.

 *Adult men only (18+)*

## Calgary Dream Centre

**4510 Macleod Trail SW**

403-243-5598 | [calgarydreamcentre.com](http://calgarydreamcentre.com) | [info@calgarydreamcentre.com](mailto:info@calgarydreamcentre.com)

Recovery-focused supportive housing for adults facing homelessness and substance use, offering sober communal living with case management, mental health support, and assistance with income, food, and housing to promote long-term stability.

# GENERAL WELLNESS RESOURCES


## The Alex Community Health Centre

**#102 – 2840 2 Ave. SE**

403-266-2622 | [thealex.ca](http://thealex.ca) | [info@thealex.ca](mailto:info@thealex.ca)

Mon. to Fri. 8:30 a.m. - 4 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. SW**

403-221-8780 | [cupscalgary.com](http://cupscalgary.com) | [info@cupscalgary.com](mailto:info@cupscalgary.com)

Mon. to Fri. 8:30 a.m. - 11:45 a.m. & 12:45 p.m. - 3 p.m.

Phones are answered: Mon. to Fri. 8 a.m. - 4 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. SE**

587-393-4020 | [theseed.ca/services/wellness-centre](https://theseed.ca/services/wellness-centre) | [wellnessCGY@theseed.ca](mailto:wellnessCGY@theseed.ca)

Mon to Fri. 9 a.m. – 12 p.m. & 1 – 4 p.m.

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

 Adults (18+).

## Central Outreach Hub

**131 7 Ave. SW**

403-606-7892 | [admin@centraloutreachhub.ca](mailto:admin@centraloutreachhub.ca) | [centraloutreachhub.ca](https://centraloutreachhub.ca)

Tues. 10:30 a.m. – 12:30 p.m.

Thurs., Fri. & Sat. – 12 – 2:00 p.m.

Partner organizations provide a range of supports, including basic needs, peer engagement, health access, housing stability, and culturally grounded programming, all in one shared space.

## Wood's Homes – Eastside Community Mental Health Services

**#100 - 2116 27 Ave. NE - on the first floor**

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

[woodshomes.ca/eastside-community-mental-health-services](https://woodshomes.ca/eastside-community-mental-health-services)

Walk-in Hours: Tues. 11 a.m. - 7 p.m.; Thurs. 11 a.m. - 7 p.m. & Sat. 11 a.m. - 5 p.m.

Offers immediate, no-cost, mental health support to children, young people, adults and families. Services available in multiple languages.

## Community Connect YYC

[communityconnectyyc.ca](https://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.

## Canadian Mental Health Association

**2540 Kensington Rd. NW**

403-297-1700 | [cmha.calgary.ab.ca](https://cmha.calgary.ab.ca) | [info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)

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


## Distress Centre Calgary – Crisis Support

**#500 – 999 8 Ave. SW**

24/7 support: 403-266-4357 | [distresscentre.com](https://distresscentre.com) | [help@distresscentre.com](mailto:help@distresscentre.com)

Hearing Impaired: 403-543-1967 | Suicide Crisis Helpline: 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. SE**

403-536-2844 | Crisis line: 403-266-0707

[ywcacalgary.ca/counselling-services](https://ywcacalgary.ca/counselling-services) | [counselling@ywcacalgary.ca](mailto:counselling@ywcacalgary.ca)

We work with adults in individual or group settings to address trauma, strengthen relationships and build pathways to long-term well-being. Specialization in the prevention and treatment of family violence. Virtual and in-person options available.

## Carya Calgary


[caryacalgary.ca](https://caryacalgary.ca) | Intake: 403-250-5244 | [intake@caryacalgary.ca](mailto:intake@caryacalgary.ca)

**Central Commons:** #800 – 1000 7 Ave. SW | 403-269-9888

**Bowmont Commons:** 5000 Bowness Rd. NW | 403-286-1811

**Village Commons:** #201 – 610 8 Ave. SE | 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+).

## FearIsNotLove

**#500 - 1509 Centre St. SW**

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

[fearisnotlove.ca](https://fearisnotlove.ca) | [help@fearisnotlove.ca](mailto: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. SW

403-237-5888 | calgarycasa.com

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

📍 Available to individuals (12+ and older).

## RESET Society of Calgary (formerly Servants Anonymous)

#260 - 7220 Fisher St. SE

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. NE

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 RESOURCES

## Momentum

#100 - 525 28 St. SE

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. SE

403-615-9216 | theseed.ca/employment | 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 SE

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+

## Prospect Human Services

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

**Calgary Northeast:** 915 33 St. NE | 403-273-2822

**Studio C:** #235 - 1721 29 Ave. SW | 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. SW | 403-269-9888

**Bowmont Commons:** 5000 Bowness Rd. NW | 403-286-1811

**Village Commons:** #201 - 610 8 Ave. SE | 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. SE | 403-410-1167

### Mustard Seed – Wellness Centre

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

### The Salvation Army Calgary Community Services

Call 403-220-0432 or email CFSInfo@salvationarmy.ca to make an appointment.

### Rise Calgary

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

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

**Ranchlands:** #14 – 1840 Ranchlands Way NW | 403-204-8280

**South East:** 2734 76 Ave. SE | 403-720-3322

! Low-income taxation and benefits programming.

### Women in Need Society (WINS)

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

! Tax filing support for women. By appointment only.

### ASAP Taxation & Benefits Clinic

128 2 Ave. SE | 597-889-6668 | taxclnicasap@gmail.com  
www.facebook.com/ASAPVolunteerTax

! For low-income individuals.

### Women's Centre of Calgary

39 4 St. NE | 403-264-1155 | womenscentrecalgary.org

! For low-income women.

### Carya

caryacalgary.ca/program/tax-clinics/

**Bowmont Commons:** 5000 Bowness Rd. NW | 403-286-1811

BowmontAdmin@CaryaCalgary.ca

**Village Commons:** #201 – 610 8 Ave. SE | 403-536-6558 AdminVC@caryacalgary.ca

! Low-income seniors and individuals on Income Support or AISH with no dependents.

## LEGAL SUPPORTS & RESOURCES

### 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. SW

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. SW – 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

1406 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, Ukrainian and Pashto.

### Women's Centre of Calgary

39 4 St. NE

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.

! Women only. Appointment required.

### The Alex – Community Health Clinic

#104 - 2840 2 Ave. SE

403-266-2622 | thealex.ca/clinics-programs/community-health-clinic  
info@thealex.ca

Provides help with legal issues, rights education, system navigation, and referrals to lawyers when needed.

### Court and Justice Services

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.

### Indigenous Justice Centre of Alberta

#800 - 444 5 Ave. SW

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.

### Justice Navigation - Distress Centre Calgary at SORCe

1944 10 Ave. SW

sorcecalgary.ca | admin@sorcecalgary.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 RESOURCES

### Centre for Newcomers

#125 - 565 36 St. NE

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. SW

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

Gateway, offered by Immigrant Services Calgary, provides settlement services such as English language help, job and education guidance, translation, family and seniors programs, and community referrals to adults (18+). Through one-on-one assessments, Gateway connects newcomers to 90+ community partners offering free, tailored services.

### Calgary Catholic Immigration Society (CCIS)

CCIS Main Building : 1111 11 Ave. SW

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

CCIS Northwest Office: #501 - 400 Crowfoot Cres. NW | 587-391-3378

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 counselling, and community integration supports.

### The Immigrant Educational Society (TIES)

www.immigrant-education.ca

Forest Lawn: 1723 40 St. SE | 403-235-3666 | reception@immigrant-education.ca

Whitehorn: 3820 32 Ave. NE | 403-291-0002

wcreception@immigrant-education.ca

Westwinds: #200 - 3675 63 Ave. NE | 587-392-4177

wwreception@immigrant-education.ca

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

### Canadian Immigrant Women's Association (CIWA)

#200 - 138 4 Ave. SE

403-263-4414 | ciwa-online.com | welcome@ciwa.org

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.


### Centre Street Church – New Canadian Hub

**Central Campus: 3900 2 St. NE** (northwest entrance)

587-390-0770 | cschurch.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.*

### Gateway

**Main Office: 910 7 Ave. SW**

Open Mon. to Wed. 8:30 a.m. – 4:30 p.m., Thurs. 8:30 a.m. – 7:00 p.m., & Fri. 8:30 a.m. – 1:30 p.m.

**Central Library: 800 3 St. SE**

**The Genesis Centre: #10 - 7555 Falconridge Blvd. NE** | Tues 9:00 a.m. - 5:00 p.m.

**Saddletowne Library: 7556 Falconridge Blvd. NE** | Wed 8:30 a.m. - 4:30 p.m.

Thurs 8:30 a.m. – 7:00 p.m.

**SORCe Calgary: #2 - 316 7 Ave. SE** | Mon. 9:00 a.m. - 5:00 p.m.

Gateway ensures immigrants and refugees are connected to the best-fit programs and services to thrive in their new homeland.

### Calgary Outlink

**CommunityWise Resource Centre: #400 - 750 11 St. SW**

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 Foundation

**#1900 - 736 6 Ave. SW**

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

One of Canada's leading trans-affirming service providers, offering integrated mental health care, medical navigation, peer support, legal advocacy, and education while building a future where Two-Spirit, trans, and gender-diverse people are safe and celebrated.

### End of the Rainbow Foundation

**#400 - 750 11 St. SW**

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 RESOURCES

## Aboriginal Friendship Centre of Calgary (AFCC)

1944 10th Ave. SW | 428 9 Ave. SE  
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. NE  
**West:** 2340 1 Ave. NW

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. NE | 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.

## 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.

## Circle of Wisdom Elders & Seniors Centre

#110 – 1603 10 Ave. SW  
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. NE  
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.

## 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.

## Elbow River Healing Lodge – Primary Care Alberta

Sheldon Chumir: 1213 4 St. SW – 7th floor  
403-955-6600 | erhl@primarycarealberta.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)

**131 7 Ave. SW, Calgary**  
1-888-734-5140 | siksikafamilyservices.com

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

### Indigenous Mental Health Program – Recovery Alberta

**Sheldon Chumir: 1213 4 St. SW – 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.

### Native Counselling Services of Alberta (NCSA)

**#1010 – 910 7 Ave. SW**  
403-237-7850 | ncsa.ca | info@ncsa.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.

### Elizabeth Fry Society - Soksipaitapiisin

**1731 10 Ave. SW**  
403-294-0737 | elizabethfrycalgary.ca | reception@elizabethfrycalgary.ca

A restorative justice program for adults and youth in the criminal justice system. Participants are engaged in elder-led, community-driven healing plans focused on accountability and addressing root causes of criminalization. Referrals come from lawyers or probation officers, and participants must have matters before the Calgary Indigenous Court.

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

**#100 – 840 7 Ave. SW**  
403-234-9266 | clg.ab.ca | smtmt@clg.ab.ca

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

### Aboriginal Futures Career & Training Centre

**#200 – 6011 1A St. SW**  
403-253-5311 | aboriginalfutures.com | info@aboriginalfutures.com

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

### Tsuut'ina Urban Outreach

**131 7 Ave. SW**  
587-434-1051 | rae.whitney@tsuutina.com

Urban outreach for Tsuut'ina Nation members and Indigenous community members in Calgary, offering connection, cultural support, and navigation to Nation and community services.



# YOUTH & YOUNG ADULT RESOURCES

## Wood's Homes

woodshomes.ca

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

### Eastside Community Mental Health Services

#100 - 2116 27 Ave. NE

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

Offers immediate, no-cost, mental health support.

### Inglewood Opportunity Hub

1008 14 St. SE

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, specialized employment support, essential needs supports, youth culinary arts program and housing services.

### New Horizon

#2 - 1008 14 St. SE

403-860-6521

Temporary, low-cost apartment units available in three community buildings and at the Wood's Homes Inglewood Campus. Residents receive individualized support, including guidance on budgeting, grocery shopping, cooking, cleaning, setting up bank accounts, and finding/keeping employment.

ⓘ Ages 18-29. Fee associated with services. Referral through CAA required.

## Trellis

#200 - 2609 15 St. NE

403-219-3477 | growwithtrellis.ca

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.

ⓘ Referral for housing through CAA required.

### Avenue 15

938 15 Ave. SW | 403-543-9651

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

ⓘ Ages 12-17.

## Hull Services – Bridging the Gap (BTG)

#420 - 1509 Centre St. SW

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. To be eligible, you must be able to set and work toward personal goals, including addressing mental health needs, and not currently receive support from Persons with Developmental Disabilities (PDD) or Children's Services (CS).

ⓘ Ages 16-24. Must meet eligibility criteria.

## Calgary John Howard Society – Roofs for Youth

#1000 - 4502 Builders Rd. SE

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 CAA required.

## Youth Substance Use & Mental Health Services – AHS

1005 17 St. NW

403-297-4664 | Access Mental Health: 403-943-1500

24/7 Helpline: 1-866-332-2322

Provides concurrent mental health and substance use screening, assessment, individual, group and family counselling.

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

## The Alex – Youth Health Centre & Drop-In Space

#104 - 2840 2 Ave. SE

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 mental health, safe use practices, ID document support, sexual health, and medical care.

ⓘ Ages 12-24

## ConnecTeen – Distress Centre Calgary

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

calgaryconnecteen.com | connecteen@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 currently involved or taking an interest in gang involvement. Offering supports for mental health, skill development and social connection supports. Delivered in partnership with the Calgary Police Service, The City of Calgary and Recovery Alberta.

ⓘ *Youth ages 10-17.*

## Youth Employment Centre (YEC)

**Alberta Trade Centre: 315 10 Ave. SE – 2nd floor**  
403-268-2490

Free in-person drop-in employment services for youth. Offering resume targeting, job search strategies, interview preparation, career planning, connections to employers who are hiring, and more.

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

## The Doorway

**2808 Ogden Rd. SE**

Text: 825-449-4277 | 403-269-6658 | 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. Individuals unhoused or experiencing unstable housing. Self-referral only, orientation required.*





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