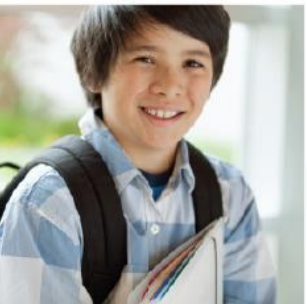


# Family Resource Guide



learning | as unique | as every student



Calgary Board  
of Education

## Table of Contents

<b>City of Calgary</b> .....	<b>7</b>
Calgary Police.....	7
Calgary Public Library.....	7
Calgary Transit .....	7
Access Calgary.....	7
Calgary Fair Entry.....	7
Travel Training.....	8
Family Resource Networks .....	8
Inform Alberta .....	8
Safe Communities Opportunity and Resource Centre (SORCe) .....	8
<b>Clothing</b> .....	<b>9</b>
Family Resource Networks .....	9
Jacket Racket .....	9
Making Changes Association - Dress for Success .....	9
My Best Friend’s Closet .....	9
Youth Central – Cinderella Project.....	9
<b>Christmas Resources</b> .....	<b>10</b>
Family Resource Networks .....	10
Firefighters’ Toy Association.....	10
Kinette Club of Calgary – Adopt a Family.....	10
The Magic of Christmas .....	10
Salvation Army.....	10
<b>Domestic Violence</b> .....	<b>11</b>
Alberta Abuse Line .....	11
<b>First Stage Shelters</b> .....	<b>11</b>
Awo Taan Healing Lodge Society .....	11
Calgary Women’s Emergency Shelter .....	11
YWCA Sheriff King Home .....	11
<b>Second Stage Shelters</b> .....	<b>11</b>
Brenda Strafford .....	11
Discovery House.....	12
Maskan.....	12
Nisa Homes .....	12

Sonshine.....	12
Ruth’s House Emergency & Transitional Shelter.....	12
<b>Emergency Shelters.....</b>	<b>13</b>
Awo Taan Healing Lodge Society .....	13
Brenda House.....	13
Fear is not Love Calgary Women’s Emergency Shelter .....	13
Inn from the Cold .....	13
Sheriff King Home.....	13
<b>Employment Supports.....</b>	<b>14</b>
Youth Employment Centre .....	14
<b>Financial Subsidies .....</b>	<b>14</b>
Alberta Emergency Financial Assistance .....	14
City of Calgary Fair Entry .....	14
My Alberta Supports .....	14
<b>Food Supports .....</b>	<b>15</b>
Alex Community Food Centre .....	15
Calgary Community Food Map .....	15
Calgary Food Bank .....	15
Community Kitchen Program of Calgary .....	15
Food Banks Alberta .....	15
Food Resources .....	16
Salvation Army Community Support Services.....	16
<b>Health and Medical Services.....</b>	<b>16</b>
General Coverage Supports .....	16
Alberta Adult Health Benefit (AAHB) and .....	16
Alberta Child Health Benefit (ACHB).....	16
Alberta Find a Doctor .....	16
Alberta Health Services Dental Clinics.....	16
Canada Dental Benefit.....	17
The Alex Dental Health Program .....	17
<b>Vision Supports.....</b>	<b>17</b>
The Alex .....	17
<b>Community Health Supports .....</b>	<b>17</b>
Alberta Health Services – Addictions .....	17

Alberta Health Services – Health Link.....	17
Alberta Health Services – Mental Health.....	17
Alex Community Health Centre.....	18
Calgary Urban Project Society (CUPS).....	18
Distress Centre.....	18
Primary Care Network (PCN).....	18
<b>Housing   Rent and Utilities Services .....</b>	<b>18</b>
Alberta Supports.....	18
Brenda’s House.....	18
Calgary Housing Company.....	19
Calgary Urban Project Society (CUPS).....	19
Metis Housing Corporation.....	19
Miskanawah   Ka pe kiwaehtahat.....	19
Mustard Seed.....	19
Red Cross.....	20
Salvation Army Community Support Service.....	20
Trellis Society - Housing Support.....	20
YW Calgary.....	20
<b>Legal Assistance.....</b>	<b>21</b>
Calgary Legal Guidance.....	21
Legal Aid Society of Alberta.....	21
Court and Justice Services.....	21
The Alex – Justice Navigation.....	21
The Women’s Centre.....	21
<b>LGBTQ2S+ Resources .....</b>	<b>22</b>
Outlink.....	22
Skipping Stone.....	22
<b>Mental Health and Counselling Services.....</b>	<b>22</b>
Access Mental Health – Alberta Health Services.....	22
Calgary Communities Against Sexual Abuse (CCASA).....	22
CARYA.....	23
Calgary Urban Project Society (CUPS).....	23
Children’s Grief Centre – Hospice Calgary.....	23
Luna   Child Youth and Advocacy Centre.....	23
Community Connect Link YYC.....	23

Distress Centre .....	23
Kids Help Phone .....	24
Kindred Connections Society .....	24
Mental Health Help Line.....	24
Mobile Response Team (AHS) .....	24
The Summit – Alberta Health Services .....	24
Wood’s Homes .....	25
<b>Newcomers to Canada.....</b>	<b>25</b>
Calgary Bridge Foundation for Youth (CBFY) .....	25
Calgary Catholic Immigration Society (CCIS).....	25
Calgary Immigrant Women’s Association (CIWA) .....	25
Centre for Newcomers (CFN) .....	26
Immigrant Services Calgary .....	26
<b>Parenting Services .....</b>	<b>27</b>
Carya .....	27
Calgary Immigrant Women’s Association (CIWA) .....	27
Calgary Urban Project Society (CUPS) .....	27
Children’s Cottage .....	27
Children’s Link Society.....	28
Closer to Home.....	28
Compass - YW Calgary .....	28
Families Matter .....	28
Family Resource Networks (FRN).....	28
Hull Services.....	29
McMann Calgary.....	29
Triple P .....	29
Wood’s Homes .....	29
<b>Indigenous Families .....</b>	<b>29</b>
Calgary Board of Education .....	29
<b>Sports, Recreation and Mentorship .....</b>	<b>30</b>
Big Brother Big Sisters Calgary.....	30
Family Resource Networks (FRN).....	30
Calgary Parks & Recreation.....	30
Trellis Society Calgary .....	30
YMCA Calgary .....	30

<b>Sports and Recreation Fee Assistance</b> .....	<b>31</b>
City of Calgary Fee Assistance .....	31
Jumpstart.....	31
Keegan’s Help Fund .....	31
Kidsport Calgary .....	31
Step Up 4 Kids.....	31
YMCA Calgary .....	31
<b>Camps</b> .....	<b>32</b>
Calgary’s Child Magazine .....	32
Children’s Link Calgary .....	32
<b>Neurodiverse Children and Youth Supports</b> .....	<b>32</b>
Alberta Children’s Hospital Family .....	32
Child Disability Benefit (CDB) .....	32
Children’s Link Society.....	33
Family Support for Children with Disabilities (FSCD) .....	33
Persons with Developmental Disabilities (PDD) .....	33

## City of Calgary



phone | 311

website | [www.calgary.ca](http://www.calgary.ca)

The City of Calgary addresses social, health and financial needs of individuals and communities of Calgary (e.g., Fair Entry, Community Programs, Calgary Afterschool, senior programs, Community Hubs, city transit, etc.)

## Calgary Police

phone | 9-1-1 Emergency only

phone | 403-266-1234 non-emergency and inquiries

## Calgary Public Library

website | <https://calgarylibrary.ca/>

Programs available: Indigenous sensitive programming, free programs for children, youths and adults, meet-up groups, technology access and free printing, Careers and Small Business support, inter-library loans, Musical Instrument Loan, Ideal Lab (free meeting rooms), Homebound Readers (delivery of books to your home), Special Services (accessibility technologies available for use/loan), and Settlement Services (programs to support new immigrants).

## Calgary Transit

phone | 403-262-1000

## Access Calgary

phone | 403-537-7770

Door-to-door service, shared rides on Calgary transit, for people unable to take a bus (must apply and have medical documentation to support the application)

## Calgary Fair Entry

phone | 311 | Fair Entry Low Income Bus Pass

website | <https://www.calgary.ca/social-services/low-income/fair-entry-subsidy.html>

Approval is based off application and income parameters:

website | <https://www.calgary.ca/social-services/low-income/sliding-scale-transit-fare.html>

## Travel Training

website | <https://www.calgarytransit.com/content/transit/en/home/rider-information/accessibility.html>

Travel Training is a short-term, one-on-one program designed to help seniors and people with disabilities learn how to use Calgary Transit services safely and independently. Offers summer camps.

## Family Resource Networks

website | <https://www.alberta.ca/family-resource-networks.aspx>

Family Resource Networks (FRNs) offers family strengthening programming such as children's programs and camps, youth mentoring, counselling, parenting support, and support in navigating community supports and resources.

## Inform Alberta

[www.informalberta.ca](http://www.informalberta.ca)

phone | 211

Call to connect with a full range of community, social and government services information. 211 is free, confidential, available in many languages, and operates 24 hours a day, 7 days a week.

## Safe Communities Opportunity and Resource Centre (SORCe)

website | <https://sorcelandgary.ca/>

316 7 Avenue SE | walk-ins only, no telephone support

Resource hub to get information and access/apply for various community supports (housing, health, financial, legal, etc.)



## Clothing

### Family Resource Networks

website | <https://www.alberta.ca/family-resource-networks.aspx>

Families can contact their local FRN to put forward a referral to Women in Needs Society. Families can receive a shopping voucher to purchase clothing, footwear and home goods.

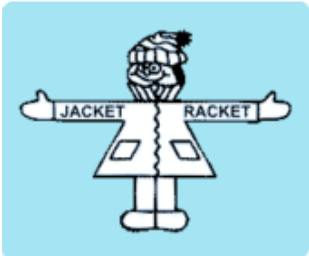
### Jacket Racket

phone | 403-618-0829

email | [jacketracketcalgary@gmail.com](mailto:jacketracketcalgary@gmail.com)

website | <http://jacketracketcalgary.com/>

Gently used coats, snow pants, hats and mittens donated to school boards. Orders take place starting in mid-October – mid-November. Requests can be submitted online through their website.



### Making Changes Association - Dress for Success

email | [info@makingchangesassociation.ca](mailto:info@makingchangesassociation.ca)

Provides 90 minute individual consultations on professional business attire and 90 minute individual consultations on professional attire; provides professional attire to women, facing financial barriers, who want to join the workforce, return to school or engage in volunteer activities. They also provide other services to assist women.

### My Best Friend's Closet

email | [info@makingchangesassociation.ca](mailto:info@makingchangesassociation.ca)

Provides teenage girls from low-income homes (ages 12-18) with fashionable and functional clothes and accessories.

### Youth Central – Cinderella Project

phone | 403-266-5448

website | <https://youthcentral.com/programs/calgarycinderellaproject/>

Celebrates aspiring graduates as they fit them with formal attire including dresses and accessories to attend their high school graduation ceremonies

## Christmas Resources

Referrals for community Christmas hampers generally runs from October-late November. It is important to submit a referral early to be considered for a Christmas hamper.

### Family Resource Networks

website | <https://www.alberta.ca/family-resource-networks.aspx>

Families can contact their local Family Resource Network to request a Christmas Hamper. Due to high demand, there are limited numbers of hampers.



### Firefighters' Toy Association

website | <https://cfdtoyassoc.org/>

email | [james.blayne@calgary.ca](mailto:james.blayne@calgary.ca)

Through the City of Calgary, hosts an annual Christmas Party for children and their families.

### Kinette Club of Calgary – Adopt a Family

website | <https://kincalgary.com/adopt-a-family/>

Families cannot self-refer and will need to connect to a social agency. Families can also call 211 for a referral. Families can be referred once every 3 years upon obtaining the support.

### The Magic of Christmas

website | <https://www.themagicofchristmas.org/about/referrals/>

Families cannot self-refer. Schools may submit a referral. Families can be referred once every 3 years upon obtaining the support.

### Salvation Army

phone | 403-410-1158

Bookings start in October for Christmas toys, trees and hampers and families can self-refer

## Domestic Violence

### Alberta Abuse Line

phone | 1-855-443-5722

phone | 403-531-1972

Monday to Friday 7:30 AM to 8:00 PM; help line for assistance with resources, supports, services and referrals to address your concerns about abuse or neglect.

## First Stage Shelters

### Awo Taan Healing Lodge Society

phone | 403-531-1972 | 24-hour Crisis Line

Provides shelter and community services, guided by Aboriginal traditional teaching, to anyone affected by family violence and abuse.

### Calgary Women's Emergency Shelter

phone | 403-234-7233 | 24-hour Crisis Line

Provides safe, secure housing, food, clothing, referrals and counselling for women and children (pets included) fleeing domestic violence.

### YWCA Sheriff King Home

phone | 403-266-0707 | 24-hour Crisis Line

Provides safe, secure housing, food, clothing, referrals and counselling for women and children fleeing domestic violence.

## Second Stage Shelters

### Brenda Strafford

phone | 403-270-7240

Serves women at risk of family violence through providing a safe housing environment and comprehensive support services.

## Discovery House

phone | 403-670-0467

Provides transitional housing long-term housing, counselling, support, and programs to women and their children fleeing domestic violence.

## Maskan

phone | 403-971-2774

Provides transitional housing, help and support for immigrant women and their children while respecting their different religious, cultural needs and in languages spoken who are fleeing domestic violence.

## Nisa Homes

phone | 1-888-456-8043

Nisa Homes is a not-for-profit charity that provides a safe haven and support services for women, with or without children, who are fleeing domestic violence, poverty or seeking asylum.

## Sonshine

phone | 403-243-2002

Provides an eighteen-month program that supports women and their children in navigating the practical and emotional complexities of leaving an abusive home, including six-month follow-up to support clients in their safe transition back into the community.

## Ruth's House Emergency & Transitional Shelter

phone | 587-352-9422

A safe haven for women and children (pets included) experiencing domestic violence in the African Community and require a safe haven in the community. It is a low-security transitional home that allows clients to take care of themselves and freedom to come and go as they please.

## Emergency Shelters

### Awo Taan Healing Lodge Society

phone | 403-531-1972 OR 403-531-1976 | 24-hour Crisis Line

website | <https://www.awotaan.org/>

Provides shelter and community services, guided by Aboriginal traditional teaching, to anyone affected by family violence and abuse.

### Brenda House

phone | 403-242-8575

website | <https://childrenscottage.ab.ca/main/brenda-s-house/>

Offer immediate, non-judgmental support and help find immediate shelter or assist with rent if homeless or facing eviction at the time of call. Families must be referred through a shelter or SOURCE.

### Fear is not Love Calgary Women's Emergency Shelter

phone | 403-234-7233

phone | 1-866-606-7233

website | <https://www.calgarywomensshelter.com/>

website | [Fear is Not Love](#)

Serves women and their children who have been impacted by family violence and abuse. New name | **Fear Is Not Love**.



### Inn from the Cold

phone | 403-263-8384

website | <https://innfromthecold.org/>

Provides three main programs: homelessness prevention and diversion, emergency family shelter, and supportive housing. Trauma-informed and housing-first principles guide everything to meet the unique needs of each family served.

### Sheriff King Home

phone | 403-266-0707 24 hour crisis line

email | [ywca@ywcalgary.ca](mailto:ywca@ywcalgary.ca)

website | <https://www.ywcalgary.ca/programs/domestic-violence-shelter/>

YW of Calgary's emergency shelter for women and their children who have been impacted by family violence and abuse.

## Employment Supports

### Youth Employment Centre

phone | 403-268-2490

phone | 311 general inquiries

website | <https://www.calgary.ca/careers/youth-employment.html>

Youth can drop in or schedule an appointment with an employment counsellor. Supports with interview preparation, career planning, resume development, etc.

## Financial Subsidies

### Alberta Emergency Financial Assistance

phone | 1-866-644-5135 | 24/7

email | [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

website | [www.alberta.ca/emergency-financial-assistance.aspx](http://www.alberta.ca/emergency-financial-assistance.aspx)

Financial assistance for unexpected emergencies

### City of Calgary Fair Entry

phone | 311

Subsidized programs for low income Calgarians: Calgary Transit Low Income Monthly Pass, Recreation Program and Facilities, No Cost Spray/Neuter, Seniors Services Home Maintenance and Property Tax Assistance Program.

### My Alberta Supports

phone | 1-877-644-9992

website | [www.myalbertasupports.ca](http://www.myalbertasupports.ca)

Find and apply for services and benefits for work or training, low income, disabilities, personal safety, homelessness, fleeing domestic violence, childcare, special diets, utility connection fees, school expenses for children and more.

## Food Supports

Many community agencies and local faith-based groups will offer food hamper programs.

### Alex Community Food Centre

phone | 403-455-5792

email | [goodfood@thealex.ca](mailto:goodfood@thealex.ca)

Offers food access, food skills, and education and engagement programs to low-income community members.

### Calgary Community Food Map

website | [food map](#)

Map identifies and locates food sources throughout the city by highlighting community pantries, agencies that provide food hampers, community kitchen programs, good food box locations and Calgary Food bank locations.

### Calgary Food Bank

phone | 403-253-2059 | hamper request line

email | [info@calgaryfoodbank.com](mailto:info@calgaryfoodbank.com) | hamper request email

phone | 302-640-8810 | agency information

phone | 403-319-0830 | agency referral request

email | [airwin@calgaryfoodbank.com](mailto:airwin@calgaryfoodbank.com) | agency referral request

Online account can be created to request hampers. Can self-refer or agencies can make referrals

### Community Kitchen Program of Calgary

phone | 403-275-0258

Programs available: Calgary's Cooking (individual cooking and meal plan), Good Food Box (fresh fruits and vegetables at a low cost), Souper Stars (kids cooking program in partnership with schools), Tummy Tamers (hot lunches at the City's Park n' Play locations), Spin-z-a-Round (agencies can pick up food for families) and Welcome Home (referral hamper service).

### Food Banks Alberta

phone | 1-866-251-2326

email | [info@foodbanksalberta.ca](mailto:info@foodbanksalberta.ca)

website | [www.foodbanksalberta.ca](http://www.foodbanksalberta.ca)

## Food Resources

phone | 211 (call or text)

For hamper and free meal information (halal, kosher, also available through specific organizations)

## Salvation Army Community Support Services

phone | 403-220-0423

email | [cssinfo@salvationarmycalgary.org](mailto:cssinfo@salvationarmycalgary.org)

Provides emergency food hampers, diapers and baby formula

## Health and Medical Services

### General Coverage Supports

Families are encouraged to speak to their family doctor or pediatrician if there are barriers in accessing medications and costs.

### Alberta Adult Health Benefit (AAHB) / Alberta Child Health Benefit (ACHB)

phone | 1-877-469-5437

For low-income families, ACHB covers children's health expenses: dental care, prescription drugs, eye exams and glasses, essential diabetic supplies, emergency ambulance services and essential over the counter medications

### Alberta Find a Doctor

website | <https://albertafindadoctor.ca/>

Families can search for a family doctor which will connect to physicians affiliated with the Primary Care Network. Search can be refined to geographical location, languages spoken, etc.

### Alberta Health Services Dental Clinics

phone | 403-955-6888 | Sheldon M. Chumir Health Centre

phone | 403-944-9999 | Sunridge Mall

website | <https://www.albertahealthservices.ca/services/Page13202.aspx>

Dental services available to low-income clients and must meet eligibility requirements.



## Canada Dental Benefit

website | <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html>

Government support for children 12 and under with no dental benefits, check eligibility requirements.

## The Alex Dental Health Program

Provides dental education and hygiene services, at no cost to low-income families.

website | <https://www.thealex.ca/program/dental-health/>

## Vision Supports

Vision tests are free of charge for children up to 18 years old. Families can contact their optometrist and discuss subsidy options.

## The Alex

Provides vision tests and glasses for children aged 12 and up.

phone | 403-266-2622

## Community Health Supports

### Alberta Health Services – Addictions

phone | 1-866-332-2333 | 24/7 Helpline

### Alberta Health Services – Health Link

phone | 811

Talk to a public health nurse about health-related questions; 24 hours a day, 7 days a week.

### Alberta Health Services – Mental Health

phone | 1-877-303-2642 24/7 | Helpline

phone | 403-943-1500 | Access Mental Health

[website | Mental Health for Children & Youth](#)

[website | Recovery Alberta](#)



Alex Community Health Centre

phone | 403-266-2622

Provides free basic health care and dental clinics. Programs available: Health, Housing and Food

## Calgary Urban Project Society (CUPS)

phone | 403-221-8780

website | <https://www.cupscalgary.com>

Provides free basic health care and dental clinics

## Distress Centre

phone | 403-266-4357

24-hour support, free crisis counselling and resources

## Primary Care Network (PCN)

website | [www.calgaryareadocs.com](http://www.calgaryareadocs.com)

Alberta Health Services Program to assist Albertans: coordinate access to primary health care, help find a family doctor, coordinate health services (including specialized and long-term care) and increase wellness.

# Housing | Rent and Utilities Services

## Alberta Supports

phone | 1-866-644-9992

Provides financial assistance to low-income individuals as well as independent students

## Brenda's House

phone | 403-242-8575

Provides free housing for up to 30 days; can assist with rent or connect the family with financial resources. Must be referred through the SORCe

## Calgary Housing Company

phone | 587-390-1200

website | <https://calgaryhousingcompany.org/>

The Calgary Housing Company provides housing with subsidized rent.

## Calgary Urban Project Society (CUPS)

phone | 403-717-0922,

website | <https://www.cupscalgary.com/>

Provides free basic health care and dental clinics as well as information about health, family education and housing. Housing programs must be access through the SORCe

## Metis Housing Corporation

phone | 403-569-9030

email | [calgary@metishousing.ca](mailto:calgary@metishousing.ca)

Provides Metis home owners with home repairs, assistance with housing security deposits and a portion of first month's rent, down payment on a home, and student rental supplement assistance,

## Miskanawah | Ka pe kiwaehtahat

### Homelessness Prevention

phone | 403-247-5003

email | [info@miskanawah.ca](mailto:info@miskanawah.ca) to self-refer

Barrier-free shelter prevention and diversion program.

## Mustard Seed

phone | 403-269-1319 – main line

phone | 587-393-4021 - Wellness Centre

phone | 403-723-9422 - Foothills Shelter

phone | 403-269-1319 - Neighbour Centre

phone | 403-477-6905 - Homes for Heroes

Provides support in numerous locations across Calgary. Provides assistance with basic needs for men and women

## Red Cross

phone | 403-541-6100

website | <https://www.redcross.ca/in-your-community/alberta>

The Red Cross provides a Community Housing Project for low-income people living in Calgary. Programs available: Emergency & Disaster Services, First Aid & CPR, Health Equipment Loans, Migrant & Refugee Services, Swimming & Water Safety, and Violence, Bullying & Abuse Programs

## Salvation Army Community Support Service

phone | 403-410-1111

website | <https://www.salvationarmycalgary.org/our-team/>

Programs available: Family Resource Centre (childcare available while participating in programs), computer skills training, self-care and life skills training (for women), addictions live- in recovery programs, and other services. Safe accommodations for men and women for up to 30 days

- Centre of Hope (for men)
- Women's Integrated Supportive Housing (for women)

## Trellis Society - Housing Support

website | <https://www.growwithtrellis.ca/families/housing-support>

Offers a sustainable housing program and a home stay program. Eligibility is determined upon intake.

## YW Calgary

phone | 403-263-1550

website | <https://www.ywcalgary.ca>

YWCA provides support for women and their children towards finding affordable housing. Programs available: Domestic Violence and Crisis Supports (24-hour crisis line, shelter and outreach support), emergency shelters, transitional housing, community housing/supports, group counselling and family counselling.

## Legal Assistance

### Calgary Legal Guidance

phone | 403-234-9266

website | <https://clg.ab.ca/>

Provides free legal service in various hubs across the Calgary: main office on 7th Avenue, Elizabeth Fry, Fresh Start, 1000 Voices, Kerby Centre, Calgary Immigrant Women's Association, Mustard Seed, Calgary John Howard Society, Calgary Courts Civil Claims Duty Counsel, Centre for Newcomers, Immigrant Services Calgary, Calgary Chinese Community and U of C Student Legal Assistance.

### Legal Aid Society of Alberta

phone | 403-297-2260

website | <https://www.legalaid.ab.ca/>

Provides services for adult criminal law, youth criminal law, family law, family violence support, immigration and refugee law and civil law.

### Court and Justice Services

phone | 1-855-738-4747

website | <https://www.alberta.ca/court-and-justice-services>

Court and Justice Services (CJS) is a group of programs and services offered by the Government of Alberta, Justice in collaboration with the courts of Alberta.

CJS staff work to help find solutions for legal issues, offer programs at no cost, provide services across Alberta, provide administrative support to all the courts within the province

### The Alex – Justice Navigation

website | <https://www.thealex.ca/program/justice-navigation/>

Provides support for youths 12 and up at no cost. Supports in navigating various facets of the justice system.

### The Women's Centre

phone | 403-264-1155

website | <https://www.womenscentrecalgary.org/get-assistance/legal-financial-assistance/>

Appointments must be booked ahead of time by phone. Provides free legal advice clinics.

## LGBTQ2S+ Resources

### Outlink

phone | 403-234-8973

website | <https://www.calgaryoutlink.ca/>

Supports 2SLGBTQIA+ with mentoring, peer support, resources and group support.

### Skipping Stone

phone | 587-333-4342

website | <https://www.skippingstone.ca/>

Provides safe, non-judgmental, affirming space for individuals for individuals who identify as trans, transgender, non-binary, gender-diverse and questioning.

Offers counselling, community coaching, peer mentoring and group supports.

## Mental Health and Counselling Services

### Access Mental Health – Alberta Health Services

phone | 403-943-1500

email | [mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca)

website | <https://www.albertahealthservices.ca/amh/amd.aspx>

Clinicians provide telephone information and help Albertans navigate the health system, specifically about addiction and mental health. Phone lines are open Monday to Friday 7:30am – 7:00pm. This is not a crisis service. Callers in crisis will be connected with a crisis service provider.

### Calgary Communities Against Sexual Abuse (CCASA)

phone | 1-866-403-8000 | Sexual Violence

403-237-5888 | General Information

website | <https://calgarycasa.com/support-services/>

Services youths and adults (ages 12 and up) who have experienced sexual violence. Services are free of charge. Provides services such as phone, text, chat support, Sexual Assault Response Team (SART), supports with police and court, counselling supports and sexual health education.

## CARYA

phone | 403-269-9888

Building strength in Calgary's diverse population through counselling, collaboration, community development, homecare and individual and family support.

## Calgary Urban Project Society (CUPS)

phone | 403-221-8780

email | [mentalhealth@cupscalgary.com](mailto:mentalhealth@cupscalgary.com)

Provides mental health services: counselling services, psychiatric assessments, medication support and prescriptions, addiction counselling, occupational therapy assessment and hospital programs

## Children's Grief Centre – Hospice Calgary

phone | 403-263-4525

email | [info@childrensgriefcentre.ca](mailto:info@childrensgriefcentre.ca)

Provides individual and family grief counselling support, peer support groups and online resources. Schools can access the Grief in my Backpack Program to support a student experiencing a loss. Supports are available for children and youth 19 and under.

## Luna | Child Youth and Advocacy Centre

website | <https://www.lunacentre.ca/youth>

Offers trauma informed services to child victims of abuse. Referrals are made through Calgary Police Services, Children's Services, Alberta Health Services, Alberta Justice and Alberta Education

## Community Connect Link YYC

website | <https://www.communityconnectyyc.ca/>

Connects individuals to barrier-free counselling. Individuals can select from in-person, phone or video sessions. Access to Various types of counselling support

## Distress Centre

phone | 403-266-4357 | 24-hour crisis line

Provides professional counseling, information on community, social, and health services. In-person counselling is available.

## Kids Help Phone

phone | 1-800-668-6868

text | 686868

Kids can call or text volunteer crisis workers.

## Kindred Connections Society

phone | 403-233-2360

email | [info@kindred.ca](mailto:info@kindred.ca)

Programs available: Mental Health and Well Being, Empowering Parents, Healthy Children, and Success in School, Marriage Preparation, and Online Self Help.

## Mental Health Help Line

phone | 1-877-303-2642 | 24-hour Crisis Line

Provides support: crisis intervention, information about mental health programs and services, and referrals to other agencies if needed.

## Mobile Response Team (AHS)

403-266-1605 | Distress Centre Hotline for referral

Outreach team of nurses, social workers and psychologists are available to the public to assist during times of crisis or distress.

## The Summit – Alberta Health Services

### Marian & Jim Sinneave Centre for Youth Resilience

phone | 587-534-7200

website | <https://www.albertahealthservices.ca/summit/summit.aspx>

The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral. 1015 - 17 Street NW, Calgary



## Wood's Homes

website | <https://www.woodshomes.ca/our-services/>

phone | 1-800-536-6106 | 24-hour Crisis Line

phone | 403-299-9699 | Community Resource Team

text | 587-315-5000

chat | <https://www.woodshomes.ca/#chatnowModal> Live link

phone | 403-299-9696 | Eastside Family Centre (Northgate Village Mall, #255, 495 36 Street NE)

phone | 403-510-7468 | Inglewood Opportunity Hub

No charge, walk-in counselling for families, couples and individuals. Focused counselling or e-therapy (via email). Referrals to Psychiatry and other Wood's Programs. Inglewood Opportunity Hub provides no cost counselling supports, housing supports and employment for multi-barriered youth.

## Newcomers to Canada

For more information on services and supports, speak to an English as an Additional Language (EAL) Strategist or a member of the Diversity & Learning Support Advisor (DLSA).

## Calgary Bridge Foundation for Youth (CBFY)

website | <https://cbfy.ca/>

Offers supports and programming for immigrant and refugee youth, settlement support and knowledge of cultural norms.

## Calgary Catholic Immigration Society (CCIS)

phone | 403-262-2006

email | [contact@ccisab.ca](mailto:contact@ccisab.ca)

Programs available to immigrants and refugees: Business Employment & Training, Community Development and Integration Services, Family and Children Services, and Resettlement and Integration Services.

## Calgary Immigrant Women's Association (CIWA)

phone | 403-263-4414

[reception@ciwa-online.com](mailto:reception@ciwa-online.com)

CIWA offers services for immigrant and refugee women, youth, children and families. Programs available: Career Services, Family Services, Language Training and Childcare, Settlement and Integration, Workplace Services

## Centre for Newcomers (CFN)

phone | 403-569-3325

email | [info@centrefornewcomers.ca](mailto:info@centrefornewcomers.ca)

Programs Available: Settlement Services, Youth Programs, English Language Program, Jobs and Career Planning and Assistance, Multicultural Peer Mentorship for Professionals, Canadian Business Essentials for Accounts, Ethnicity Catering Training Program, Childcare, Volunteering Experiences and Opportunities.

## Real Me Program

phone | 403-569-3325

email | [info@centrefornewcomers.ca](mailto:info@centrefornewcomers.ca)

Centre for Newcomers program providing support and help for immigrant youth aged 12-24 years first generation immigrants or first-generation Canadians who are currently involved in gangs or at risk for gang involvement to reach their highest future potential as contributing members of society.

## Immigrant Services Calgary

phone | 403-265-1120

email | [info@immigrantservicescalgary.ca](mailto:info@immigrantservicescalgary.ca)

Programs Available: Settlement and Integration, English Testing/Education, Translation and Interpretation Services, Employment Support, Children/Adult and Senior Programs, Family Support and Counselling

## Parenting Services

### Carya

phone | 403-205-5244 | 24/7 support

email | [info@caryacalgary.ca](mailto:info@caryacalgary.ca)

Community Hubs: Alexander Centre (central Calgary), Bowmont (Bowness), East Calgary (NE part of Calgary), Forest Lawn, Heart of the NE (Village Square Leisure Centre), Confederation Park, Heritage and Carya East. Provides supports to assist with community connections, family support (Connect Parenting Group, Brief Service Counselling, Theraplay, Functional Family Therapy, Adoptions Kinship Support, Child and Family Counselling, Circle of Security (parent/child relation building), Prime Time (parenting skills and coaching), Bowmont Families Together (giving children the tools they need to succeed in learning and in life), individual well-being and education, older adults and youth engagement.

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

phone | 403-263-441

email | [reception@ciwa-online.com](mailto:reception@ciwa-online.com)

Cross-cultural parenting and educational programs for parents of children 0-6 and teenagers. Family conflict counselling, in-home support, programs for mothers and babies, etc. Free childcare and first language support available.

### Calgary Urban Project Society (CUPS)

phone | 403-221-8780

email | [info@cupscalgary.com](mailto:info@cupscalgary.com)

website | <https://www.cupscalgary.com/programs-services/social-support/family-development-centre>

Free Parenting Programs/Education for families (mainly with children 0-5 years). Family Resource Centre on premises that can provide resources and referrals.

### Children's Cottage

phone | 403-233-2273 | 24/7 support

website | <https://childrencottage.ab.ca/main/programs/>

Offers In home respite (0-6 months child); in home visitors provide parenting supports to parents. Has family coaches, Intake Workers and overnight staff. Can provide support via telephone if no bed is available. Offers a crisis nursery for up to 72 hours (about 3 days) of childcare services to children from newborn to age eight

## Children's Link Society

phone | 403-230-9158

email | [info@childrenslink.ca](mailto:info@childrenslink.ca)

Provides resources, childcare information, parent-to-parent connections and hope to families and professionals who care for and work with children and youth with special needs from birth to age 21.

## Closer to Home

phone | 403-543-0550

email | [reception@closetohome.com](mailto:reception@closetohome.com)

Programs available: Early Intervention and Prevention, In-Home Family Support, Indigenous Services, Foster Care, Group Care

## Compass - YW Calgary

phone | 403-264-3440

website | <https://www.ywcalgary.ca/programs/parent-and-school-support-compass/>

Children up to the age of 12 years and schools are able to put forward referrals. Education and support to parents of children up to 12 years of age (grade 6) with positive parenting strategies (specific to their child), social and problem-solving skills, goal setting, in-home visits and referrals to other community services.

## Families Matter

phone | 403-205-5178

email | [info@familiesmatter.ca](mailto:info@familiesmatter.ca)

Provides parenting education resulting in healthy child development and confident and competent parents who are connected within their communities. Programs available: Family Mental Health, Parenting Programs, Professional Development and other services.

## Family Resource Networks (FRN)

website | <https://www.alberta.ca/family-resource-networks>

Website will assist locating the community location. FRN offers various types of parenting support, free of charge, can make referrals for Hull Services and Trellis parenting and family support programs.

## Hull Services

website | <https://hullservices.ca/services/community-parenting-education-program/>

Community Parent Education program for parents of children ages 5 to 12 to learn new parenting skills and strategies. Typical program runs for 8 to 10 weeks.

## McMann Calgary

website | <https://mcmancalgary.ca/fdp/>

Family Development Program individualizing in home support to families with up to the age of 18 to enhance parenting skills and improve family relationships

## Triple P

website | [Online parenting support](#)

Provides parental support to create positive environment for children's development and behaviours.

## Wood's Homes

phone | 403-270-5696

In-home support services for children, youth and families intended to strengthen relationships and help navigate difficult issues

## Indigenous Families

### Calgary Board of Education

website | [Resource for Indigenous](#)

Please refer to the resource list provided by the CBE Indigenous Learning Team.

## Sports, Recreation and Mentorship

### Big Brother Big Sisters Calgary

website | <https://bbbscalgary.ca/find-a-mentor/>

Children and youth are matched with a mentor at not cost. Families can self-refer.

### Family Resource Networks (FRN)

website | <https://www.alberta.ca/family-resource-networks>

Services vary by FRN but many offer evening programming for children and youth, mentoring and camps.

### Calgary Parks & Recreation

phone | 311

phone | 403-268-2489

website | [Calgary Parks & Recreation](#)

Can obtain information on active living programs, Park & Play and Stay & Play program, Youth drop-in open gyms and other recreational opportunities. Subsidies for recreational programs and admissions to the City of Calgary facilities.

### Trellis Society Calgary

website | <https://www.growwithtrellis.ca/youth-programs>

Offers youth group programming, activity nights at various locations throughout the city, teen hangouts, homework help.

### YMCA Calgary

phone | 403-237-9622

website | <https://www.ymcacalgary.org/>

Recreational programs, camps, and childcare and subsidies available

## Sports and Recreation Fee Assistance

### City of Calgary Fee Assistance

phone | 311

website | <https://www.calgary.ca/rec-locations/prices/fee-assistance.html>

Fair Entry Program pay less for access to City of Calgary pools, recreation facilities, and many fun activities in the City Call

### Jumpstart

phone | 1-877-616-6600

website | [www.canadiantire.ca/jumpstart](http://www.canadiantire.ca/jumpstart)

Must meet eligibility requirements.

### Keegan's Help Fund

phone | 403-266-4566

email | [info@cjhs.ca](mailto:info@cjhs.ca)

A John Howard Society program that provides bursary of up to \$500 for marginalized youth aged 12-24; offers courses and classes; sports and recreation opportunities; tutoring; employment readiness and camps. Provides support with identification e.g. Drivers' License, Passport etc.

### Kidsport Calgary

phone | 403-202-0251

website | <https://kidsportcanada.ca/alberta/calgary/>

Financial assistance and/or equipment for kids to participate in organized sports.

### Step Up 4 Kids

phone | 587-207-4353

Provides subsidies for children to participate in any extracurricular activities of your choice (assists with registration fees and equipment).

### YMCA Calgary

phone | 403-237-9622

website | <https://www.ymcacalgary.org/>

Recreational programs, camps, and child care and subsidies available

## Camps

### Calgary's Child Magazine

website | <https://www.calgaryschild.com/>

Each edition contains information on activities for children throughout the city, including programs and camps.

### Children's Link Calgary

phone | 403-239-9158

website | <https://childrenslink.ca/>

Has an exhaustive list of spring and summer camps throughout the city.

## Neurodiverse Children and Youth Supports

### Alberta Children's Hospital Family

phone | 403-955-3272

email | [fcrc@ahs.ca](mailto:fcrc@ahs.ca)

Alberta Children's Hospital and Community Resource Centre program provides information, resources and supports to families

### Child Disability Benefit (CDB)

website | <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>

Offered through the Government of Canada. It is a monthly payment to support in children under the age of 18 diagnosed with an exceptional need. Applications must be completed with the support and consultation of physician, pediatrician, psychiatrist or a qualified medical professional.



## Children's Link Society

phone | 403-230-9158

email | [info@childrenslink.ca](mailto:info@childrenslink.ca)

website | <https://childrenslink.ca/>

Provides resources, child care information, parent-to-parent connections and hope to families and professionals who care for and work with children and youth with special needs from birth to age 21. Provides support for parents in navigating their FSCD contracts and applying for Person's with Developmental Disabilities (PDD), AISH and Guardianship and other necessary documents needed to transition into adulthood.

## Family Support for Children with Disabilities (FSCD)

phone | 403-297-7971 | Alberta Government

website | [www.humanservices.alberta.ca/disability-services](http://www.humanservices.alberta.ca/disability-services)

FSCD can coordinate and fund services for children with disabilities. Must meet eligibility criteria. Provides support for clothing or footwear that relates to the child's disability; access to counselling; assists with costs to transport child to medical appointments (parking, mileage, meals, accommodation and sibling care); respite services; personal care/community/behavioral/developmental support for the child; and on-going support for the child.

## Persons with Developmental Disabilities (PDD)

website | <https://www.alberta.ca/pdd-eligibility> | Alberta Government

The PDD program helps eligible adults plan, coordinate and access services to live as independently as they can in their community. Supports students transitioning into adulthood