WINTER 2026 - 2027

Stay Warm. Get Connected.





Calgary's Day Spaces: Safe, welcoming spaces where people experiencing homelessness can connect with services and supports during the day.

To access services or learn more, please contact the agency directly.

DAY SPACES

Mustard Seed – Community Impact Centre Downtown

102 11 Ave. SE | 1-833-448-4673 | theseed.ca/downtownnc
Open daily 8 a.m. - 6 p.m.

Welcoming community space offering a variety of services, from a cup of coffee to essential items, hot meals, computer access, laundry, showers, life skills group workshop, employment and other system navigation support including medical, recovery, and more.

Ages 18+. Low barrier, behaviour based program.

Journey Church Day Space

10307 Eamon Rd. NW | 403-241-8822 | myjourney.church
Walk-in services
Open Mon. to Fri. 10 a.m. - 5 p.m.

Welcoming day space offering snacks and coffee, hot meals and refreshments, essential items, social connection, housing and system navigation, CET assessments, supported referrals in partnership with Distress Centre Calgary, as well as access to on-site medical clinics and healthcare supports.

Wood's Homes – Inglewood Opportunity Hub (IOH)

1008 14 St. SE – Door E *(South side, along 17 Ave., marked by a rainbow coloured ramp)* **| 403-774-1674 | woodshomes.ca**
Apr. 1 - Nov. 30: Open Mon. to Fri. 9 a.m. - 5 p.m.
Dec. 1 - Mar. 31: Open daily 9 a.m. - 5 p.m.

The IOH is proud to welcome our young people with radical hospitality. The Essential Drop-in supports space offers breakfast service from 9:00 - 10:30 a.m., and lunch service from 12:00 - 1:30 p.m. Clients also have access to showers, and a laundry suite. Supports include access to food hampers, warm clothing, hygiene products, and safer-use supplies including Naloxone. The IOH is also a one-stop shop for youth and young adult access to employment, mental health, recovery, and housing professionals. Wellbriety Sharing Circles are offered every other Wednesday from 3 - 4 p.m.

For youth and young adults ages 15 to 29.

Salvation Army – Mobile Support Stations

Mobile support stations are set up twice a day at various community locations. View the updated schedule at www.calgaryhomeless.com/ewr | 403-410-1111
Open daily at 10 a.m. - 12 p.m. & 2 - 4 p.m. (closed stat holidays)

Mobile support stations offering connection to housing supports, system navigation, referral services, snacks and warm beverages, and winter clothing.

Central Outreach Hub

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

131 7 Ave. SW (Central United Church) | 403-606-7892
centraloutreachhub.ca
Open Tues. 10 a.m. - 12 p.m. and Thurs. 12 - 2 p.m.

A safe, low-barrier space to connect and access resources, including daily meals, coffee and snacks, no-cost clothing, essential items, hygiene supplies, basic wellness services such as foot and wound care, Indigenous-led peer support and engagement, system navigation and connections to recovery, and financial, educational, social, and housing supports. The Reconnects Program runs on Tuesdays, and Reconnects Indigenous Hosted Meals are offered on Thursdays.

TRANSPORTATION

Hope Mission Daytime Shuttle

View the updated schedule at www.calgaryhomeless.com/ewr
Operates Mon. to Fri. 10 a.m. - 5 p.m. (excluding holidays)

The shuttle bus provides free transportation connecting people to Calgary's Day Spaces, service centres, and other community supports. The bus is wheelchair accessible.

Starts at Hope Mission Day Space and travels to different locations, including Wood's Homes Inglewood Opportunity Hub, City Hall Atrium, Navigation and Support Centre, SORCe Calgary, The Mustard Seed Day Space, and Journey Church.

Shelter Shuttle

HELP Team Dispatch: 403-998-7388
Dec. 1, 2026 - March 31, 2027
Operates daily from 10:30 p.m. - 4 a.m.

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

SERVICE CENTRES

Navigation & Support Centre

(Government of Alberta)
428 9 Ave. SE | 403-410-1167
Walk-in services
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. Overnight shelter beds are available.

SORCe Calgary

1944 10 Ave. SW | sorcecalgary.ca
Walk-in services only
Open Mon. to Fri. 9 a.m. - 4 p.m.
Open until 12 p.m. on the first Thurs. of each month

SORCe is a co-located, store-front collaborative in Sunalta comprised of a variety of agencies offering programs to support people experiencing, or at risk of, experiencing homelessness.

Access may be limited based on space and staff capacity.

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

Calgary Drop-In Centre
1 Dermot Baldwin Way SE | 403-266-3600 | calgarydropin.ca
Ages 18+

Alpha House
203 15 Ave. SE | 403-234-7388 | alphahousecalgary.com
Ages 18+

Mustard Seed – Starfield Shelter
5495 61 Ave. SE | 403-723-9422 | theseed.ca
Ages 18+. Sober environment. Intake required for new clients.

Salvation Army – Centre of Hope Men's Shelter
420 9 Ave. SE | 403-410-1184 | salvationarmycalgary.ca
Men only, ages 18+. Must be coherent. Participants can self-refer.

WOMEN'S SHELTERS

Mustard Seed – Women's Shelter
110 11 Ave. SE | 587-447-1345 | theseed.ca
Women only, ages 18+. Sober environment. Intake required for new clients.

Salvation Army – Women's Shelter
1731 29 St. SW (West Campus) | 403-930-2711
salvationarmycalgary.ca
Women only, ages 18+. Must be coherent.

YWCA Calgary – Crisis Shelter
2003 16 St. SE | 24/7 Crisis line: 403-266-0707 | ywcalgary.ca
Women with children who are fleeing domestic violence and abuse (pets permitted). Must call to register before accessing services.

YWCA Calgary – Emergency Beds & Transitional Housing
1715 17 Ave. SE | 403-705-0315 | ywcalgary.ca
Emergency beds for women without children. Must call to register as a client before accessing services.

FAMILY SHELTER

Inn from the Cold
#110 - 706 7 Ave. SW | 403-263-8384 | innfromthecold.org
Families must complete a triage and screening process. Intake is based on capacity. No drop-in services. Single individuals cannot be accommodated.

YOUTH SHELTER

Trellis – Avenue 15
938 15 Ave. SW | 403-543-9651
Youth ages 12 to 17.

VIEW THE MOST UP-TO-DATE INFORMATION AND SEE WHAT OTHER RESOURCES AND SUPPORTS ARE AVAILABLE FOR YOU.

SCAN TO LEARN MORE

www.calgaryhomeless.com/ewr

To access a broad network of community, social, health, and government services, call or text **211** or visit **www.ab.211.ca** (available 24/7).

Call the **HELP Team** at **403-998-7388** if an unhoused or vulnerable individual needs non-emergency support, including assistance getting to a safe place, accessing services and supports, or addressing concerns related to intoxication.

Calgary

Calgary Homeless FOUNDATION