

# Calgary Street Survival Guide 2013



[informalberta.ca](http://informalberta.ca) | call 2-1-1



THE CITY OF  
**CALGARY**  
COMMUNITY &  
NEIGHBOURHOOD SERVICES

## **REMEMBER . . . you are NOT alone.**

The Calgary Street Survival Guide is a publication of The City of Calgary Community & Neighbourhood Services.

The Guide is not a full list of all services available. Additional information is available at **informalberta.ca**, a website of community, government, health and social services. This online database is a partnership between Alberta Health Services and The City of Calgary.

**2-1-1** is a free, confidential and multilingual telephone service that can connect you to many other programs and services not listed in this guide.

If you cannot find what you're looking for, or don't have access to a computer, call **2-1-1** or talk to a staff member at any of the listed agencies.

The listing of an organization in this guide does not indicate its endorsement, nor does the exclusion of an agency imply a lack of approval.

For additional copies of the Street Survival Guide, please contact 3-1-1.

The Street Survival Guide is available online at **calgary.ca/streetsurvival**.

Web browser application at **calgarystreetguide.ca**.

***“The only person who is with you your entire life is you.  
Be your own best friend.”***

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## **Disclaimer**

The service information listed in the Calgary Street Survival Guide was provided by the agencies themselves. The accuracy of the information presented rests with them. The City of Calgary assumes no responsibility to any person or persons regarding the accuracy of the information contained in this publication or the quality of the services offered, nor shall it be held liable for any damage caused to any person, whether negligently or otherwise.

## **This guide was funded by:**

The City of Calgary Community & Neighbourhood Services  
Family and Community Support Services (FCSS)

## **Additional services not listed in the Calgary Street Survival Guide**

<b>Aboriginal Affairs</b> (Field Unit – Treaty 7).....	403-292-5901
<b>Alberta Health Care</b> .....	403-310-0000
<b>Insurance Plan</b> .....	(then enter: 780-427-1432)
<b>Calgary Housing Company</b> (subsidized housing) .....	403-221-9100
<b>Calgary Parole Office</b> (federal) .....	403-292-5505
<b>Employment Insurance inquiries</b> .....	1-800-206-7218
<b>Family Violence Info line</b> (24-hours) .....	403-310-1818
<b>GST credit</b> (cheques) .....	1-800-959-1953
<b>Government of Alberta</b> (provincial programs and services) .....	403-310-0000
<b>Government of Canada</b> (federal programs and services) .....	1-800-622-6232
<b>Greyhound Canada</b> (terminal located at 850 16th St. S.W.) .....	1-800-661-8747
<b>Immigrant Services Calgary</b> .....	403-265-1120
<b>Landlord and tenant information</b> (Consumer Contact Centre) .....	1-877-427-4088
<b>Pensions and Allowances</b> (Canada) .....	1-800-277-9914
<b>Social Insurance Numbers</b> .....	1-800-206-7218
<b>Workers' Compensation Board</b> .....	403-517-6000

## Community Resource Centres

Community Resource Centres (CRCs) operate in partnership with other agencies to provide community information and referral.

**Bowwest Community Resource Centre** **403-216-5348**

7904 – 43rd Ave. N.W. (Bowness Community Association)

**Ranchlands Office** **403-374-0448**

14 – 1840 Ranchlands Way N.W.

[bowest.com](http://bowest.com)

**Heart of the Northeast Community Solutions Resource Centre** **403-293-5467**

(Aspen Family and Community Network Society)

2623 – 56th St. N.E. (Village Square Leisure Centre)

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

**Inner City Community Resource Centre** **403-536-6558**

(Calgary Family Services)

1, 1922 Ninth Ave. S.E.

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

**Millican-Ogden Community Association Family Resource Centre** **403-720-3322**

2734 – 76th Ave. S.E.

[moca-frc.org](http://moca-frc.org)

<b>North Central Community Resource Centre</b> (Huntington Hills Community Association) 520 – 78th Ave. N.W. weconnectyou.ca	<b>403-275-1116</b> ext. 221/232
<b>North of McKnight Community Resource Centre</b> 95 Falshire Dr. N.E. (lower level of Falconridge/Castleridge Community Centre) northofmcknightcrc.ca	<b>403-293-0424</b>
<b>SouthWest Communities Resource Centre</b> 42, 2580 Southland Dr. S.W.	<b>403-238-9222</b>
<b>Sunrise Community Link</b> 3303 – 17th Ave. S.E. sunriselink.org.	<b>403-204-8280</b>
<b>West Central Community Resource Centre</b> (Closer to Home Community Services Society) 3507A – 17th Ave. S.W. closerhome.com	<b>403-543-0555</b>

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**AIDS Calgary****403-508-2500****110, 1603 – 10th Ave. S.W.****aidscalgary.org****1**

- Confidential services for people living with HIV/AIDS, their friends, family and people at risk for HIV in the Calgary community.
- Information and education on how HIV is transmitted and where to go for testing and treatment.
- Confidential one-on-one support, advocacy and referrals, emergency financial assistance and nutritional programs for people living with HIV/AIDS.
- Outreach services on the street, in addiction centres, in prison and shelters.
- Free condoms, dental dams and lube.

Monday to Friday 8:30 a.m. – 4:30 p.m.

(Closed 12:30 p.m. – 1:30 p.m.).

**Shift Program****403-237-8171**

(support services for persons involved in the sex industry)

**shiftcalgary.org**

- Assistance to women, men and transgendered individuals with current or past involvement in the sex industry, using a harm reduction and rights based approach.
- Free safer sex supplies including condoms, lube, dental dams and female condoms.
- Safer sex information and education.
- Bad Date Sheets and anonymous reporting.
- Court/legal information and support.
- Assistance with escort and massage licence applications.
- Counselling, advocacy and referrals (housing, addictions, mental health).

- Basic needs support (food, laundry services and toiletry items).
- Internet access.

Drop-in services from Tuesday to Friday  
8:30 a.m. – 4:30 p.m. (closed 12:30 – 1:30 p.m.)

Telephone support Mondays 8:30 a.m. – 4:30 p.m.  
(Closed 12:30 p.m. – 1:30 p.m.).

**2**

**Adoption Options**  
**207, 5940 Macleod Tr. S.**  
**[adoptionoptions.com](http://adoptionoptions.com)**

**403-270-8228**  
**1-888-277-8228**

- Support in exploring adoption options.
- Counselling and information through professional social workers.
- Opportunity to choose the adoptive family and maintain contact.
- A free service to expectant parents.

**3**

**Alberta Gamblers Anonymous**  
**[albertaga.net](http://albertaga.net)**

**1-888-424-3577**  
**(help line)**

- A 12-step program for those who wish to stop gambling.
- Daily meetings.

**Alberta Health Services – Addiction and Mental Health**  
**Addiction Helpline** (24-hour, toll-free) 1-866-332-2322  
[albertahealthservices.ca](http://albertahealthservices.ca)

**Adult Outpatient Addiction Counselling Services** **403-297-3071**  
**Second Floor, 1177 – 11th Ave. S.W.**

- For individuals and families with alcohol, drug and/or gambling problems.
- Prevention and treatment services to anyone over 18.

Drop-in intake 12:45 p.m. daily  
 Monday and Friday 8 a.m. – 5 p.m.  
 Tuesday, Wednesday and Thursday 8 a.m. – 9 p.m.

**Opioid Dependency Program** **403-297-5118**  
**2130 – 1213 Fourth St. S.W.**

- Methadone maintenance treatment for those dependent on opioids.
- Individuals using service must be over 18.

Walk-in intake Monday to Friday at 12:45 p.m.,  
 (Adult Services, Second Floor, 1177– 11th Ave. S.W.)  
 Clinic hours Monday to Friday, 7 a.m. – 3:15 p.m.

**Youth Addiction Services** **403-297-4664**  
**1005 – 17th St. N.W.**

- For youth 12 to 17 and their families.
- Adolescent Information Series, Parent Awareness Workshop, Parent Skills Workshop, Parent Support groups.
- Addiction-focused individual and family outpatient counselling.
- Mobile Outreach counsellors will meet high-risk clients at sites in the community for counselling and referrals.
- Day treatment program providing an intensive, structured approach for up to 12 weeks. Residential support homes available.



- Detox and stabilization – seven to 10 day planned intake, with focus on engagement and treatment planning. Family involvement is encouraged.
- Residential treatment program – adventure-based wilderness program (Calgary) or urban based program (Edmonton) for up to 12 weeks.
- Prevention services for youth, families and the community.
- PChAD (Protection of Children Abusing Drugs) – Youth Addiction Services provides addiction expertise, assessment and counselling with PChAD Protective Safe House facilities throughout the province.

Monday and Tuesday 8:15 a.m. – 5 p.m.

Wednesday 8:15 a.m. – 8 p.m.

Thursday and Friday 8:15 a.m. – 4:30 p.m.

Walk-in Monday, Wednesday, Friday 8:30 – 10 a.m.

### **Renfrew Recovery**

**(24-hour) 403-297-3337**

### **Detoxification Centre**

**1611 Remington Rd. N.E.**

- 40-bed, residential, co-ed facility offering detoxification services by nursing staff.
- Voluntary admission. Clients to attend Centre between 7:45 a.m. – 8 a.m.

**Alberta Health Services  
Health Link****(toll-free) 1-866-408-5465****albertahealthservices.ca****Health Link Alberta****(24-hour) 403-943-5465**

- 24-hour nurse telephone advice and health information.
- Locations of walk-in clinics or Community Health Centres.

**Access Mental Health****403-943-1500****press 1 for Child/Adolescent services; press 2 for Adult services.**

- A telephone-based service staffed by mental health clinicians.
- Information and referral options for addiction and mental health services.
- Connection to services for children, adolescents and adults.
- Over 1,400 Alberta Health Services and community addiction and mental health resources available.
- Anyone is welcome to call with concerns or questions about addiction and mental health.

Monday to Friday 8 a.m. – 5 p.m. (voicemail after hours).

**Best Beginning Program****403-228-8221**

- Free, confidential service for pregnant women with financial, health and social concerns.
- Free food, milk and vitamins (if needed).
- Information on birth, labour and pregnancy.
- Information on alcohol, drugs, healthy eating and smoking.
- One-on-one consultation with a nurse, nutritionist or social worker.
- Group sessions with childcare program.
- Multiple languages and interpretation services.

**Calgary Diversion Services****403-410-1132**

- A mental health program to re-direct low-risk and non-violent adult and youth offenders who have a designated mental disorder from the justice system into appropriate community-based health services.

**Community Health Centres****403-943-5465**

- Adult/family wellness.
- Well-child services.
- Vaccination programs.
- Parent drop-in.
- Home visits for special circumstances.
- Communicable disease control.
- School-age health.
- Health education.
- Childhood safety and injury prevention.

**Elbow River Healing Lodge  
Sheldon M. Chumir Health Centre  
Seventh Floor, 1213 Fourth St. S.W.****403-955-6600**

- Aboriginal family primary medical care clinic with focused services, such as prenatal, diabetes, foot and wound care.
- Street outreach.
- Social resource advocacy.
- Health promotion and immunization.

Drop-in and appointment-based services.

Monday to Friday, 8:30 a.m. – 4:30 p.m.

**AHS Mobile Response Team (24-hour) 403-266-4357**  
**(accessible through Distress Centre Calgary)**

- Professional staff of registered nurses, social workers and psychologists available through the Distress Centre seven days a week.
- Assistance for those experiencing a crisis in relation to mental health, addictions, family, relationships, social and/or personal problems.
- Critical Incident Stress Management Services for persons who are exposed to a traumatic event.
- Team works out of two sites in Calgary and will arrange to meet clients in a negotiated safe place within Calgary city limits.
- Services to the general public as well as professionals in need of support and/or consultation.
- Team is available daily from 9:30 a.m. to 9:30 p.m.

**Safeworks (cell) 403-850-3755**  
**(needle exchange/harm reduction)**

- Provide clean needles, condoms, alcohol swabs, biohazard sharps containers, vein care resources.
- Free and confidential HIV, hepatitis A, B and C, chlamydia, gonorrhea and syphilis testing.
- Influenza (October to March), pneumonia, tetanus, hepatitis A and B vaccinations.
- Pregnancy testing, health information, counselling and referral.
- Wound care.

Exchange sites available at:

**Calgary Drop-In & Rehab Centre 403-699-8216**  
**117 – 423 Fourth Ave. S.E.**

Monday to Friday 9 a.m. – noon.

**Centre of Hope**  
**201 – 420 Ninth Ave. S.E.**

**403-410-1180**

Monday to Friday 1 p.m. – 4 p.m.

**The VAN goes out**

**(cell) 403-850-3755**

Saturday to Thursday 8 p.m. – midnight

Friday 5 p.m. – midnight

The VAN is parked at 8:15 p.m. by the SEED and 8:30 p.m.  
by the Drop-In Centre.

**Sexual and Reproductive Health**

- Free confidential help, including birth control, STI testing, pap test, pregnancy testing, morning-after pill, condoms at low cost.

**Drop-in services for:**

- Youth (male and female) up to 24.
- Males older than 24, if their partner is attending or has attended the Sexual and Reproductive Health Clinic.

**Appointments are needed for:**

- HPV vaccinations.
- IUD insertions (requires two appointments).

**East Calgary Health Centre**  
**Main Floor, 4715 Eighth Ave. S.E.**

**403-995-1400**

Tuesday and Thursday 1 p.m. – 5:15 p.m.

**Sheldon Chumir Centre**  
**Fifth Floor, 1213 Fourth St. S.W.**

**403-955-6500**

Monday to Thursday 1 p.m. – 5:15 p.m.

Friday and Saturday noon – 3:30 p.m.

**South Calgary Health Centre  
31 Sunpark Plaza S.E.****403-943-9510**

Monday 1 p.m. – 5:15 p.m.

Tuesday 4 p.m. – 7:30 p.m.

Friday 1 p.m. – 4:30 p.m.

**Sunridge****403-944-7666****406, 2675 – 36th St. N.E.**

Monday to Thursday 1 p.m. – 5:15 p.m.

Friday and Saturday noon – 3:30 p.m.

**Sexually Transmitted Infections  
(STI) Clinic****403-955-6700****Fifth Floor, 1213 Fourth St. S.W.****24-hour STD/AIDS Info line****(toll-free) 1-800-772-2437**

- Free confidential service. No appointment necessary.
- Assessment, diagnosis and treatment of sexually transmitted infections. Free medications for many STIs.
- Hepatitis A and B vaccine program, contact tracing and partner notification.
- Needle exchange site.

Monday to Wednesday 9 a.m. – 5 p.m.

Thursday 10:30 a.m. – 5 p.m.

Friday and Saturday 8:30 a.m. – 4 p.m.

**Sheldon M. Chumir Health Centre  
1213 Fourth St. S.W.****403-955-6200**

- A health centre designed to meet the needs of those who work and live in Calgary's inner city.
- Services including 24-hour emergency, urgent care, community health and mental health.

## 6 Alberta Human Services – Alberta Works

[humanservices.alberta.ca](http://humanservices.alberta.ca)

- Alberta Works programs including child support services, health benefits, employment and training, and income support.
- Income support assisting low-income Albertans in meeting basic needs, upgrading their skills and finding employment.
- Referrals to a wide variety of programs from affordable housing to childcare.
- Income support benefits based on need, current income and individual circumstances.

### **Alberta Supports Contact Centre (toll-free) 1-877-644-9992**

- General information on income support, Alberta Health Benefits, the Alberta Child Health Benefits, Child Support Services and Assured Income for the Severely Handicapped (AISH).

Visit one of these offices to speak with a Career and Employment Consultant.

**Calgary South/Central (downtown) 403-297-2094**  
**10th and 10th Office, 1021 10th Ave. S.W.**

Monday to Friday 8:15 a.m. – 4:30 p.m.

**Calgary North 403-297-7200**  
**One Executive Place, 1816 Crowchild Tr. N.W.**

Monday to Friday 8:15 a.m. – 4:30 p.m.

**Calgary East 403-297-1907**  
**Radisson Centre District Office, 525 28th St. S.E.**

Monday to Friday 8:15 a.m. – 4:30 p.m.

**Canada-Alberta Service Centre 403-297-2020**  
**100, 6712 Fisher St. S.E.**

Monday to Friday 8:15 a.m. – 4:30 p.m.

**After-Hours Emergency Assistance** **1-866-644-5135**

- After 4:30 p.m. on weekdays and anytime on weekends.

**Labour Market Information centres at  
Canada-Alberta Service centres**

- Four locations in Calgary to get help finding a job and making career, employment and training decisions.

**Calgary Centre Century Park Place (downtown) 403-297-6344  
Fifth Floor, 855 Eighth Ave. S.W.**

Monday to Friday 8:15 a.m. – 4:30 p.m.

**Calgary North** **403-297-3951****One Executive Place, 1816 Crowchild Tr. N.W.**

Monday to Friday 8:15 a.m. – 4:30 p.m.

**Calgary East****Marlborough Mall** **403-297-7570****1502 – 515 Marlborough Way N.E.**

Monday to Friday 8:30 a.m. – 4:30 p.m.

**Calgary South** **403-297- 4024****Fisher Park Place II, 100 – 6712 Fisher St. S.E.**

Monday to Friday 8:15 a.m. – 4:30 p.m.

**Career Information Hotline** **(toll-free) 1-800-661-3753****[alis.alberta/ep/eps/hotline/abouthot.html](http://alis.alberta/ep/eps/hotline/abouthot.html)**

- Telephone career information and referral service.
- Consultation on educational programs, career planning, job descriptions and training programs.
- Referrals to community, government, educational and social agencies.
- E-resumé review service on website.



**Employment Standards** **1-877-427-3731**  
**150 – 717 Seventh Ave. S.W. (Elveden Centre)**

- Information for employers and employees on minimum standards of employment.
- Investigation of complaints when employees cannot resolve differences with employers.
- Answers to questions about filing a complaint, general holiday and vacation pay, hours of work, minimum wage, payment of earnings, overtime, termination of employment and other work-related concerns.

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**Al-Anon** **(24-hour) 403-266-5850**  
**calgaryal-anon.org**

- Support for persons living with alcoholics.
- Call for meeting locations.

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**Alcoholics Anonymous** **(24-hour) 403-777-1212**  
**calgaryaa.org**

- Daily meetings at a variety of locations in Calgary and area.

9

**Alex Community Health Centre** **403-266-2622**  
**101, 1318 Centre St. N.E.**  
**thealex.ca**

**Community Health Centre**

- Primary health care and health promotion for individuals who have barriers to accessing health and social care.
- Special attention focused on the client's social, emotional and financial needs, with the assistance of client support specialists.
- Services available include medical care, counselling, lab testing, physiotherapy, chiropractic care, massage therapy and other health supports.
- Alberta Health Care Insurance Plan not required to receive services.

**Community Health Bus**  
**thealex.ca****403-266-2622**

- Free services at regular weekly locations in the inner city and east Calgary.
- Onboard physicians, nurses and resource specialists to provide assistance, support and referrals.
- Schedule available online.

**HomeBase**  
**124, 6170 – 12th St. S.E.****403-266-8881**

- Support for individuals who have been without housing for six months or longer.
- Housing first model eligibility, must be 18 years or older with no minor children.

**Pathways to Housing**  
**7245 – 12 St. S.E.****403-266-8881**

- Program focused on a housing first model – access to permanent housing first and then support to keep individuals housed.
- Client focus on those with a mental health diagnosis and a history of homelessness.
- Must be 18 years or older.

**Seniors Community Health Centre**  
**630 Ninth Ave. S.E. (King Tower, south side)****403-920-0011**

- Services for Calgarians 55+ facing barriers to accessing health care services.
- Alberta Health Care Insurance Plan not required to receive services.
- Access to support by physicians, nurses, chiropractors, counsellors, client support specialists and other services.
- Call with inquiries or to make an appointment.

Monday to Friday 8:30 a.m. – 4:30 p.m.

**The Alex Youth Health Centre** **403-520-6270**  
**101, 1318 Centre St. N.E. (1116 Centre St. N.E. as of Spring 2013)**  
[thealex.ca/youth](http://thealex.ca/youth)

- Outreach service for at-risk, homeless and street connected youth 12 to 24.
- Confidential health services (doctor, nurse, counsellor). Appointments and walk-ins welcome.
- Alberta Health Care Insurance Plan card not required for services.
- Advocacy and referrals for employment, housing, education, dental, legal and other Calgary resources.
- Assistance accessing food resources and getting or replacing ID.
- Food, telephone and computer access.
- One-to-one support and crisis counselling.

Monday to Thursday, 1 p.m. – 7 p.m., Friday, 1 p.m. – 6 p.m.

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**Aventa Addiction Treatment for Women** **403-245-9050**  
**610 – 25th Ave. S.W.**  
[aventa.org](http://aventa.org)

- Alcohol, drug, nicotine and gambling recovery services to women.
- Outpatient, residential and long-term recovery services.
- Family/parenting and aftercare support.

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**Awo Taan Healing Lodge (24-hour crisis line)** **403-531-1972**  
[awotaan.org](http://awotaan.org)

- Crisis shelter (up to 21 days) for abused women with or without children.
- Advocacy, counselling, information, support and referrals.
- Aboriginal support services, Elders, healing circles, access to sweats.
- Food and basic necessities.

- Outreach services, home visits, emergency food hampers and court support.
- Family Violence Prevention workers, education on family violence and safety planning.
- Youth and Family Support Program.

### **Parent Link Centre**

**403-531-1880**

**100, 1603 – 10th Ave. S.W.**

- Parent Link Centre, offering parent education and early childhood development services for parents and their children.
- Triple P Positive Parenting Program.
- Advocacy and referrals.
- Healing circles and services for men and women.

Monday to Friday 9 a.m. – 5 p.m.

### **BGS Enterprises**

**403-234-9119**

**100, 910 Seventh Ave. S.W. (Northland Building)**

**[bgsenterprises.com](http://bgsenterprises.com)**

### **Youth Ventures**

- Opportunities for youth 15 to 30 to explore their unique potential and develop strategies for personal success.
- Connections to Skills Link programs that offer pre-employment skills, work experience opportunities, employment services and personal development.
- Referrals to community resources.
- Ongoing support and encouragement in working towards goals.
- Community Outreach Services to connect with youth experiencing barriers to employment in the community.

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**Bow Valley College****403-410-1400****332 Sixth Ave. S.E.****[bowvalleycollege.ca](http://bowvalleycollege.ca)**

- One-year certificates or two-year diplomas.
- Career certificates and diplomas in the areas of health care, business, administration and human services.
- Largest provider of English as a Second Language (ESL) programs in Calgary.
- Study part-time, full-time, in class or online.
- Continuing education courses and part-time certificates for working professionals.
- Health services and counselling.

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**Boys and Girls Clubs of Calgary****403-276-9981****713 – 13th Ave. N.E. (administration)****[boysandgirlsclubsofcalgary.ca](http://boysandgirlsclubsofcalgary.ca)****Avenue 15****403-543-9651****938 – 15th Ave. S.W.**

- Shelter for homeless and runaway youth 12 to 17.
- Link and Launch: 24-hour short- and medium-term shelter, food, clothing and support in reconnecting with family, school, work etc. and/or gaining the resources and skills for independence.
- Loft: basic needs shelter program open nightly from 10 p.m. to 7 a.m. First-come, first-served basis (access through the back door).

**Safe House (Youth Shelter)**  
**102 – 14th Ave. S.E.**

**403-269-1997**

- 24-hour shelter for youth 15 to 18 with Child Welfare Status.
- Short- and medium-term shelter, food, clothing and support in reconnecting with family, placements, school, work etc. and/or gaining the resources and skills for independence.

**Hope**

**call or text 403-828-4673 (HOPE)**

- Connection of youth under the age of 24 to resources for basic needs, community connection, education, employment, family supports and housing.
- Access to other Boys and Girls Clubs of Calgary services.

**Calgary Achievement Centre  
 for Youth (CACY)**

**403-268-3666**

**Second Floor, 315 10th Ave. S.E.**  
**cacy.org**

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- CACY is a collaboration providing youth 15 to 24 a variety of services, including education, employment, child care, information and referral.

Monday to Friday 8 a.m. – 5 p.m.

**Discovering Choices**  
**(Calgary Board of Education)**

**403-268-3265**

- A safe, structured environment for youth 16 to 19 to develop their academic and social skills when mainstream high school is no longer a choice.
- High school credits can be earned through self-directed learning (Alberta Distance Learning courses) and/or work experience.
- Community and educational resources.

**Immigrant Youth Outreach Project** **403-268-8131**  
**(Calgary Catholic Immigration Society)**

- For youth 16 to 24, new to Canada and experiencing difficulty looking for work, staying in or returning to school, or other problems.
- Workshops including basic computer skills, employment preparation, career planning and outdoor activities.
- Self-study group with tutoring support on Saturday (except long weekends) from noon – 3 p.m. (please call to confirm).

Monday to Friday 8:30 a.m. – 4:30 p.m.  
(Closed noon – 1 p.m.).

**The City of Calgary Youth Employment Centre** **403-268-2490**  
**Second Floor, 315 10th Ave. S.E.**  
**[nextsteps.org/yec](http://nextsteps.org/yec)**

- Free career planning and job search assistance to youth 15 to 24.
- Access to free photocopying, faxing and computers.
- Help with resumés, cover letters and preparing for interviews.
- Access to part- and full-time job opportunities.
- No-cost industry and e-learning training.
- Help with researching educational opportunities, job shadows and work experiences.

Monday to Friday 8 a.m. – 5 p.m.

**Calgary Alpha House Society**  
203 – 15th Ave. S.E.

**(24-hour) 403-234-7388**

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### **Detox Centre**

- Social detoxification services for those who want help withdrawing from alcohol and/or other drugs.
- Admissions seven days a week.
- Dorm setting for males and females over the age of 18.
- Detox programs including Aboriginal Elders support, access to sweat ceremonies, acupuncture for withdrawal, yoga group presentations and 12-step meetings.

### **Housing**

- Transitional housing.
- Market and project housing with case management support.

### **Shelter**

- Open 24-hours for individuals under the influence of drugs and/or alcohol.
- Open to both males and females over 18.
- Staff-supervised showers and laundry facilities.
- Limited food program throughout the day: coffee, tea, donuts, sandwiches.

### **DOAP TEAM**

**403-998-7388**

- Street outreach with the primary focus being in the downtown.
- Assistance for individuals on the street to improve their well-being and safety by providing primary needs, such as referrals for treatment, housing, connections to health care, condoms, food, etc.



- Help with the following transportation needs:
  - Individuals under the influence of any drug and/or alcohol to the appropriate shelter.
  - Addiction treatment appointments.
  - Discharge planning from hospitals, shelters, treatment programs.

Available 22 hours a day, seven days a week 9 a.m. – 7 a.m.

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## **Calgary Association of Self Help**

**403-266-8711**

**1019 Seventh Ave. S.W.**

**calgaryselfhelp.com**

Programs and services for adults with mental illness/  
psychiatric disorders.

### **Activities of Daily Living**

- 12 week program offering skill development in budgeting, cooking, grocery shopping, household management and nutrition.
- One afternoon per week.

### **Art Program and Writer's Club Program**

- Art and writing instruction in a safe and supportive environment.
- Class times depending on classes selected.

Monday to Friday 9 a.m. – 4 p.m.

### **Life Skills and Initiatives**

- Programs teaching interpersonal skills to assist people in managing their lives more effectively.
- Life Skills – 16 weeks, Monday to Friday 9 a.m. – noon.
- Initiatives – 8 weeks, Monday to Thursday 9 a.m. – noon.

### **Mental Health Support Group**

- Drop-in support group where members can share their thoughts and feelings about personal issues in a safe supportive environment.

Monday and Thursday 1:30 p.m. – 3:30 p.m.

**Occupational and Leisure Skills and Creative Arts programs**

- Multi-activity programs promoting skill development in a supportive setting.
- Therapeutic arts and crafts, interpersonal and living skills and community outings.
- Three mornings or afternoons per week.

**Resource Activity Centre**

- Support and direction in times of need, recreational activities, community outings and other support services, including free clothing bank, telephone messaging services and volunteer opportunities for clients.

Monday to Friday 10 a.m. – 9 p.m.

Saturday, Sunday and holidays noon – 8 p.m.

**Calgary Board of Education**  
**2519 Richmond Rd. S.W.**  
**ChinookLearningServices.com**

**403-777-7200**

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**Chinook Learning Services**

- Adult and continuing education.
- High school upgrading, English as Second Language (ESL), general interest, continuing education and child/youth and family programming.
- Students can complete their high school diploma, take extra courses, increase their marks or supplement their schedule.
- Teachers specializing in helping students achieve their educational, career and life goals.
- Study part-time, full-time, during the day or evenings, in the classroom or through self-directed learning.

**Encore CBE Return to School**  
**1221 Eighth St. S.W.**

**403-817-7820**

- Assistance to youth who want to reconnect with school and learning.
- Help with developing a plan to explore interests, passions and possibilities for completing school

Drop-in: Monday to Friday 1 p.m. – 5 p.m.

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**Calgary Communities Against  
 Sexual Abuse (CCASA)**  
**700, 910 Seventh Ave. S.W.**  
**calgarycasa.com**

**403-237-5888**  
**(toll-free) 1-877-237-5888**  
**(business line) 403-237-6905**

Free and confidential services including:

- Individual counselling.
- Group counselling (sliding fee scale).
- 24-hour support and information line.
- 24-hour accompaniment to the Sheldon Chumir Centre or other facility.
- Police and Court Education and Support (PACES) program.
- Public education.
- Community outreach.
- **ccasayourworld.com**, a youth-oriented website.

**Crisis Intervention and Counselling Program**      **403-237-5888**

- Crisis intervention and short-term counselling for up to 12 weeks for survivors of sexual abuse and sexual assault, their friends and loved ones.
- Group counselling for survivors of sexual abuse and sexual assault.

**24-hour Support and Information Line** **403-237-5888**

- Services to anyone who is dealing with or has been affected by the various forms of sexual assault or sexual abuse, including friends, family and support people of the survivor.
- Staff answer line from 9 a.m. – 5 p.m., Monday through Friday. Calls are dispatched to the Distress Centre to trained volunteers after hours.
- Services including crisis intervention, emotional support, problem solving, information and referral, and access to emergency accompaniment to police or hospital.

**Calgary Counselling Centre** (Call Centre) **403-691-5991**  
**200, 940 Sixth Ave. S.W.**  
**calgarycounselling.com**

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- Access via Call Centre or through online counselling form.
- Individual, family and couples counselling, including but not limited to anger problems, anxiety/panic attacks, couples and conflict, depression, domestic abuse prevention, eating disorders, health problems, parent-child conflict, personal growth, self-esteem, separation and loss, sexual abuse, sexuality/intimacy and stress.
- Counsellor appointments within three to five days. Day, evening and weekend appointments available.
- No referral required to initiate counselling services.
- Fees determined on a sliding fee scale according to annual family income and ability to pay.

Monday to Thursday 8:30 a.m. – 7:30 p.m.

Friday 8:30 a.m. – 5:30 p.m.

Saturday 9 a.m. – 2:30 p.m.

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**Calgary Crime Stoppers Association****(toll-free) 1-800-222-8477****[calgarycrimestoppers.org](http://calgarycrimestoppers.org)**

- Handles anonymous calls, text messages or online submissions from citizens with information about crimes.
- Cash rewards to tipsters in cases where a tip leads to the arrest of a suspect, recovery of stolen property or seizure of illegal drugs.

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**Calgary Dream Centre****403-243-5598****4510 Macleod Tr. S.****[calgarydreamcentre.com](http://calgarydreamcentre.com)**

- Supportive housing at the Centre and in the community for men over 18. Housing applications accepted daily.
- NOT a shelter, detox or drop-in facility, the CDC offers a clean and safe environment.
- Career and life management skills training.
- Addiction recovery program.
- Community-based work programs.
- Counselling, mentoring and spiritual care.
- Health and wellness services.

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**Calgary Drop-In & Rehab Centre****(24-hour) 403-266-3600****1 Dermot Baldwin Way S.E.****[thedi.ca](http://thedi.ca)**

- Supervised day drop-in centre open year-round from 6 a.m. – 9 p.m.
- Supervised evening shelter services, emergency mats/beds in segregated dormitory beginning at 6 p.m. nightly.
- Supportive, transitional, reserved beds in semi-private dormitory from 5 p.m. nightly.
- Full meal daily at 7 a.m., noon and 6 p.m.

- Nutritious snacks at 9:30 a.m. and 3 p.m.
- Clothing store (no fee) open two days each week.
- Shower and hygiene products.
- Laundry facilities daily from 8 a.m. – 5 p.m.
- Advocacy, Commissioner for Oaths, counselling, identification, mail/fax services, referrals.
- Safeworks:  
Monday to Friday 9 a.m. – noon.
- Medical clinic on site, RN, MD and allied health professionals.
- Casual Labour Office – Job Placement (employment help)  
Monday to Friday 6:30 a.m. – 2:30 p.m.
- Computers for Low-income Calgarians providing free reconditioned computers to individuals who have low-incomes, as well as A+ certification for volunteers.
- Career Training Initiative providing a week-long course that includes many industry certifications.
- Affordable housing (Sundial and Bridgeland Manor), intake through counselling department.
- Possibilities Project offering opportunities for involvement in a wide range of art, creative and music activities.
- Seniors Activity Centre for those 50+ providing counselling, drop-in, meals, recreation and social activities.
- Wild Rose Art Studio space for homeless, low-income and street-involved individuals with an interest in artistic pursuits.

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**Calgary Food Bank**  
**5000 – 11th St. S.E.**  
[calgaryfoodbank.com](http://calgaryfoodbank.com)

**403-253-2055**  
**(Hamper Request Line)**

**Hamper distribution:**

Mornings

Tuesday, Thursday, Friday 10:30 a.m. – 1 p.m.

Afternoons

Monday to Friday 1 p.m. – 3:30 p.m.

Evenings

Monday to Thursday 6:30 p.m. – 7:30 p.m.

- Self-referral for first three emergency food hampers; any additional hampers (to a maximum of seven per 12-month period) require referral from a community agency in which individual is participating in programs or services.
- Six depots throughout the city available for pick-up points.
- Best to call before coming to main depot or may use phones on entrance wall at main depot.
- Distributed to individuals and families in crisis.
- Approximately seven days worth of groceries in one food hamper.
- Gluten-free hampers available to low-income Calgarians with Celiac Disease.
- Agencies may access Hampers for the Homeless, Children's Milk Program, BP Food Link.

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**Calgary Humane Society**  
**4455 – 110th Ave. S.E.**  
[calgaryhumane.ca](http://calgaryhumane.ca)

**403-205-4455**

- 21-day Pet Safekeeping Program, offering safety planning and support to victims of domestic violence and other vulnerable individuals by providing them and their pets with a safe alternative to remaining in a dangerous situation.

- 10-day Emergency Boarding Program in cases of a life crisis, such as a loss of house due to fire, flooding, other natural disaster or unexpected hospitalization. Program may allow pet to be temporarily boarded.
- A professional agency referral is required to access either program.
- No fee for either program but donations are appreciated to help cover the cost of care for the pets.

**Calgary Immigrant Women's Association**      **403-263-4414**  
**200 – 138 Fourth Ave. S.E.**  
**ciwa-online.com**

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- Intake, settlement and referral services for immigrant and refugee women, including needs assessments, information, referrals and supportive counselling.
- Language Instruction for Newcomers to Canada (LINC) part-time English as a Second Language classes.
- Skills training and employment services to help clients identify, create and implement an employment plan.
- Family services including cross-cultural parenting, counselling and assistance with family conflict/violence, housing, legal issues, social welfare, etc.
- All services are free and available in a number of languages.

Monday to Friday 9 a.m. – 4:30 p.m.

**Calgary Inter-Faith Furniture Society**      **403-276-3173**  
**635 – 35th Ave. N.E.**

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- Reasonably priced bedding, books, housewares, pots and pans, gently used furniture, small appliances, toys, yard furniture, etc.
- Work for Furniture program (must be referred by an agency).
- Delivery charge of \$60 within city limits.

Tuesday to Saturday 9 a.m. – 5 p.m. (closed Tuesdays after Monday statutory holidays).



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**Calgary John Howard Society****403-266-4566****917 Ninth Ave. S.E.****[cjhs.ca](http://cjhs.ca)**

- Assistance to individuals who have been or are at risk of involvement with the criminal justice system.
- Programs in the areas of community, education, employment and assistance with crisis issues for adults and youth.
- Extended FASD Support for adults at risk of or involved with the criminal justice system.

**Aboriginal Youth Outreach****403-536-4328**

- Advocacy and support for Aboriginal youth 16 to 24.
- Crisis resolution, family mediation, one-to-one counselling and assistance with educational goals, employment and housing.

Monday to Friday 9 a.m. – 4 p.m.

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**Calgary Legal Guidance****403-234-9266****100, 840 Seventh Ave. S.W.****[clg.ab.ca](http://clg.ab.ca)**

- Free and confidential legal advice, information and referrals.
- In-person or phone intakes during office hours.
- Services are delivered at downtown office and at other agencies around Calgary.
- Appointments booked on a variety of legal issues.
- Evening clinic staffed by volunteer lawyers.
- Information for older adults on issues like powers of attorney and wills.
- Assistance with immigration and refugee issues.
- Assistance for victims of domestic violence, including protection orders.

- Assistance with applying for maintaining or appealing social benefits such as Alberta Works, AISH, EI and CPP Disability.
- Assistance with obtaining photo identification and affidavit.
- Assistance with housing issues leading to homelessness.

Monday to Thursday 8:30 a.m. – 4:30 p.m.

Friday 8:30 a.m. – 4 p.m.

Evenings by appointment only.

### **Dial-A-Law**

**(24-hour) 403-234-9022**

- Free recorded legal information on 140 topics available from a touchtone phone.
- Operator assisted Monday to Friday 8:30 a.m. – 4:30 p.m.

### **CALGARY OUTLINK: Centre for Gender and Sexual Diversity**

**403-234-8973**

**(Out is OK) 1-877-688-4765**

**303, 233 – 12th Ave. S.W.**

**calgaryoutlink.org**

- Out is OK peer support and help line, 5 p.m. – 10 p.m. daily.
- Information, support, referrals and resources for the bisexual, gay, lesbian, transgendered and transsexual community.
- Educational programs, lending library and Internet resources.
- Specialized peer group meetings for youth, gay families, transitioning individuals and others.
- Hours vary. Call the office for details or to set up an appointment.

### **Calgary Police Service (non-emergency calls)**

**403-266-1234**

**Emergency calls**

**9-1-1**

**calgarypolice.ca**

- If you are a sex industry worker who needs help to get off the street, call the Sex Crimes Unit at 403-428-2211.
- Intervention programs and referrals for “at risk” individuals.

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### Calgary Pregnancy Care Centre

**(24-hour hotline) 403-269-3110**

**205, 925 Seventh Ave. S.W.**

**pregcare.com**

- Pregnancy tests, options counselling, advocacy, housing, prenatal classes, maternity and baby resources.
- Parenting classes for parents, support groups for birth mothers and women experiencing post-abortion grief.
- Community education programs, including teen sexuality.
- Abortion referral not offered.

Monday and Wednesday 9 a.m. – 5 p.m.

Tuesday and Thursday 9 a.m. – 8 p.m.

Friday 9 a.m. – 3 p.m.

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### Calgary Public Library calgarypubliclibrary.com

**403-260-2600**

#### Central Library

**403-260-2600**

**616 Macleod Tr. S.E.**

- Education, enrichment, job searching and recreation.
- Library card at a low yearly price.
- Card registration fees may be waived for low-income Calgarians. Ask staff for details.
- Library cards are free for children 12 and under.
- Free computer access including Internet, email, MS Word, Excel and PowerPoint with library card.
- Free programs at all locations: storytimes, literacy and learning, ESL, computer programs and more.

Central Library hours:

Monday to Thursday 9 a.m. – 8 p.m.

Friday 9 a.m. – 5 p.m.

Saturday 10 a.m. – 5 p.m.

Sunday noon – 5 p.m.

(Closed Sundays from mid-May to mid-September).

Alexander Calhoun – 3223 14th St. S.W.

Bowness – 6532 Bowness Rd. N.W.

Central – 616 Macleod Tr. S.E.

Country Hills – 11950 Country Village Link N.E.

Crowfoot – 8665 Nosehill Dr. N.W.

Fish Creek – 11161 Bonaventure Dr. S.E.

Forest Lawn – 4807 Eighth Ave. S.E.

Glenmore Square – 7740 18th St. S.E.

Louise Riley – 1904 14th Ave. N.W.

Memorial Park – 1221 Second St. S.W.

Nose Hill – 1530 Northmount Dr. N.W.

Saddletowne – 7556 Falconridge Blvd. N.E.

Shaganappi – 3415 Eighth Ave. S.W.

Shawnessy – 333 Shawville Blvd. S.E.

Signal Hill – 5994 Signal Hill Centre S.W.

Southwood – 924 Southland Dr. S.W.

Thornhill – 6617 Centre Street North

Village Square – 2623 56th St. N.E.

Please check website for library hours.

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**Calgary Seniors Resource Society****403-266-6200****3639 – 26th St. N.E.****calgaryseniors.org**

- Assistance to individuals 65 and older to maintain their independence.
- Help with accessing resources, dealing with government agencies (i.e. taxes/benefits), as well as support services related to transportation and individual needs.
- Friendly visiting and telephone reassurance to isolated seniors.
- Escorted transportation program to assist seniors with grocery shopping and medical appointments.

Monday to Friday 8:30 a.m. – 4:30 p.m.

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**Calgary Sexual Health Centre****403-283-5580****304, 301 – 14th St. N.W.****calgarysexualhealth.ca**

Free and confidential services for the following health issues:

- Pregnancy testing.
- Pregnancy options counselling (parenting, abortion and adoption).
- Birth control information and referrals.
- Sexually transmitted infections (STIs) treatment information and referrals.
- Post-abortion counselling.
- Sexual orientation information, support and referrals.
- Free condoms and lube.

Drop-in hours:

Monday 9 a.m. – 5 p.m.

Tuesday, Wednesday 9 a.m. – 1 p.m.

Thursday, Friday noon – 5 p.m.

**Calgary Transit**  
**224 Seventh Ave. S.W.**  
**calgarytransit.com**

403-262-1000

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### **Low-income monthly transit pass**

- Discounted monthly adult and youth (6 to 17) transit pass for Calgarians with low incomes.
- Must be a resident of Calgary at the time of application or renewal and present proof of a Calgary address and photo identification.

### **Seniors transit pass**

- Annual passes for eligible seniors 65 or older.
- \$55 regular rate pass
- \$15 low-income rate pass.

Monday to Friday 10 a.m. – 5:30 p.m.

**Calgary Women's  
 Emergency Shelter**  
**calgarywomensshelter.com**

**(admin) 403-290-1552**  
**(crisis line) 403-234-7233**

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- Residential services providing safe and secure accommodation, food, clothing, referral services and counselling for women.
- Community crisis counsellors providing support to women and children fleeing domestic violence who are unable to access space at a shelter.
- Child Support and Therapy Program for children of all ages through a combination of group programs and recreational activities.
- Men's Counselling Service offering short-term crisis therapy to abusive men and their partners to create solutions for a non-abusive lifestyle.

- Outreach/Follow-up Program helping women and their families re-establish their lives after a shelter stay. Also offers support and counselling to women who have worked with community crisis counsellors but have not had a shelter stay.
- Older Women's Long-term Survival Program (OWLS) supporting women 50 years or older who have witnessed or are experiencing abuse.

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### **Canadian Mental Health Association**

**403-297-1700**

**400, 105 – 12th Ave. S.E.**

**[cmha.calgary.ab.ca](http://cmha.calgary.ab.ca)**

#### **Advocacy**

**403-297-1402**

- Telephone and in-person support for individuals needing information, referrals or support dealing with issues related to mental health.
- Services including information about available mental health services, support in solving problems, accessing services, assistance with filing complaints/appeals and completing paperwork, and attending appeal meetings.

Monday 8 a.m. – 4 p.m.

#### **Street Outreach and Stabilization program (SOS) 403-297-1704**

- Outreach support for homeless (absolute or relative) persons with mental health issues.
- Services including connection with mental health, financial, social and other community supports.
- Referral from a local shelter or community agency required.

Monday to Friday 8 a.m. – 4 p.m.

#### **Suicide Bereavement**

**403-297-1744**

- Counselling for individuals bereaved by suicide and debriefings in the community when a suicide has occurred.

Monday to Friday 8 a.m. – 4 p.m.

**Canlearn Society**  
**3930 – 20th St. S.W.**  
**canlearnsociety.ca**

403-686-9300

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- Three free family literacy programs to encourage the development of literacy and learning in preschool children.
- Learning Starts at Home program helping families with preschoolers through home visits once a week. Children experience books, play, rhyme and learn, and singing. Parents find out about resources and how to support their children's learning.
- Magic Carpet program bringing literacy to life for parents and preschool children by reading, singing, doing crafts and fun activities.
- Share the Magic program providing preschool books to children and families in high-needs areas.

**Children's Cottage Society/  
 Crisis Nursery**  
**845 McDougall Rd. N.E.**  
**childrenscottage.ab.ca**

403-233-2273  
 (24-hour crisis line)

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- Childcare for children (up to age 8) in times of family crisis or emergency situations.
- Maximum three-day stay.
- Follow-up assistance available through the Family Liaison program.

**Cocaine Anonymous**  
**ca-ab.org**

(24-hour) 403-568-8008

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- Self-help program based on the 12 Steps of Alcoholics Anonymous.
- Meetings every day in a variety of locations.



**CUPS Health and Education Centre****403-221-8780****1001 – 10th Ave. S.W.****cupscalgary.com**

Health care, education and housing programs and services to individuals and families struggling with poverty.

Monday to Friday 8 a.m. – 4 p.m. (closed noon – 1 p.m.) unless otherwise stated.

**Child Development Centres – Early Years and One World**

- Early intervention education with multi-disciplinary supports.
- Parent education program.
- Family support workers and counselling.

**Early Years Child Development Centre****403-206-1050**

(13 to 35 month olds)

**One World Child Development Centre****403-264-2217**

(3 to 6 year olds)

**622 – 11 Ave. S.W.****Community Supports****403-717-0922**

- Community referrals (Food Bank, Women In Need, Sleep Country, NeighbourLink, etc.).
- Client In Transition one-time assistance (up to \$400) for damage deposit, first month's rent, utility disconnection, or eviction notices. CIT does not locate housing nor help with unsustainable rental situations.
- Lorraine Melchior Bursary Fund emergency funding for students who are actively involved in CUPS programs.
- ID Program one-time assistance with getting various forms of ID.

Monday, Thursday and Friday 8 a.m. – noon and 1 p.m. – 3 p.m.

**Family Development Centre****403-221-8799**

- Parent education to support positive change and to improve parent/child relationships.
- Family development through goal setting, case management, group involvement and referrals.

**Housing Programs****403-717-0922**

- Key Case Management two-year housing first program for 100 individuals who have experienced ongoing homelessness. Agency referral required.
- Graduated Rent Program providing a rental subsidy for 200 individuals who have graduated from a housing first program. Applicant must have landlord and housing first case manager references and agency referral.
- Community Development rental subsidy and community building program for up to 200 individuals and families. Agency and landlord referral required. Priority given to those actively involved in CUPS programs.

**Primary Care Clinic****403-221-8797**

- Walk-in clinic with doctors and nurses.
- Dental, eye and foot care.
- Hepatitis C clinic.
- Diabetes management.
- Mental health care.

Monday to Friday 8 a.m. – noon and 1 p.m. – 4 p.m.

May be open on Saturdays 9 a.m. – 1 p.m. (please call to confirm).

(Please arrive 15 to 30 minutes before clinic opening to help get a spot.)

**Women's Health Clinic****403-221-8790**

- Medical and health care for women and children.
- Pregnancy care.
- Well Baby Clinic.
- Pediatric care.
- Mental health care.

Monday, Tuesday and Thursday 9 a.m. – noon.

(Please arrive 15 to 30 minutes before clinic opening to help get a spot.)

**43****Discovery House Family Violence Prevention Society****403-670-0467****discoveryhouse.ca**

- Post-emergency longer-term support for women with children leaving domestic violence.
- Residential program clients can stay for up to one year. Community Housing program clients are supported for up to two years.
- Individualized support for women and children based on their unique needs.
- Support including group and individual counselling and community resource links for everything from legal advice to career and education guidance, and life and parenting skills.
- Client referrals to Discovery House through emergency shelters or through the Calgary Police.

**44****Distress Centre****403-266-4357 (HELP)****300, 1010 Eighth Ave. S.W.****(admin) 403-266-1601****distresscentre.com****Crisis line (24-hour)****403-266-4357 (HELP)**

- Telephone crisis support and online chat daily from 5 p.m. – 10 p.m.
- Access to information, referrals and counselling services.

**Suicide prevention line (24-hour) 1-800-784-2433 (SUICIDE)**  
(Central and southern Alberta only, toll-free in the 403 area code.)

**ConnecTeen line (24-hour) 403-264-8336 (TEEN)**  
**calgaryconnecteen.com**

Peer support and online chat daily from 5 p.m. – 10 p.m.

**Counselling 403-266-4357 (HELP)**

- Free and confidential.
- Evening and telephone appointments available.

Monday to Thursday 9 a.m. – 8 p.m.

Friday 9 a.m. – 5 p.m.

**2-1-1 (24-hour)**

- Connection to a full range of community, government, health and social services information in Calgary.

**Elizabeth Fry Society of Calgary 403-294-0737**  
**1731 – 10th Ave. S.W. (toll-free) 1-877-398-3656**  
**elizabethfry.ab.ca 403-297-6043 (Youth Court worker)**  
**403-297-4548 (Adult Court worker)**

- Assistance, guidance and resources for girls and women in conflict with the law or at risk of becoming in conflict with the law.
- Individual and/or group support from first appearance in court, through prison and upon reintegration to the community.
- Legal information workshops and legal clinics for new immigrants.
- Volunteers at youth and adult court to provide support and practical assistance.

Monday to Friday 9 a.m. – noon, 1 – 4 p.m.

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**Fresh Start Recovery Centre****403-387-6266****411 – 41st Ave.N.E.****[freshstartrecovery.ca](http://freshstartrecovery.ca)**

- Treatment, support and shelter to recover lives from active addiction for adult males.
- Safe, secure, supportive residence with 24-hour supervision.
- Core of the program is 12-step abstinence based.
- Initial program is nine to 16 weeks long, consisting of individual and group counselling.
- Length of stay determined on an individual basis.
- Fees based on income and ability to pay.
- Day Program for those wishing to maintain a residence elsewhere and take part in recovery groups.

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**Highbanks Independent Living for Parenting Youth Society****403-521-0082****317 – 19th St. N.W.****[highbankssociety.ca](http://highbankssociety.ca)**

- Housing and support services for young single mothers 16 to 24.
- Safe, affordable residences for up to two years.
- Access to education and community resources.
- Parenting support and encouragement.
- Peer support.

## Hospitals

**Alberta Children's Hospital**  
2888 Shaganappi Tr. N.W.

(non-emergency) 403-955-7211  
(Emergency) 403-955-7070

**Foothills Medical Centre**  
1403 – 29th St. N.W.

(non-emergency) 403-944-1110  
(Emergency) 403-944-1315

**Peter Lougheed Centre**  
3500 – 26th Ave. N.E.

(non-emergency) 403-943-4555  
(Emergency) 403-943-4999

**Rockyview General Hospital**  
7007 – 14th St. S.W.

(non-emergency) 403-943-3000  
(Emergency) 403-943-3449

**South Health Campus**  
4448 Front St. S.E.

(non-emergency) 403-956-1111  
(Emergency) 403-956-3000

## Hull Services

403-251-8000

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

### Bridging the Gap

403-216-0660

**800, 1520 Fourth St. S.W.**

- Flexible, one-to-one support for youth and young adults 16 to 24, who have mental health concerns (no diagnosis required) and have difficulty accessing the services they need.
- Advocacy, information, emotional and practical support, as well as referrals to other community services.
- Appointments held at the office or in the community.

Monday to Friday 8:30 a.m. – 4:30 p.m.

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**Inn from the Cold****403-263-8384****106, 110 – 11th Ave. S.E.**  
**innfromthecold.org**

- Temporary overnight shelter with hot dinner, breakfast and a bag lunch.
- Emergency shelter for families, homeless families a priority.
- Temporary shelter program for singles meeting screening criteria.
- Ongoing support to families transitioning from shelter to housing.
- Daily intake and screening from 4 p.m. – 5:30 p.m.

51

**Kerby Centre (for seniors 55+)****403-265-0661****kerbycentre.com**

- Assistance filling out pension forms, income tax, legal advice and shopping.
- Housing Registry offering assistance with independent and supportive housing.

**Kerby Rotary House and 24-hour crisis line****403-705-3250**

- Shelter for senior men and women experiencing family violence and/or homelessness.
- Information, support and crisis intervention.

52

**Kids Help Phone****(24-hour, toll-free) 1-800-668-6868****kidshelpphone.ca**

- Anonymous and confidential.
- Professional and bilingual, counselling and information/referral service for youth up to age 20.
- Online and phone counselling.

**Legal Aid Alberta**  
**1800, 639 Fifth Ave. S.W.**  
[legalaid.ab.ca](http://legalaid.ab.ca)

**403-297-2260**  
**1-866-845-3425**

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- Legal services at a reduced cost to individuals who need assistance for criminal and civil legal matters and are unable to pay for a lawyer from their own resources.
- Legal advice based on financial eligibility guidelines.
- Contact office for information on fees, services and eligibility.

Monday to Friday 8 a.m. – 4:30 p.m.

**McMan Youth, Family and Community Services Association**  
**1, 4004 – 19th St. N.W.**  
[www.mcman.ca](http://www.mcman.ca)

**403-508-6259**

54

**Family Preservation**

**403-508-7723 (intake)**

- In-home, family, group and one-to-one support for youth 14 to 21 without child intervention protection who are at risk of homelessness, or are homeless and wanting to return home.

**Hope Homes Program, Hope Homes for Aboriginal Youth Program  
 Homes for Youth and Wellington Place 403-508-7723 (intake)**

- Housing options including room and board, semi-independent and independent living, as well as one-to-one support for youth 16 to 24 who are absolutely homeless and without child intervention protection.

**Youth Alternative Program**

**403-508-7667**

- Support to high-risk youth 12 to 24 who do not have child protection services but have been in conflict with the law, their family or community and have exhausted all other resources.
- Assistance with education, employment, financial advocacy and housing.



**Metis Calgary Family Services****403-240-4642**

19 Erinwoods Dr. S.E.

mcfs.ca

**Native Network Family Resource Centre****403-240-4642 ext. 303**

- Aboriginal Triple P Parenting Program.
- Assistance to Aboriginal and Metis individuals and families with referrals and resources to meet basic needs.
- Bus tickets for medical appointments, job interviews and going to and from shelter.
- Youth Family Support Workers, Aboriginal youth mentor support.
- Clothing exchange, crafts group, emergency transportation, housing advocacy and resumé assistance.
- Monthly community and family feasts and gatherings.
- Cultural referrals, elders, sharing circles, Metis dance classes, PowWow dance classes.
- Emergency homeless hampers and Grocery Bingo.
- Children and family summer camps, access to recreation for low-income Aboriginal families.

Monday to Friday 8:30 a.m. – 4:30 p.m. (and various evenings).

**Native Network Metis Parent Link Center****403-240-4642 ext. 300**

- Aboriginal parenting classes, groups, programs and workshops.
- Prenatal, preschool and literacy programs.
- Dance and drumming classes.
- Parent and child activities, parent education library.
- Community kitchen, toy lending library.

Monday to Friday 8:30 a.m. – 4:30 p.m. (and various evenings).

**Rainbow Lodge Aboriginal  
Affordable Housing Program**  
**701, 6505 Huntridge Hill N.E.**

**403-240-4642 ext.400**

- Affordable housing for Aboriginal families.
- On-site family support workers.
- Family resource centre.
- Childcare and after school programming.

**Money Mentors**  
**150, 1200 – 59th Ave. S.E.**  
**moneymentors.ca**

**403-265-2201**  
**(toll-free) 1-888-294-0076**

**56**

- Exclusive provider of the Orderly Payment of Debts (OPD) in Alberta (an option to bankruptcy).
- Unbiased solutions providing immediate and long-term relief from financial stress.
- Money Mentors division focusing on the basics of financial planning.
- Consultations by appointment only.

Monday to Thursday 8 a.m. – 8 p.m.  
Friday and Saturday 9 a.m. – 5 p.m.

**Motive-Action Training Foundation**  
**1201A – 42nd Ave. S.E.**  
**motiveaction.com**

**403-287-3132**

**57**

- Non-profit, automotive training centre providing youth 18 to 30 with the work skills, attitudes and confidence needed to be productive members of the work force.
- Six-month program providing three months of work experience (with employers) and three months of training in the auto body and auto service, heavy duty and welding trades.
- Placement service to assist graduates with securing full-time employment.

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**Narcotics Anonymous**  
[chinookna.org](http://chinookna.org)**403-991-3427**  
**1-877-463-3537**

- Self-help program based on the 12-step program.

Meetings every day in a variety of locations.

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**Native Counselling Services of Alberta**  
**2nd Floor, 614 Sixth Ave. S.W.**  
[ncca.ca](http://ncca.ca)**403-237-7850**

- Assistance to aboriginal adults and youth who are involved with the legal system.
- Court workers providing assistance in criminal, family and youth courts to help clients understand their charges and speak on their behalf.

Monday to Friday 8:30 a.m. – 4:30 p.m.

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**Organization for Bipolar Affective Disorders (OBAD) Society**  
**2, 1019 – 7th Ave. S.W.**  
[obad.ca](http://obad.ca)**403-263-7408**

- Peer support meetings for individuals and their families dealing with bipolar, depression, schizoaffective disorders.
- Community information sessions and presentations.
- Meetings held at Sheldon Chumir Health Centre, 1213 Fourth St. S.W. Monday and Thursday evenings at 7 p.m.

**Oxford House Foundation  
of Canada**

**204, 1409 Edmonton Tr. N.E.**  
**oxfordhousefoundation.ca**

**403-287-8771**  
**(Housing and Outreach)**

**61**

- Safe and affordable housing for men and women in recovery from addictions. Twenty-four houses in Calgary (six for women).
- Family-type support beyond the treatment phase in an affordable housing and fellowship setting.
- Prospective clients must have had recent addiction treatment and be attending school, looking for work, working or volunteering.
- Clients must have a desire to change.
- Application and interview process. Monthly rental payments depending on location.

Monday to Friday 9 a.m. – 3 p.m. (office hours).

**Peer Support Services  
for Abused Women**

**301, 501 – 18th Ave. S.W.**  
**pssaw.org**

**403-234-7337**

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- Community-based program providing peer-based support to women who are at risk or who have experienced abuse.
- Finding Our Voices (FOV) self-esteem seminars.
- Growth Circle workshops for women to better understand anger, self-esteem and violence issues and improve their communication and problem-solving skills in a peer-support setting.
- Moving on with Mentors (MOWM) partnering a woman experiencing abuse or who recently left an abusive relationship with a mentor who experienced abuse in the past.

Monday to Friday 9 a.m. – 5 p.m.

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**Recovery Acres (Calgary) Society** (24-hour) 403-245-1196  
 (also known as 1835 House)  
 1835 – 27th Ave. S.W.  
[recoveryacres.org](http://recoveryacres.org)

- Substance abuse treatment services for adult males.
- Day program and short- and long-term residential treatment.
- Call to make an appointment with a counsellor. Must be clean and sober at least five days before interview.
- Client must be fully mobile and able to obtain and maintain full-time employment.

Monday to Friday 8 a.m. – 5 p.m. (office hours).

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**Roman Catholic Diocese of Calgary** 403-218-5532  
 221 – 18th Ave. S.W. (St. Mary's Cathedral Hall)  
[rcdiocese-calgary.ab.ca](http://rcdiocese-calgary.ab.ca)

- Sunday Dinner program from 3:30 p.m. – 5 p.m.
- Hampers for Homeless program distributed at Sunday Dinner.

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**Salvation Army** (24-hour) 403-410-1111  
**Centre of Hope, 420 Ninth Ave. S.E.**  
[ab.salvationarmy.ca](http://ab.salvationarmy.ca)

**Men's Residential Services** 403-410-1184

- Free emergency accommodations.
- Low-cost, semi-private and private transitional accommodations for single men under 65.
- Resource counsellors available to assist with employment, housing, plus other referrals.

**Community Corrections** 403-410-1140

- Confidential counselling and support for male adults and youth in conflict with the law.

**Community Support Services**  
**1826 – 36th St. S.E.****403-220-0432**

- Emergency housing support programs.
- Infant essentials for families with newborns.
- Income tax preparation assistance.
- Camps for kids, teens and moms and tots.

Monday to Friday, 9 a.m. – 5 p.m.

**Employment and Education**  
**Resource Services**  
**1731 – 29th St. S.W.****403-930-2700**

- Assistance in all aspects of job hunting, computer lab and referral services.
- One-to-one career counselling.
- Workshops (career and daily living skills).

**Men's Addiction Recovery program****403-410-1150**

- A four-phase, three-month program for adult males 18 to 59.
- Residential orientation, assessment and creation of an individual treatment plan and goals.
- Residential treatment and counselling.
- Residential aftercare, including relapse prevention, exit planning, life skills, community re-integration and follow-up support.

**Pastoral Care****403-410-1142**

- Pastoral care and chaplaincy services.

**Thrift Stores****403-287-9470**

- Used clothing, furniture and household articles at low prices.

**WISH – Women's Integrated**  
**Supportive Housing****403-930-2711**

- Emergency, transitional and residential accommodations for women.

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**Schizophrenia Society of Alberta  
(Calgary Chapter)****403-264-5161****309, 8989 Macleod Tr. S.****[schizophrenia.ab.ca](http://schizophrenia.ab.ca)**

- Family Support program offering telephone or in-person support to family members who have a relative with schizophrenia.
- Partnership Education program offering mental health and wellness education presentations.
- Peer support outreach program to visit people with schizophrenia isolated in the community.
- Unsung Heroes program offering advocacy and referrals, monthly social activities, one-to-one peer support and information sessions, free drop-in art and poetry classes.

Monday to Friday 8:30 a.m. – 4:30 p.m.

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**SCORCe (opening June 2013)****316 Seventh Ave. S.E.****(westbound City Hall LRT station)****[score.ca](http://score.ca)**

- A community collaborative serving vulnerable individuals.
- Referral point to housing supports, mental health/addictions and employment/training.
- Connects clients with services, supports and solutions.
- Initial client assessment.
- Crisis counselling as required.

Monday to Friday 8 a.m. – 5 p.m.

**Second Chance Recovery****403-232-6990****103, 3716 – 61st Ave. S.E.****68**

- Methadone maintenance treatment program for those dependent on heroin or other opiate derivatives.
- Clients must have an opiate dependency and must refrain from drug use, take the daily methadone dose and attend a drug and alcohol counselling program.
- Program covered by Alberta Health Care Insurance Plan.

Monday to Thursday 9 a.m. – 4 p.m.

**Servants Anonymous Society****403-237-8477****servantsanon.com****(24-hour/pager) 403-708-6677****69**

- Long-term recovery for females 16 and older who are either involved in, or are at risk of becoming involved in sexual exploitation.
- Support while dealing with alcohol and/or drug recovery.
- Support during pregnancy.
- Housing to those attending day program.
- Life skills day program. Childcare provided.
- Assistance with returning to school or job seeking.
- Services only available to those accessing the SAS program.

**Simon House Residence Society****403-247-2050****5819 Bowness Rd. N.W.****simonhouse.com****70**

- Substance abuse treatment services for adult males.
- Services including residential, short- and long-term treatment and transitional housing.
- Must be clean and sober at least five days prior to admission.



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**Sonshine Centre**  
[sonshine.ab.ca](http://sonshine.ab.ca)

403-243-2002

- Help for women with or without children who experienced family violence and abuse.
- One-year residential program providing counselling, support services and low-cost housing.
- Second stage shelter.

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**Student Legal Assistance**  
**3390 Murray Fraser Hall, University of Calgary**  
**2500 University Dr. N.W.**  
[sla.ucalgary.ca](http://sla.ucalgary.ca)

403-220-6637

- Legal clinic for low-income individuals.
- Assistance and representation at the provincial court level.
- Small disbursement charge may apply.
- Appointments made by telephone.
- September through April: appointments Monday to Thursday evenings.
- May through August: appointments Monday to Thursday during the day with some evening appointments.

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**Sunrise – Native Addictions Services**  
**1231 – 34th Ave. N.E.**  
[nass.ca](http://nass.ca)

403-261-7921

- Out-patient and residential centre for Native and non-Native adults (18+) who have concerns with alcohol, drug and gambling abuse.
- Phone or walk-in, but appointment preferred.

Monday to Friday 8 a.m. – 4 p.m.

**The Brenda Stafford Centre  
for the Prevention of Domestic Violence**  
[brendastraffordsociety.org](http://brendastraffordsociety.org)

403-270-7240

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**Residential Program**

- Second stage shelter for women and children.
- Residential programs.
- Child and youth programs.
- Follow-up and outreach programs.
- Childcare.
- 34 self-contained apartments.
- Average stay of six months.
- 24-hour security.

**Progressive Housing Program**

- 51 self-contained apartments.
- Leases available for up to two years.
- Available to women and children previously impacted by domestic violence.
- Wheelchair accessible units.

**The City of Calgary,  
Community & Neighbourhood Services**  
311 – 34th Ave. S.E.  
[calgary.ca/cns](http://calgary.ca/cns)

403-974-3112

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**Employment preparation and training (City Links)**

- A safe and supportive work environment where men and women facing employment barriers receive paid work experience, work skills training and vocational counselling.
- Areas of work are house/yard cleaning and residential painting. Training is provided and no experience is required.

### Home maintenance services (City Links)

- Assistance to low-income seniors to live safely and securely in their own homes.
- Program providing basic yard care, house cleaning, interior and exterior painting, minor repairs and snow removal.
- Assistance to seniors applying for home maintenance funds.

Monday to Friday 8 a.m. – 4 p.m.

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### The City of Calgary, Recreation

3-1-1

#### Fee Assistance

- Available to Calgary residents in financial need.
- Discounted access to recreation programs, pools and fitness centres, leisure centres, golf courses and other facilities.
- Available for all children, youth and family registered programs offered by Calgary Recreation.
- Application can be obtained from any Calgary Recreation pool, leisure centre or neighbourhood office or contact 3-1-1 to have one mailed to you.

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### The Doorway 10, 2808 Ogden Rd. S.E. [thedorway.ca](http://thedorway.ca)

403-269-6658

- Welcomes youth 17 to 24 who have been on the street for more than one year.
- Offers a way to plan steps off the street.
- Support and information to cope with daily life, housing, work and personal goals.
- Telephones, newspapers, Internet and people who listen.

**The Mustard Seed**  
102 – 11th Ave. S.E.  
[theseed.ca](http://theseed.ca)

403-767-2400

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### **Advocacy**

- Information and referrals to services such as addictions treatment, identification, transportation, government application forms, medical, optometry, crisis intervention services, legal, victim assistance.

### **Chaplaincy**

- Sunday worship service, baptisms, counselling, memorial services and spiritual support.

### **Employment Services**

- Job search assistance.
- Cover letter and resume assistance.
- Interview preparation.
- Job maintenance skills.

### **Health and wellness**

- Chiropractor services.
- Canadian Mental Health Services.
- Addiction services.
- Pure North blood tests and dental clinic.
- Calgary Legal Guidance.

### **Housing**

- Case management and housing supports.
- Assistance with navigating housing programs and housing resource information.

**Street Level**

- Access to a phone, fax, computer, mailbox and message service and computer lab.
- Evening shuttles to shelter location.

**The Mustard Seed Shelter****403-723-9422****7025 – 44th St. SE.**

- 370 emergency beds. Intake begins at 5:30 p.m. daily.
- Breakfast, bagged lunches and supper provided for checked-in guests who have been through an intake process at The Mustard Seed.
- Clothing services to checked-in guests.

**79****Tsuu T'ina Nation  
Health and Wellness Centre****403-251-7575****3700 Anderson Rd. S.W.**

- Community health services, including dentist, immunization, pharmacist, physician and pre- and post-natal care.
- Out-patient addiction counselling and prevention/support services.
- FASD counselling and mentoring.
- Home care program including personal and nursing care and home support.
- Individual, couple, family and group counselling.

**Victory Foundation**  
[victoryfoundation.ca](http://victoryfoundation.ca)

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**Ogden Victory Outreach**  
**7012 Ogden Rd. S.E.**

403-264-0598

- Church-based counselling and support services.
- Sunday morning service at 10:30 a.m. with coffee and sandwiches.
- Affordable housing for single men.
- Addictions, counselling and life skills groups.

**Eastside Victory Outreach**  
**1840 – 38th St. S.E.**

403-387-0587

- Transitional housing for men, women and families.
- Addictions, counselling and life skills groups.
- Food hamper program in emergency situations.
- Assistance with employment, housing and skill development.
- Support with Child Welfare and court system issues.

**Women's Centre**  
**646 First Ave. N.E.**  
[womenscentrecalgary.org](http://womenscentrecalgary.org)

403-264-1155

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- Safe place for women to talk to someone and get information on community services.
- Computer, fax, phone and photocopier.
- Legal advice by appointment.
- Groups and workshops.

Monday to Thursday 9:30 a.m. – 8:30 p.m.  
 Friday 9:30 a.m. – 1 p.m.

**Women In Need Society of Calgary (WINS) 403-255-5102**  
**womeninneed.net****Thrift stores**

Six stores in Calgary selling affordable clothing and household goods.

**10th Street, 325 – 10th St. N.W., 403-269-4670**

**Bowness, 6432 Bowness Rd. N.W., 403-288-4825**

**Dover,\* 3525 – 26th Ave. S.E., 403-235-6448**

**Fisher Park, 134 – 71st Ave. S.E., 403-255-7514**

**Killarney, 2907 Richmond Rd. S.W., 403-242-4969**

**Temple, 16 Templemont Lane N.E., 403-590-5752**

\* Furniture only available at Dover location.

- Proceeds support WINS community programs.
- Call for individual store hours.

**Family Resource centres**

- Five part-time Family Resource centres offering women and their families access to resources available in the community.
- Education and training in a wide variety of life and family skills (e.g. parenting, literacy, basic computer skills).

**Free Goods Referral program**

- Women and their families who meet the program criteria can get clothing, household items and furniture at no cost through the WINS stores.
- Women can access the program by registering with one of WINS' partner agencies. See website for a list of these agencies.

**Wood's Homes**  
woodshomes.ca

403-270-4102

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**Community Resource Team**

**(24-hour) 403-299-9699**  
**(toll-free) 1-800-563-6106**

- Telephone and mobile crisis team for children, adolescents and families experiencing crisis.
- Crisis intervention and support within communities, homes and schools.

**Eastside Family Centre**

403-299-9696

**255, 495 – 36th St. N.E. (Northgate Village Mall)**

- A no-charge walk-in counselling service.
- Available to the Calgary community and surrounding areas with a focus on children, adolescents and families.

Monday to Thursday 11 a.m. – 7 p.m.

Friday 11 a.m. – 6 p.m.

Saturday 11 a.m. – 2 p.m.

**Exit Community Outreach**  
**117 Seventh Ave. S.W.**

**(storefront) 403-262-9953**

- Downtown storefront assistance and outreach for street youth 12 to 24.
- Food and clothing, crisis counselling, support and referrals to educational, dental, legal and medical resources.

Walk-in medical services:

Monday, Tuesday, Thursdays 9:15 a.m. – 4 p.m.

Storefront hours:

Monday, Friday, Saturday 9:30 a.m. – 5 p.m.

Tuesday, Thursday 9:30 a.m. – 6:30 p.m.

Wednesday 11:30 a.m. – 7 p.m.



**Exit Youth Shelter**  
**112 – 16th Ave. N.E.**

**403-509-2323**

- Short-term safe shelter (up to 15 days) for youth 12 to 17.
- Family mediation.
- Day services on weekdays for employment help and support from staff.
- Shelter opens at 6 p.m.
- Intake at 4 p.m. daily.

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**YWCA of Calgary**  
**320 Fifth Ave. S.E.**  
**ywcaofcalgary.com**

**403-263-1550**

- Emergency and supportive housing.
- Health and recreation.
- Language and employment skills training.
- Family violence prevention programs.
- Child and youth development.

**YWCA Mary Dover House Residence**  
**320 Fifth Ave. S.E.**

**403-263-1550**

- Safe, affordable and supportive housing for women in transition or crisis.
- Short-term supportive housing.
- Counselling, referrals, advocacy.

**YWCA Sheriff King Home**  
**2003 – 16th St. S.E.**

**403-266-4111**

**(24-hour family violence crisis line)**

**403-266-0707**

- Emergency, short-term (maximum three weeks) shelter for physically, emotionally, financially, and/or sexually abused women and their children.

- Accommodation, meals, basic needs, information, counselling, support, referrals and child support.
- Group and individual counselling for women, men and children to learn alternatives to domestic abuse.
- Outreach program for families leaving the shelter or families in the community needing support.

### Youth Unlimited

403-291-3179

15, 1725 – 30th Ave. N.E.

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

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### StreetLight

(24-hour crisis line) 403-470-9322

Mobile Youth Centre (sexual exploitation line) 403-710-2879

- A safe place away from the pressures of the street.
- Open for street youth up to 24.
- Food, friendship, informal counselling, games, music.
- StreetLight parks at 10th Avenue and Macleod Trail S.E.

Monday and Thursday 8 – 10 p.m.

### Youville Recovery Residence for Women

403-984-2707

3210 – 29th St. S.W.

[youville.net](http://youville.net)

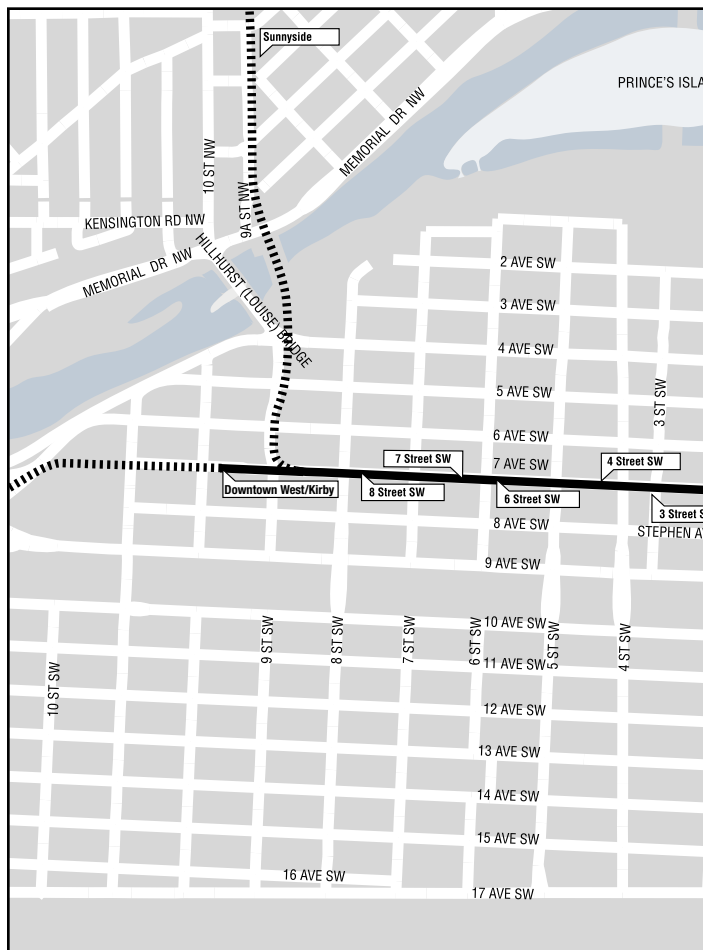
86

- Services for women who have addictions, experiences of abuse and mental health distress.
- A two-phase treatment program with safe, caring, home-like facilities.
- New Beginnings group residential program.
- New Directions shared accommodation.
- Family Enhancement 4-Plex for women and children.
- Outreach services, individual counselling and group counselling sessions are the core aspects of the programs.





# Map of downtown Calgary, including Free Fare Zone stops for LRT.





## January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	
26	27	28	29	30	31	

## April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



2013-0557

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**Onward/** By 2020, 100% of eligible low-income Calgarians will have improved access to low-income programs and services.