

Community Resources

Compiled on April 13, 2020 by S. Raukema (with additions by R. Grimminck) – handout for COVID Corner Webinar

For current resource information please call 211 or visit www.ab.211.ca

Crisis Resources

- **211** – information & referrals for community, social & government services - dial 211, text INFO to 211 or “live chat” at ab.211.ca
- **911** - Emergency
- **Distress Line** – (24/7, Edmonton & Northern Alberta) 780-482-HELP (4357)
- **Distress Centre** – 24 Hour Crisis Line – (Calgary and Southern Alberta) 403-266-HELP (4357)
- **24/7 Crisis Line** – (Fort McMurray & Northeastern Alberta) 780-743-HELP (4357)
- **Calgary ConnectTeen** – text 587-333-2724 or chat <https://calgaryconnectteen.com/> 403-264-8336
- **AHS Mobile Response Team (MRT)** – MH assessment/intervention/incident debriefing/PACT Referrals 403-266-4357
- **Calgary & Area Child and Family Services** – (24/7) 403-297-2995
- **Children’s Cottage** – Limited community intake for short stay (under 48 hrs) after thorough screening 403-233-2273
- **Community Resource Team (CRT) Woods Home** – phone, text & chat for youth and families
<https://www.woodshomes.ca> – or text 587-315-5000 or phone 403-229-9699 or 1-800-563-6106
- **Connect Family Violence Helpline** – 24/7 text 403-604-6689, email help@cwes.ca 403-234-7233 (SAFE)
- **Connect Sexual Abuse/Sexual Assault Helpline** 403-237-5888)
- **Family Violence Information Line** – chat alberta.ca/safetychat 403-810-1818
- **Distress & Suicide Prevention Line** – (24/7, Southwestern Alberta) 1-888-787-2880
- **Kids Help Phone** – (24/7) text CONNECT to 686868 or visit kidshelpphone.ca. 1-800-668-6868

Counselling Resources

- **AHS - Access Mental Health** –non urgent information and referrals for community resources 403-943-1500
- **AHS Addiction Helpline** – free and timely phone counselling offered by clinicians 1-866-332-2322
- **AHS – Grief Support Program** – self referral grief counselling 403-955-8011
- **AHS – Indigenous Mental Health** – only phone intake, therapy & wellness support 403-955-6645
- **AHS Mental Health Helpline** – free and timely phone counselling offered by clinicians 1-877-303-2642
- **Alcoholics Anonymous** – Phone meetings – Complete listing at <https://calgaryaa.org/covid-19-updates#Online>
- **Calgary Counselling Centre** –phone and video counselling 403-691-5991
- **Calgary Family Therapy Centre** – free longer-term video therapy for families with children 403-802-1680
- **Canadian Mental Health Association** - <https://cmha.calgary.ab.ca> - offers mental health peer support, suicide grief counselling, mental health recovery courses, and individual counselling 403-297-1700
- **CARYA** –phone support for families and individuals and connection to community resources 403-269-9888
- **Catholic Family Service** –phone or video counselling 403-233-2360
- **CCASA** (Calgary Communities Against Sexual Abuse) – Information only – counselling suspended 403-237-5888
- **Distress Centre** –phone counselling by appointment 403-266-1601
- **Employee Assistant Program** – Free short-term counselling for eligible employees Through Employer
- **Eastside Family Services** (Mon-Sat) – free phone or online counselling 403-299-9696
- **Jewish Family Services** – 3 free intervention therapy sessions during the pandemic crisis 403-287-3510
- **Money Mentors** – offering free credit counselling and money coaching by phone or chat line 1-888-294-0076
- **Immigrant Services Calgary** – Counselling@immigrantservicescalgary.ca – self referral online form 403-444-1508
- **Starling** – Free digital mental health support - <https://info.starlingminds.com/covid19-free-mental-health>
- **Alberta Association of Social Work** – private counselling – www.acsw.ab.ca/public 1-800-661-3089
- **Psychologicals Association of Alberta** – private counselling – www.psychologistassociation.ab.ca 403-246-8255
- **YWCA Group Counseling for Men and Women** - <https://www.ywcalgary.ca/programs/group-counselling/> 403-536-2844

Mental Health & Wellness Handouts

- **Anxiety** – <https://www.cci.health.wa.gov.au/~media/CCI/Mental%20Health%20Professionals/Anxiety/Anxiety%20-%20Information%20Sheets/Anxiety%20Information%20Sheet%20-%202001%20-%20What%20is%20Anxiety.pdf>
- **General Relaxation** – <https://www.getselfhelp.co.uk/docs/Relaxation.pdf>
- **Child Mind Institute** Live chats with expert clinicians daily through facebook <https://www.facebook.com/ChildMindInstitute/>

COVID-19 Related Resources

- **811 – Healthlink** – 24/7 Advise and information
- **311 City of Calgary Services** – online service requests – <https://www.calgary.ca/cfod/csc/Pages/311FAQ.aspx>
- **Canadian Red Cross** - <https://www.redcross.ca/> - Various services including medical equipment rental 403-541-6100
- **Enmax Relief Program** – increased payment flexibility and suspending disconnection - <https://www.enmax.com/covid19>
- **Shaw Go Wifi Free** – <https://www.shaw.ca/internet/wifi> - connect without a login or ID
- **Spectrum** – Free Internet during the shut down of schools 1-844-488-8398
- **Telus Temporary Free Internet** – <https://www.telus.com/en/about/company-overview/community/internet-for-good>
- **Low Income Transit Pass Extension**
- **Women's Centre of Calgary** - 9:30 a.m. to 3:30 p.m by phone for referral assistance 403-264-1155.
[Refer to this PDF list of available services from womenscentrecalgary.org](https://www.womenscentrecalgary.org)

COVID-19 Community Initiatives –Home Activities/Tools

- **City of Calgary - Activity Book** – <https://www.calgary.ca/CSPS/Pages/At-Home-Activities/At-home-activities.aspx>
- **City of Calgary – Helping Neighbors** – <https://www.calgary.ca/CSPS/cema/Pages/COVID19-NeighboursHelpingNeighbours.aspx>
- **The Wellness Society, Jamma International** – Free downloadable Coronavirus Anxiety Workbook
<https://thewellnesssociety.org>

Free Mindfulness / Meditation / Mental Wellness Apps

- **Insight Timer**
- **Stop Breath think**
- **DRT – Dynamic running Therapy (only on iOS)**
- **UCLA Mindful**
- **Smiling Mind**
- **A Happy Mind**
- **Eternal Sunshine**
- **Youper**
- **Buddify**
- **Mindshift CBT by Anxiety Canada**
- **CBT – I Coach by US Department of Veterans Affairs (VA)**
- **Virtual Hope Box by National Centre for Telehealth & Technology**
- **Breathe**
- **OMM – One Moment Meditation**
- **Road to Mental Readiness by the Canadian Department of National Defense**

Podcast

- **Unlocking US** – by Brenee Brown

Current COVID-19 Resources for Allied Health, all AHS and Covenant Health Employees – On Extranet

- <https://extranet.ahsnet.ca/teams/HPSP/AHPPE/Manage/covid-19/SitePages/Home.aspx>

Financial Resources

- <https://www.canada.ca/COVID19> - For the most up-to-day information from the Canadian government
 - Canada Emergency Response Benefit (Federal)
 - Employment Insurance EI (Federal)
 - Employment Insurance Sickness (Federal)
 - Mortgage Deferrals
 - Student Loan Replacement deferrals
 - Property Tax Payment extensions
 - GST Credit – one time double payment if you are eligible
 - Child Tax Benefit – Extra \$300 per child if eligible
 - Income Tax deadlines to file taxes by June 1
 - Indigenous Community Support Fund –Contact your nation or organization from more information.

- **AB Supports Offices** – <https://www.alberta.ca/alberta-supports.aspx> - (after hrs emer. 1-866-644-5135) 1-877-644-9992
- **Momentum** – [Financial Supports for People Impacted by COVID-19](#) –article from Momentum with links
- **Momentum** – [Community Helpline and Coaching Services from Momentum](#) – Money coaching 403-272-9323
- **WCB** – Fact Sheet For COVID19 Cases - https://wcb.ab.ca/assets/pdfs/workers/WFS_COVID-19.pdf

Seniors Resources

- **Essential Numbers for seniors** – <https://www.calgary.ca/CSPS/CNS/Documents/seniors/age-friendly/Essential-numbers.pdf>
- **CARYA - The Way Inn** –phone support and connection senior’s with resources 403-736-4677
- **Kerby Centre** – [COVID-19 Seniors Information Hotline](#) – resources, food, shelter, prescription, etc 403-265-0111
- **Kerby Centre** – [Seniors Support Resources from the Kerby Centre](#) - Kerby Centre is closed to the public 403-705-3246
- **Kerby Centre** - <https://www.kerbycentre.com/> - Income Tax Drop off temporarily suspended 403-705-3246
- **Seniors Connect** - 60+ <https://www.calgaryseniors.org/seniors-social-supports> – intervention/resources 403-269-5445

Children and Youth Resources

- **Children’s Cottage** – high risk children triaged for short stay (less than 42 hrs) in quarantined area 403-233-2273
- **Kids Help Phone** – available to kids children and youth 24/7. Text CONNECT to 686868, call 1-800-668-6868
- **The Ready Squad** – <https://www.calgary.ca/CSPS/cema/Pages/Ready-Squad.aspx> - Fun Emergency Preparedness e-course
- **The Centre for Disease Control (CDC)** – guidelines about how to talk with children about the Coronavirus pandemic
[Talking with Children about Coronavirus Disease 2019](#)

Indigenous Resources

- **AHS – Indigenous Mental Health** – only phone intake, therapy & wellness support 403-955-6645
- **Aboriginal Friendship Centre** – <https://www.afccalgary.org/wp-content/uploads/2020/04/Interim-COVID.pdf>
- **Aboriginal Friendship Centre** – Doreen at dwilliams@afccalgary.org or general email ictf@afccalgary.org 403-370-6422
- **Aspen Community Services** – To refer, email Sharon Edwards at ahamblin@aspenfamily.org 403-629-0413
- **Hope For Wellness** – <https://www.hopeforwellness.ca/> - MH/crisis counselling across Canada 24/7 1-855-242-3310
- **Metis Calgary Family Services** – online mental health support 403-240-4642

Immigrant Resources

- **Calgary Local Immigrant Partnership** – <https://www.calgarylip.ca/translation-and-interpretation> - list of service providers
- **Immigrant Services Calgary** – <https://settlementcalgary.com/> - register for support in your own language 403-265-1120
- **Centre for Newcomers** – <https://www.centrefornewcomers.ca/> full service online or phone support 403-569-3325
- **Calgary Women’s Immigrant Society** – <https://www.ciwa-online.com> – online counselling and resources 403-263-4414
- **Calgary Catholic Immigration Services** – <https://www.ccisab.ca/> - prioritizing newly arrived Albertans 403-517-8830

Food Resources

- **Calgary Foodbank** – Free Hamper Program – suspended referral requirement – p.u. at 5000 11 St SE 403-253-2055
- **COOP Care Package Delivery** – <https://www.calgarycoop.com/covid19/> - for doctor-mandated quarantine 403-219-6064
- **Youth Centre Calgary** – <https://youthcentresofcalgary.com/> - No cost bag lunches for kids– p.u. from 11-1pm 7400 23 St SE
- **Brown Bagging for Kids Lunch Support** – <https://bb4ck.org/help/> - \$30 grocery vouchers for K-12
- **Kerby Centre “Thrive”** – <https://www.kerbycentre.com/> - Grocery delivery with lifted income criteria 403-265-0661
- **Meals on Wheels** – <https://www.mealsonwheels.com/> - Free Delivery – minimum \$24 online order 403-243-2834
- **Victory Outreach** – <https://victoryoutreach.ca> – free food pickup in Forest Lawn or Ogden 403-273-1050

Shelter Resources

- **Calgary Homeless Foundation** – Emergency shelter at Telus Convention Centre and private rooms available for self-isolation
<http://calgaryhomeless.com/blog/update-calgary-homeless-foundations-s-response-covid-19/>
- **Alberta College of Social Workers** - <https://acws.ca/shelters> - Shelter Directory in Alberta
- **Alpha House** – <http://alphahousecalgary.com/> open with guidelines 403-234-7388
- **Avenue 15** – (Youth 12-17 938 15 Ave SW) <https://www.boysandgirlsclubsofcalgary.ca/covid-19/> 403-543-9651
- **Awo Taan Healing Lodge** – Counselling and emergency shelter– crisis line 403-531-1970 ext 210 403-531-1970
- **Brenda’s House** – <http://childrenscottage.ab.ca/main/brenda-s-house/> 403-242-8575

- **Calgary Drop-In Society** – Providing medical screening tests – 1 Dermot Baldwin Way SE 403-266-3600
- **Calgary Woman’s Emergency Shelter** – <https://www.calgarywomensshelter.com/> 234-SAFE (7233)
- **Discovery House** – <https://www.discoveryhouse.ca/> 403-670-0467
- **Exit Youth Shelter (Wood’s Youth 12-17)** – <https://www.woodshomes.ca/> - temporarily closed 403-509-2323
- **Inn from the Cold (family shelter)** – <https://innfromthecold.org/> 403-263-8384
- **Kerby Rotary House** – <https://www.kerbycentre.com> – seniors fleeing elder abuse 403-265-0661
- **YWCA Sheriff King Home** – <https://www.ywcalgary.ca/programs/domestic-violence-shelter/> 403-266-0707
- **The Mustard Seed – 102-11 Ave SE** – <https://theseed.ca> 403-269-1319
- **The Salvation Army (Centre of Hope)** – 420-9 Ave SE - <http://www.salvationarmycalgary.org/> 403-410-1112
- **Wheat Land Crisis Centre/Shelter, Strathmore** (Abuse for all people) <https://strathmoreshelter.com/> 403-934-6634

Housing Resources

- **Affordable Housing** – <https://www.alberta.ca/affordable-housing-programs.aspx> 780-422-0122
- **Accessible Housing** – <http://accessiblehousing.ca/> 403-282-1872
- **Calgary Housing Corp** – <http://calgaryhousingcompany.org/> - access to current near-market rent site 403-221-9100
- **Kerby Centre** – Seniors Housing Directory - <https://www.kerbycentre.com/directory/housing-directory/> 403-705-3230
- **Landlord & Tenant Services** – <https://www.alberta.ca/landlords-tenants.aspx> 1-877-427-4088
- **Low cost rent** – <http://www.lowcostrent.org>
- **Metis Housing** – <https://www.metishousing.ca/mtis-housing-home-page/> 403-569-9030
- **SORCe** – <http://www.sorce.ca> – 316 7 Ave SE [http://](http://www.sorce.ca) - phone resources currently 403-617-4183 or 403-608-5559
- **YWCA Mary Dover House** – <https://www.ywcalgary.ca/programs/transitional-shelter/> 403-263-1550

Hospitals & Medical Resources

- **Alberta Children’s Hospital** – <https://www.albertahealthservices.ca/ach/ach.aspx> 403-955-7211
- **Claresholm Centre for MH & Addiction** – <https://www.albertahealthservices.ca/services/page13575.aspx> 403-682-3500
- **CUPS** - <https://www.cupscalgary.com/> 403-221-8797
- **Foothills Medical Centre** – <https://www.albertahealthservices.ca/fmc/fmc.aspx> 403-944-1110
- **Peter Lougheed Centre** – <https://www.albertahealthservices.ca/findhealth/facility.aspx?id=2> 403-943-4555
- **Rockyview General Hospital** – <https://www.albertahealthservices.ca/rgh/rgh.aspx> 403-943-3000
- **South Health Campus** – <https://www.albertahealthservices.ca/shc/shc.aspx> 403-943-9300
- **South Calgary Health Centre** – Single session same day phone appointments (before 4pm) 403-943-9374
- **Sheldon Chumier Urgent Mental Health** – Walk-in assessment and counselling 1213 – 4 St SW 403-955-6200

Calgary Addiction Resources

- **1835 House/Recovery Acres (men)** – <https://www.recoveryacres.org/> 403-245-1196
- **AHS - Adult Addiction Services** – Self referral phone support and addiction resources 403-367-5000
- **Al-Anon / Al-Ateen** – <https://al-anon.ab.ca/> 403-266-5850
- **Alcoholics Anonymous** – <https://calgaryaa.org/> 403-777-1212
- **Alcove Recovery (Women)** – <https://www.alcoverecoverly.net/> 403-984-2707
- **Alpha House** – 203-15 Ave SE – <http://alphahousecalgary.com/> 403-234-7388
- **Aventa (Villa for Women)** – <https://aventa.org/> 403-245-9050
- **Cocaine Anonymous** – <https://ca-ab.org/find-a-meeting/> 403-568-8008
- **DOAP Team** – <http://alphahousecalgary.com/how-we-help/outreach/> 403-998-7388
- **Dream Centre** – <https://calgarydreamcentre.com/> 403-243-5598
- **Fresh Start (men)** – <https://www.freshstartrecovery.ca/> 403-387-6266
- **Gambling Help Line** 1-866-332-2322
- **Narcotics Anonymous** – <https://informalberta.ca/public/common/viewSublist.do?cartId=1000003> 403-569-3427
- **Opiate Dependence Program** – <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1000286&serviceAtFacilityID=1041755> 403-297-5118
- **Oxford House Intake** – <https://oxfordhouse.ca/> 403-287-8771
- **Renfrew Recovery Centre** – <https://www.albertahealthservices.ca/services/renfrewrecoverycentre.aspx> 403-297-3337
- **Safeworks (Needle exchange)** – <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1702&serviceAtFacilityID=1035079> 403-232-3838

- **Salvation Army (Addiction Treatment)**
<https://salvationarmy.ca/what-we-do/in-your-community/social-services/addiction-services/> 403-410-1150
- **RESET Society (Women)** – <https://resetcalgary.ca/> 403-237-8477
- **Simon House (Men)** – <https://simonhouse.com/> 403-247-2050
- **Smart Recovery** – <http://smartrecovery.ca/> 403-619-4210
- **Sunrise Native Addiction Services** – <http://nass.ca/> 403-261-7921
- **Victory Outreach Foundation (Woman)** – <https://www.victoryoutreach.ca/> 403-264-0598

Legal Support

- **Mental Health Warrant** – Family Court – 7th Floor, 601 5 St SW 403-297-3471
- **Calgary Legal Guidance** – <https://clg.ab.ca/> 403-234-9266
- **Calgary Diversion Services** – <https://www.albertahealthservices.ca/info/Page2767.aspx> 403-410-1132
- **Calgary Workers’ Resource Centre** – <http://www.helpwrc.org/> 403-264-8117
- **Dial-A-Law** – <https://clg.ab.ca/programs-services/dial-a-law/> 403-234-9022
- **Elizabeth Fry Society** – <https://elizabethfrycalgary.ca/> 403-294-0737
- **John Howard Society** – <https://www.cjhs.ca/> 403-266-4566
- **Legal Aid Society of Alberta** – <https://www.legalaid.ab.ca/Pages/default.aspx> 403-297-2260
- **Student Legal Assistance Society** – <https://slacalgary.com/> 403-220-6637

Community Services

- **Information** 211
- **Alberta Supports (PDD applications)** – <https://www.alberta.ca/pdd-how-to-apply.aspx> 1-877-644-9992
- **Alberta Healthy Living** – <https://www.albertahealthservices.ca/info/Page8930.aspx> 403-943-2584
- **AISH Office** – <https://www.alberta.ca/index.aspx> 403-297-8511
- **Aspen Family Services** – <http://www.aspenfamily.org/> 403-219-3477
- **Calgary Chinese Cultural Centre** – <https://www.culturalcentre.ca/> 403-262-5071
- **Calgary Outlink** – (Centre for Gender & Sexual Diversity) www.calgaryoutlink.ca 403-234-8973
- **Calgary Urban Project** – (CUPS 1001 – 10 Ave SW) – <https://www.cupscalgary.com/> 403-221-8780
- **Calgary Workers’ Resource Centre** – <http://www.helpwrc.org/> - by phone staff help with emp standards... 403-264-8100
- **Elements** – (formerly Self Help) – <https://www.elementscmh.ca/> 403-266-8711
- **Families Matter (Postpartum Support)** – <https://www.familiesmatter.ca/> 403-205-5178
- **Family Caregiver Centre (AHS)** – <https://www.albertahealthservices.ca/services/Page13155.aspx> 403-955-1674
- **Home Care** – <https://www.albertahealthservices.ca/cc/Page15488.aspx> 403-943-1600
- **HIV Community Link** – <https://hivcl.org/> 403-508-2500
- **Hospice Calgary & Sage Centre** – <https://www.hospicecalgary.ca/> 403-263-4525
- **Infant Care Alberta** – <https://www.infant-care.ca> 403-209-1930
- **Information Alberta** informalberta
- **Interfaith Thrift Association** – <https://interfaithfurniture.ca/> 403-235-6881
- **North East Family Connections** – <https://www.nefcs.ca/> 403-293-0424
- **Pregnancy Care Centre** – <https://www.pregcare.com/> - counselling for adoption, abortion, parenting 403-269-3110
- **Prospect (Employment Support)** – <https://www.prospectnow.ca/> - 915- 33 St NE – Phone intake 403-273-2822
- **Salvation Army (Forest Lawn NE)** – 3200 – 17 Ave SE – Tax Clinic postponed 403-220-0432
- **Salvation Army** – 3720 – 19 Ave SE – providing some services 403-220-0422
- **SABIS (Brain Injury Society)** – <https://sabis.ab.ca/> 403-521-5212
- **SIDS Calgary Society** – <https://sidscalgary.ca/> 403-265-7437
- **Sexual and Reproductive Health Clinic**
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1671&serviceAtFacilityID=1018921> 403-955-6500
- **The Doorway (Youth)** – <https://thedorway.ca> – Temporarily Closed - 403-269-6658
- **Victims Assistance V.A.S.T.** – <https://www.calgary.ca/cps/pages/community-programs-and-resources/victims-of-crime/victim-assistance-support-team.aspx> 403-428-8398
- **Woman’s Centre (Drop In, Group, Resources, Referrals)** – Phone Service at this time 403-264-1155