

GREATER FOREST LAWN AND CALGARY RESOURCES (JULY 2026)

IMPORTANT NUMBERS

Call 211 https://ab.211.ca/	Provide information and phone numbers to agencies that help residents with housing, food, counseling etc. (language translation available).
Call 311	Provide info about City of Calgary services and information (eg. recreation information, bylaws, parks information, power outage, etc.) language translation available.
Call 811 (Health Link)	24/7 advise and general health information for Albertans.
Call 911	Emergency or crime in progress.
Call or text 988 Suicide Crisis Helpline	- A safe place to talk, 24hrs every day of the year. - If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else.
Calgary Police Service	For public safety matters and reports of crime not in progress. 403-266-1234
Child Abuse Hotline / Child Intervention Intake (24/7) Phone: 1-800-638-0715	24/7 hotline to report suspected child abuse, neglect, or concerns about a child's safety and well-being. IMPORTANT: In Alberta, anyone who has reasonable grounds to believe a child is being abused or neglected is required by law to report it.
Distress Centre 403-266-HELP (4357) https://distresscentre.com/	24/7 Crisis support by phone or text. - Crisis Counseling available also available in person by calling or booking on website.
Domestic Violence and Abuse Hotline help@fearisnotlove.ca 403-234-7233 (SAFE)	- Professionally trained counselors available 24 hours a day - Counseling, safety planning, intake for the shelters, support to leave abusive relationship, info and referrals, information and support to callers
Elder Abuse Resource Team 403-705-3250	- Confidential information and support. - To report a suspected case of elder abuse.
Emergency Financial Assistance 877-644-9992 (24/7)	- If you have an emergency need for food, medication, temporary shelter, or emergency basic dental needs. https://www.alberta.ca/emergency-financial-assistance
Find a Doctor	www.albertafindadoctor.ca
Hope for Wellness Help Line https://www.hopeforwellness.ca/ 1-855-242-3310	- Support to all Indigenous people. 24hrs/day, 7 days a week. - If you want to talk, are distressed, may have been triggered by painful memories.
Kids Help Phone https://kidshelpphone.ca/	24/7 mental health service offering multilingual and confidential support to kids, teens or young adults. Text "CONNECT" to 686868 Phone: 1-800-668-6868

BABY RESOURCES

Calgary Pregnancy Care Centre http://www.pregcare.com 403-269-3110 (Call or Text)	- Information and referral to maternal resources in Calgary, (e.g. doulas, midwives, obstetrician-gynecologists and the food bank) - Gently used maternity clothes for pregnant women - Gently used baby clothing for infants ages 0 to 2 years
Best Beginning 403-228-8221 (To register) https://birthandbabies.com/best-beginning-program/	- Support for pregnant teens and pregnant people with low incomes. - If needed - provide referrals to community support agencies, food coupons, bus tickets, and referrals for food hampers, dental referrals and family planning counselling, etc. - Childcare at group sessions with Preschool curriculum.
Calgary Foodbank https://www.calgaryfoodbank.com/ 403-253-2055	- Hygiene stuff and baby supplies - Request ahead when booking appointment to pickup food at satellite location.
Mustard Seed - Marlborough Park and Ogden CIC #24, 6060 Memorial Dr NE 2385 74th Ave SE	- Can provide diapers once a month (proof of AHC for child required). - Can provide wipes and formula if available. (can just walk-in) https://theseed.ca/community-impact-centres 1-833-448-4673

BABY RESOURCES (continued)

Made By Momma	• Provide services for mothers of young children (at least one child in the home age 5yrs or younger) affected by short-term or life-changing illness, injury, or adversity. • Provide healthy prepared meals, wholesome baked goods, baby and family essentials, children's items, supportive in-home visits, happy birthday project etc. • https://madebymomma.org/contact-us/
Mamas for Mamas 1715 27 Ave NE #1 825-509-3891	Karma Market • Can support caregivers with children under 18yrs old. • Can provide baby essentials (one sleeve of diapers per child, baby wipes, formula, breast pumps, etc.) and other basic need items including clothing, toys, books, shoes, baby equipment, and food) • Please complete online "support application" by clicking link below. • https://www.mamasformamas.org/i-need-support/
Rise Calgary (Forest Lawn) https://www.risecalgary.ca/ 3303 17 th Ave. SE	Healthy Babies Program • Support for folks once a month that have child under 1yrs. • 403-204-8280
Salvation Army - Community Resource Centre #100, 5115 17 th Ave. SE	• Infant essentials • https://www.salvationarmycalgary.org/what-we-do/serving-families/ • 403-410-1160
WINS Community Resource Hubs hubs@winsyyc.ca 825-540-4717	• Can support with basic needs (hygiene, baby items, whatever is donated) • WINS locations under "BASIC NEEDS" and "WINS Community Resource Hubs"
Women's Centre of Calgary https://womenscentrecalgary.org/ 39 4 Street NE (403-264-1155)	• Offer packages for pregnant individuals and parents of children 0–12 months, referrals and information to maternal resources, provide pregnancy test etc. • Provides (women who have children ages 0-3) diapers every month.

BASIC NEEDS

Calgary Legal Guidance (CLG) https://clg.ab.ca/index.php/social-benefits-advocacy-program/ 403-234-9266	Social Benefits Advocacy Program • Offers information, advice and guidance in dealing with the following social benefit programs: Assured Income for the Severely Handicapped (AISH) Program, Alberta Disability Assistance Program (ADAP) and Income Support (Alberta Works). • Support with Keeping existing benefits, increasing the benefit amount, appealing a benefit denial decision or change in benefits, obtaining medical documentation, preparing for an appeal hearing and understanding benefit legislation/regulation and policies, connecting with community supports. •
CUPS https://www.cupscalgary.com/programs-services/ 1010 10 th Ave SW 403-221-8780	• Connected health, housing, and family support for people in Calgary facing poverty and trauma. • Referrals, housing support, health clinic, I.D support, family development programs and much more!
Hope Mission Church 4869 Hubalta Road SE 403-474-3237	• Open 8:30am to 4:30pm Monday thru Friday. • Can provide referrals to other organizations. • Transport to/from agencies, as available.
Income Support www.alberta.ca/income-support	• Support for individuals and families to pay for basic expenses like food, clothing and shelter. • Apply online: https://applyincomesupport.alberta.ca/prescreen • Call: 1-877-644-9992 between 7:30am-8pm. • Visit: Alberta Works Support Centre below and make appointment. ➤ Calgary East – Westland Alberta Supports; 1-855-297-4833 ➤ Centre Main Floor Westland Professional Centre, 2752 Sunridge Way NE

BASIC NEEDS (continued)

FAIR ENTRY (application)	- Provides Low-cost recreation, Calgary Low Income Bus pass, Property Tax Assessment, Seniors Service Home Maintenance, No Cost Spay/Neuter, High-Speed Low-Cost Internet and other Telecom Service. Apply online: ➤ https://www.calgary.ca/social-services/low-income/fair-entry-subsidy.html Apply in person: ➤ Municipal Building (800 Macleod Trail SE); 3rd floor ➤ Village Square – Calgary Public Library (2623 56th St. NE) ➤ Shawnessy Location: 333 Shawville Blvd. S.E. 333 Shawville Blvd. S.E. Support with RSW letters (depending on availability) - Call 311, West Dover Patch, CUPS, Mustard Seed - Marlborough Park and Ogden CIC
Jewish Family Services Calgary https://www.ifsc.org/ 6131 6 th St. SE 403-287-3510	- Financial Literacy Training, Support with Housing, Advocacy, ESL classes, memory care, senior support, resettlement and integration support. - Can meet clients in the community, in their home or at their office.
Mustard Seed - Marlborough Park and Ogden CIC #24, 6060 Memorial Dr NE 2385 74th Ave SE	- Referrals, Advocacy, computer use, counselling, employment support, community activities, youth programs, bagged lunches, COBS bread. - Support with non-perishable food (eg. dry goods etc.) https://theseed.ca/community-impact-centres (1-833-448-4673)
Native Network Family Centre 19 Erin Woods Dr SE 403-240-4642 ext. 303	- For Indigenous and Metis individuals and families in Greater Forest Lawn. - Basic needs referrals, job assistance, advocacy help and more. http://www.mcfs.ca/home.html
Rise Calgary (Forest Lawn) 3303 17 th Ave. SE 403-204-8280	- Good Foodbox, emergency food and clothing rooms, income tax support etc. - May help with rent rears, damage deposit or first month's rent when moving out. https://www.risecalgary.ca/
Rise Project https://theriseprojectyyc.com/ 16, 2221 41 Ave NE 403-680-1943	- Basic Needs Referrals Supports, Food assistance, Emergency Food, Clothing Assistance, Support for Newcomers, Counselling Services, Parenting Resources and Addiction Support Services - All folks welcomed regardless of their background.
Salvation Army Community Resource Centre (East Centre) #100, 5115 17 th Ave. SE 403-410-1160	- Offer programming for parent and child, and older adults. - Support with basic needs, food hampers, referrals, financial literacy, free income tax filing, infant essentials, ESL classes for adults and recreational space. https://www.salvationarmycalgary.org/what-we-do/serving-families/
The Alex Community Food Centre https://thealexafc.ca/ 4920 17 th Ave SE	Peer Advocacy Office (9:30am-11:30am) - Drop-in or book an appointment to chat with a Peer Advocate volunteer with lived experience. Peer Advocates provide a listening ear, foster a supportive environment and help community members access and navigate local resources. - Contact Ashley at airving@thealex.ca or 403-970-5473.
The Alex Community Health Centre https://www.thealex.ca/ #102 2840 2 nd Ave SE 403-266-2622	- Support with medical care, mental health support, social supports, justice navigation, pharmacy service, Acupuncture, Audiology, - Free breakfast every Tuesday at 9:30am-11:30am. - Free lunch every Thursday at 11am-1:00pm
WINS Community Resource Hubs hubs@winsyyc.ca 825-540-4717	- Run social supports (e.g. women's groups), child & youth supports (e.g. Afterschool Snack program, Youth Coding Club, EmpowerU), skill-building supports (e.g. financial management, English classes, digital literacy, workshops), and parenting supports as they are available. - Can support with basics needs (hygiene, emergency food, household cleaning supplies, whatever is donated) Locations: - Dover: 3525 26th Ave. SE (Tue. to Fri. 9am-4:30pm) - Erin Woods: 701 Erin Woods Lane SE (Wed and Friday 9am-4:30pm) - Lincoln Park, Temple, Beltline: hubs@winsyyc.ca

BASIC NEEDS (continued)

West Dover Patch 3203 31A Ave 403-273-3984	- Support with employment, financial coaching, referrals, basic needs, computer lab, faxing/printing, income tax support, may have some food. https://hullservices.ca/services/patch/
Women's Centre of Calgary https://www.womenscentrecalgary.org/ 39 4 Street NE (403-264-1155)	- Provides a safe and supportive space accessed by thousands of women. - Satellite for foodbank, basic needs support, access to hygiene products, Shop Days for available personal care items, access to computer/equipment, confidence building groups, workshops for women and girls, Christmas/Bday support, yoga, feminine hygiene items, legal advice clinics, Income Tax Support, Digital Literacy Tutoring and much more! - Women are able to receive referrals to other programs and agencies for a wide range of free and low-cost support https://www.womenscentrecalgary.org/calendar/

CLOTHING/FURNITURE/HOUSEHOLD

Hope Mission Church 4869 Hubalta Road SE 403-474-3237	Hope Closet: - Low-Cost clothing items to residents of Greater Forest Lawn. - Please call. Appointment only. https://hopemission.com/locations/calgary/
Making Changes Association https://www.makingchangesassociation.ca 6516 1A Street SW 403-262-5776	- Provides services specifically for women, girls, and female-identifying or non-binary individuals. - Provide resources, professional clothing, skills training, and supportive community to help you pursue careers, education, etc. - Need to be referred from an organization and self-referral if you meet appropriate criteria.
Rise Calgary (Forest Lawn) https://www.risecalgary.ca/ 3303 17th Ave. SE	- Book an appointment to access the clothing room. 403-204-8280
SE Calgary Community Resource Centre https://www.secalgarycsrc.ca/home/programs-services/ 2734 76 Ave SE; 403-720-3322	Clothing Room - Provides gently used clothing (2 bags). Everyone welcome. Walk-in. Times - Mon. 10am-11am & 1pm-3pm; Tue. 1pm-3pm; W/Tr/F 9am-11am & 1pm-3pm.
WINS Community Resource Hubs hubs@winsyyc.ca 825-540-4717	Connections - Support with basic needs such as clothing, furniture, and household items through the House to Home program. - Locations under "BASIC NEEDS" and under "WINS Community Resource Hubs"

COMMUNITY DEVELOPMENT

Trellis Society https://www.growwithtrellis.ca/ Community Connections Program	Would you like to be involved in your Greater Forest Lawn community? - Meet neighbours, plan fun events, volunteer, share ideas, improve your neighbourhood! We can support you! - Contact Ad Farshori; afarshori@growwithtrellis.ca or 403-390-7400.
City of Calgary (Social Work Program)	- Community social workers (CSWs) work with residents and other partners to promote leadership and volunteer opportunities, build individual skills, confidence and experience, and connect community members. Penbrooke Community: Ann Ross; Anna.Ross@calgary.ca ; 403-826-8855 Dover Community: Veronica Chirino; veronica.chirino@calgary.ca ; 587-225-7684

COUNSELING

Community Connect YYC www.communityconnectyyc.ca	- Connecting folks with affordable and barrier counseling. In-person, phone or video conference. First language and interpreters available. - Counseling for: addictions, adult, family, children, youth, immigrants, grief, domestic violence support, first language, sexual health, etc.
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COUNSELING (continued)

Eastside Community Mental Health Services (Wood's Homes) #100 2116 27 th Ave NE https://www.woodshomes.ca/eastside-community-mental-health-services/	- Offers immediate, no cost mental health support. - A place you can go to if you have troubles at home or if you need someone to talk to. Walk-In Times (Drop-In) - Tuesdays 11a.m. - 7p.m, Thursdays 11 a.m. - 6p.m., Saturdays 11a.m. - 5p.m.
ECMHS Crisis Counselling Team 403-299-9699	- Calgary families and youth are able to call one number to request crisis support and therapy in their preferred language. - Crisis counsellors and therapists at ECMHS speak: English, Arabic; Cantonese; Farsi; French; Hindi; Korean; Malayalam; Punjabi; Spanish; Tagalog; Urdu
Mustard Seed Marlborough Park and Ogden CIC #24, 6060 Memorial Dr NE 2385 74th Ave SE	- Free clinical counselling in person or online for adults (18yrs and up) available. - Call for more information or to book appointment at 587-393-4020 https://theseed.ca/community-impact-centres
Trellis Society https://www.growwithtrellis.ca/therapy	- For ages 4yrs old and up. - We offer therapy for everyone (individual, romantic partner, and family sessions). - Cost varies depending on the type of session, therapist designation, and personal life factors. Connect with us today to determine your session cost.

DOMESTIC & FAMILY VIOLENCE/SEXUAL ASSAULT SUPPORT

Calgary Communities Against Sexual Abuse (CCASA) https://calgarycasa.com/	- Provide support services to anyone who is impacted by sexual violence (sexual harassment, sexual abuse, sexual assault). - Support and Information Line: 403-237-5888
Child Abuse Hotline / Child Intervention Intake (24/7) Phone: 1-800-638-0715	24/7 hotline to report suspected child abuse, neglect, or concerns about a child's safety and well-being. IMPORTANT: In Alberta, anyone who has reasonable grounds to believe a child is being abused or neglected is required by law to report it.
Clares Law www.calgaryalberta.ca/clares-law	People who feel at risk of domestic violence have a way to get information (sexual violence, stalking or harassment, breaches of no contact orders etc.) about their partners so they can make informed choices about their safety and relationships.
Domestic Violence and Abuse Hotline 403-234-7233 (SAFE)	- Professionally trained counselors available 24 hours a day - Counseling, safety planning, intake for the shelters, support to leave abusive relationship, info and referrals, information and support to callers
FearIsNotLove https://fearisnotlove.ca/ 24/7 Helpline: 403-234-SAFE (7233)	Provides a 24/7 domestic violence helpline, emergency shelter, safety planning, counselling, children's programs, court support, and outreach for individuals and families experiencing abuse.
Escaping Abuse Benefit	- Emergency funding is available to help people who are escaping family violence or domestic violence. https://www.alberta.ca/family-violence-costs-leave
Home Front https://www.homefrontcalgary.com/ 403-206-2100	Support individuals and families affected by domestic violence through court support, risk assessment, safety planning, case management, and connections to community services.
Niitoyis Family Support Society (Emergency Shelter) https://www.niitoyis.com/ Crisis Line: (403) 531-1972 or (403) 531-1976	- Call the crisis line if your life is affected by abuse. - Practice a wholistic approach to wellbeing, using traditional Indigenous teachings of the Medicine Wheel to promote healing. 24hr crisis line, emergency accommodations, counseling and support, advocacy and referral, education in family violence & safety and pediatric wellness.
Sagesse Domestic Violence Prevention Society https://www.sagesse.org 403-234-7337	Provides free counselling, peer support, healthy relationship programs, and education for anyone impacted by domestic or family violence.

DOMESTIC & FAMILY VIOLENCE/SEXUAL ASSAULT SUPPORT

Ruth House Society https://www.ruthshouse.ca/ 587-352-9422 After hours Call/WhatsApp/Text or 587-352-9422	• Providing comprehensive support to individuals of African descent who are facing family crises and violence. • Women Shelter: Ruth's House Emergency shelter is a short stay emergency shelter for women and children fleeing family violence. • Mandela House: A safe space for Men of African descent who are facing domestic violence and family crisis. • Prevention Support: educational programs, workshops, conflict resolution etc. • Intervention Services: Crisis Counseling, safe shelter, legal advocacy etc. • Other Supports: Financial Assistance, Job Training, Mental Health Services.
YW Crisis Shelter https://www.ywcalgary.ca 403-266-4111	• Offers emergency shelter for women and children fleeing domestic violence, crisis intervention, safety planning, basic needs, and outreach support.

EMPLOYMENT

Employment Info/Bulletin	• https://www.alberta.ca/calgary-employment-services.aspx
Empower Calgary Lifemark Vocation Services	• Provide support to single mothers to secure employment and pursue education. • www.lifemarkvocational.ca/empower-calgary 866-454-9123
Momentum https://momentum.org/ 403-272-9323	• Start a business, learn to manage and save your money, or build skills towards a better job. • Trades Training, Tech Training, Match Savings, Income Tax support, Mirco Business Loans, Financial Literacy Training and much more!
Mustard Seed: Marlborough Park Community Impact Centre #24, 6060 Memorial Dr NE	• Can help employment coaching for resume writing, job search, and mock interview. • https://theseed.ca/cicmarlborough 1-833-448-4673
My Kibbi www.mykibbi.com	• Find local jobs in 60 different languages. • Find jobs wherever is convenient for you (e.g near home, daycare or English School) easily on map.
Prospect Human Services https://www.prospectnow.ca/	• Helps job seekers (adults, 50 +, youth, persons with disabilities) with everything from resources to skill upgrading to support finding a job. 403-273-2822
Trellis Society	Employment Services (individuals ages 13yrs and up) • https://www.growwithtrellis.ca/employment-services • Provide a wide variety of employment support including workshops, that focus on a variety of topics such as resume, cover letter, job search, interview prep, • https://www.instagram.com/trellisyouthemployment
WINS Community Supports hubs@winsyyc.ca 825-540-4717	• Employment Services: Retail Ready and Warehouse Ready. Need level 4 English. • Programming: Skill-building supports (e.g. financial management classes, workshops, digital literacy, English classes). • Locations under “BASIC NEEDS” and under “WINS Community Resource Hubs”
Youth Employment Centre https://www.calgary.ca/careers/youth-employment.html 315 10 th Ave S.E; 403-268-2490	• Provides free, in-person drop-in employment services. • We offer resume targeting, job search strategies, interview preparation, career planning, connections to employers who are hiring, and more.

ESL SUPPORT

GFL 55 + https://gfls.org/ Step by Step ENGLISH (program) 3425 – 26 th Ave SE	• Free classes for mature adults and newcomers 55 + • Practice speaking English in a relaxed and welcoming environment and learn useful words and phrases in everyday life (at the store, hospital, bank etc.) • Every Wednesday; 6pm-7pm; \$2 donation for coffee appreciated • To register: contact 403-272-4661; support@gfls.org
West Dover Patch 403-273-3984	ESL Class & Coffee and Conversation; every alternating Thursday from 1pm -2:30pm • At Emmanuel Community Church (3003 28th St. SE). • ESL Class: For English learners with the opportunity to meet other English learners. • Coffee & Conversation: Practice English and meet other learners.

ESL SUPPORT (continued)

Salvation Army Community Resource Centre (East Centre) #100, 5115 17 th Ave. SE 403-410-1160	Beginner English as a Second Language Classes for Seniors. - Register for our Step into English classes or participate in the drop-in ESL Cafe - Register: dana.joudi@salvationarmy.ca
Women's Centre of Calgary 39 4 Street NE (403-264-1155)	- English language workshops (Beginner and Intermediate) available once a week. https://www.womenscentrecalgary.org/

FAMILY/CHILDREN

Dover Community Association 3133 30 th Ave. SE	Mommy & Me (or Daddy) Playdates (free) - Come meet other parents in Dover. Make new friends, coffee, snacks, toys - Every Thursdays 10am-12pm.
Hope Mission Church 4869 Hubalta Road SE 403-474-3237	After school Programs (free) - For grades 1-4, 5-6 and 7-12. - Please call for more info.
Hull Services (Resilient Families)	https://hullservices.ca/services/resilient-families/ (8yrs-18yrs) - Offer short term intense support for families that are having difficulties parenting, and we just go in there to hopefully strengthen and build up connection within the family.
Niitoyis Family Support Society https://www.niitoyis.com/ 403-531-1972.	Provides Indigenous-led family wellness, parenting, youth, outreach, and violence prevention programs, along with cultural supports, healing, and referrals to community resources.
Trellis East Hub 6098 Penbrooke Dr. SE 403-543-9675 instagram.com/trellisyyeas/	Ready, Set, Go! Preschool (3yrs – 5yrs) - A play-based program to foster learning, creativity and growth in a safe and supportive environment. - Program runs Monday – Thursday 8:30pm-3:30pm & Friday 8:30am-11:30am - For children 3yrs-5yrs. For info or to register: 403-968-9600 Afterschool Program (6yrs -12yrs) FREE - Activities include crafts, outdoor play, fun games, sports etc.(Snacks provided!) For info or to register: 403-826-3131 or easthub@growwithtrellis.ca
WINS Community Resource Hubs hubs@winsyyc.ca 825-540-4717	- Monthly events and community engagement opportunities throughout the year. - Programming: children & youth support (e.g. afterschool snack program, Youth Coding Club, EmpowerU (art program), Early Learners) - Locations under “BASIC NEEDS” and under “WINS Community Resource Hubs”
Women's Centre of Calgary 39 – 4th Street NE 403-264-1155	Girls Programs - Build their self-esteem, confidence and belief in their own abilities. - For girls grades 4 -12 (school year, spring, summer) - Provides birthday gift for children (ages 0-17) and women can receive birthday gift for their children. https://www.womenscentrecalgary.org/connect-with-others/girls-programs/
YW Calgary https://www.ywcalgary.ca/	Early Talks (Parents and children 0-3yrs) earlytalks@ywcalgary.ca - Promoting child language skill development through early literacy. Mindful Moments Program (8yrs -12yrs) MindfulMoments@ywcalgary.ca - A free mindfulness program that runs once a week for eight weeks. - Some of the skills taught are, “Grow empathy and passion for others”, “learn to accept difficult emotions”, “improved conflict resolution skills” etc. Healthy Relationships Program (18yrs +) healthyrelationships@ywcalgary.ca - Discussion-based workshops designed to foster personal growth and meaningful connections. (exploring emotions, stress trauma, healthy communication etc.) YW Family Resource Network (FRN) (families, children, youth) supports families with young children and teens, offer parenting programs (Family Champions), In home support (Families Forward) and connect clients with other organizations. 1715 - 17 Avenue SE; familynetwork@ywcalgary.ca

FAMILY/CHILDREN (continued)

YMCA Tutoring Table Program	- Free tutoring services to vulnerable youth ages 14 to 21. - All high school students and upgrading students ages 14-21 years old in math or science courses are welcome to apply. https://www.ymcocalgary.org/tutoring-table-program
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FOOD SUPPORT

Abbeydale Christian Fellowship Church https://abbeydale.org/ 1352 Abbeydale Drive SE 403-273-6222	Community Cupboard - Program provides rescued food donated from suppliers or farmer markets. - For residents of Penbrooke, Abbeydale, Applewood. - Every second Tuesday 5pm-5:30pm. - Bring I.D to show proof of address. Also bring bags to carry food.
Al-Qaim Charity Foundation https://al-qaim.org/	Provides free food hampers to Calgarians in need and monthly meals to those facing homelessness. 403-999-4614
Awo Taan Healing Lodge https://www.awotaan.org/ 403- 531-1880 ext. 100	- Emergency Food Hampers available for Indigenous families. - Monday 9am-8pm, Tuesday to Saturday 9am-5pm
Calgary Food Bank 403-253-2055	- Provide 7 days' worth of food to those experiencing food insecurity. - Must request your hamper in advance by calling or filling in online form. https://www.calgaryfoodbank.com/needfood/
Calgary Community Food Map	www.tinyurl.com/covidfoodyyc
Dashmesh Culture Centre https://www.dashmesh.ca/ 135 Martindale Blvd. NE 403-590-0907	No Hungry Tummy Program - Essential foods for families and individuals. Provide free hot meals on the go. - Place order on site, inside the Dashmesh Culture Centre Complex, near the Gurdwara Sahib entrance.
Calgary Newcomers Guide https://calgarynewcomersguide.com/	Food Distribution (free) - At Marlborough Community Association (636 Marlborough Way NE) - Free food available, no registration for anyone. Please bring a shopping bag Dates: Every second Sunday (Sunday May 17th, May 31st.....etc.)
East Side Victory Outreach 1840 – 38 th St SE 403-273-1050	- Drop-ins: Tues, Wed and Thursdays from 12-2 pm; 403-273-1050 - Hot meals, emergency food hampers, showers, clothes, can do referrals. https://www.victoryoutreach.ca/
Feed it Forward 587-731-0905 feeditforwardyyc@gmail.com	- Food hampers are available to anyone who needs support - Contact by email, phone, or Facebook to request a hamper.
GFL Free Little Pantries	Free food items are available in outdoor pantries, or you can donate food. ➤ Dover PATCH (1839 - 34th St SE) ➤ Penbrooke Meadows Community Association (6100 - 8th Ave SE) ➤ Forest Heights Community Association (4909 Forego Ave SE) ➤ Forest Lawn - ATCO Veterans Village (908 - 36th St. SE)
Good Food Box Program https://www.ckpcalgary.ca/goodfoodbox	Purchase boxes of fresh fruits and vegetables at an affordable price. ➤ Small box: \$30; 15-20lbs of fruit and vegetables. ➤ Medium box: \$35; 25-30lbs of fruits and vegetables. ➤ Large box: \$40; 35-40lbs of fruits and vegetables. Locations: - The Alex Community Food Centre, Applewood Depot, Rise Calgary (Forest Lawn) - For more info and other city locations see website.
Hope Mission Church https://hopemission.com/locations/calgary/ 4869 Hubalta Road SE 403-474-3237	Food support available between Monday to Friday. All welcome! 8:30am-4:30pm: Free Lunch-to-go/coffee/water available all day 8:30am-9:30am: Free Hot Breakfast 11:30pm-12:30pm: Free Hot lunch 3:30pm-4:15pm: Free Hot Supper
Mustard Seed: Marlborough Park Community Impact Centre #24, 6060 Memorial Dr NE	- May be able to support with non-perishables (eg. Canned food, chips, dried goods etc.). Can come in as walk-in basis. Can provide bagged lunches. https://theseed.ca/cicmarlborough 1-833-448-4673

FOOD SUPPORT (continued)

Jewish Family Services Calgary (JFSC) https://www.jfsc.org/ 6131 6 th St. SE 403-287-3510	• Food and Basic Need Pantry: Perishable and non-perishable food items, personal hygiene products, pet food, for those in need. • For Clients: If you are a client of JFS and working on other goals than will provide once a month. • For Non-Clients: Can access food once a month and only a total of 6 times.
Meals on Wheels www.mealsonwheels.com 403-243-2834	• Program that provides affordable and nutritious meals. • Subsidy program for low income Calgarians.
Reaching Families https://reachingfamilies.ca	• Can provide 1 free food hamper twice a month. • Complete online application.
Robert McClure Church https://robertmcclurechurch.org/food-pantry 5510 26 th Ave NE	Community Food Pantry • Welcome to everyone but only one person per family line-up for food. • Open 12pm until 2pm. Please bring your own bags.
Salvation Army Community Resource Centre (East Centre) https://www.salvationarmycalgary.org/what-we-do/serving-families/ 100, 5115 17 th Ave. SE	Hope Market (Tuesdays and Thursdays; 3:30pm-7pm) • Folks in GFL can shop for the items they need and want at no cost. • Items can include fresh produce and other essentials like eggs, milk, and protein. • Call 403-410-1160 to register and see if you are eligible. • NOTE: proof of residence in GFL and income verification required.
Society of St. Vincent De Paul (SSVP) 403-663-0044 https://ssvpcalgary.ca/contact/	• May support with emergency food hampers and with other basic needs. • Contact information is based on your designated community.
The Alex Community Health Centre https://www.thealex.ca/	• Free breakfast every Tuesday at 9:30am-11:30am. • Free lunch every Thursday at 11am-1:00pm. • 403-266-2622; #102 2840 2nd Ave SE
Trellis East Hub (Penbrooke) 6098 Penbrooke Dr. SE 403-543-9675	Food Pantry • May include bread, non-perishable food (canned items), snacks etc. • Limit of 5 items per household. Please ring doorbell. M-F; 10am-2:30pm
Bag-Half-Full https://www.facebook.com/baghalffull/	• Free grocery shopping, prescription pickup and delivery of grocery orders due to health, medical reasons, seniors with disabilities etc. • Online request at https://baghalffullyyc.wixsite.com/bag-half-full/order-form • Or call 403-894-7441 or 403-830-9849 (please leave message).

HEALTH/MEDICAL

Assured Income for the Severely Handicapped (AISH)	• Financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living. https://www.alberta.ca/aish
Alberta Adult Health Benefit https://www.alberta.ca/alberta-adult-health-benefit	• Program covers health benefits for Albertans in low-income households who are pregnant or have high ongoing prescription drug needs (includes children who are 18 or 19 years old if they are living at home and attending high school). • Dental care, prescription drugs, eye exams, glasses, ambulance service, meds, etc.
Alberta Aids to Daily Living https://www.alberta.ca/alberta-aids-to-daily-living	• AADL helps Albertans with a long-term disability, chronic or terminal illness to pay for basic medical equipment and supplies.
Canadian Dental Care Program	• Free dental for low-income individuals/families. • See if you are eligible. https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html
Burn's Memorial Fund https://burnsfund.com/programs/childrens-fund/oral-health/	Oral Health Program • Provides financial aid to children (under 21yrs) in low-income situations that have urgent or significant dental issues.
Social Benefits Advocacy Program https://clg.ab.ca/index.php/social-benefits-advocacy-program/	• Support with Assured Income for the Severely Handicapped (AISH) Program, Alberta Disability Assistance Program (ADAP) and Income Support (Alberta Works). • For more details go to "Calgary Legal Guidance" under "BASIC NEEDS" section

HEALTH/MEDICAL (continued)

Canadian Red Cross Society 403-273-4426 https://www.redcross.ca/in-your-community/alberta/health-equipment-loans	Health Equipment Loan Program - Provides Canadians with short-term loans of health equipment on a donation basis. - Referrals need to come from medical professional.
Centre for Sexuality https://www.centreforsexuality.ca/	- Provides confidential counseling, information, and referrals to a variety of sexual health topics. - Pregnancy tests and counselling support, resources for parents, resources for folks in the LGBTQ2S+ communities. etc.
Find a doctor	www.albertafindadoctor.ca
GreenShield 1-888-348-5188 https://www.greenshield.ca/en-ca/cares/essential-medicines	- Program offers a no cost prescription drug plan to individuals up to \$1000 per 12 months from enrollment. Eligibility Requirements - Resident of Alberta, Aged 18yrs – 24yrs, Employed, Household Income below the program threshold and not enrolled in a private drug plan or provincial drug plan.
Mamas for Mamas https://www.mamasformamas.org/program/calgary-fill-the-gap-program 1715 27 Ave NE #1 825-509-3891	Calgary Fill the Gap Program - Support mamas, caregivers, and children who are living in poverty, navigating crisis or don't qualify for government dental coverage. - Tooth Express, a free mobile dental hygiene clinic, brings professional oral healthcare directly to the to the families we serve.
Primary Care Network (PCN)	- Health care professionals such as nurses, mental health therapists, social workers, dietitians, and more provide free health care to you and your family. - Provide free supportive services (nutrition, foot care, pain management, refugee health, women's health, and much more.) PCN (Mosaic) www.mosaicpcn.ca - Serves NE and SE Calgary. - Need a referral from a family doctor. Other PCN Locations https://albertafindadoctor.ca/pcn
The One Sight EssilorLuxottica Foundation www.lenscrafters.ca/onesight	- Provides free eye exams and glass for those in need. - You will need to be referred to one of the Lenscrafters locations from your agency worker. Note: some Lenscrafters only support with free glasses. Check different stores.
The Alex Community Health Centre https://www.thealex.ca/	- A full-service health clinic with doctors, nurses and a social team who are here for your well-being and to understand your needs. - Monday 9am-4pm. 403-266-2622. #102 2840 2nd Ave SE

HAIRCUTS FREE/AFFORDABLE

Canada School of Barbering Unit 120, 707 10 Ave SW https://barberschool.ca/free-cuts/	Free haircuts to general public. During all services, educators are present and monitoring our trainees. - Only accept walk-ins. Services are offered on a first-come, first-served basis based on student availability.
Delmar College 5915 1a St SW 403-264-8055	- Students under professional supervision provide hairstyling, barber services, colour services etc. High-quality services at affordable prices! - Haircut \$20, Children (12 & under) \$10, Braids \$15 etc. https://delmarcollege.com/salon-spa/calgary-salon-spa/#section-hairstyling
MC College https://www.mccollege.ca/calgary/salon-spa/ 1023 7 th Ave SW; 403-290-0051	- All services are offered by MC students under the supervision of our highly trained and experienced instructors - Cuts \$18 +, Children's Cut (age 12 & under) \$10+ etc.
Women's Centre of Calgary https://www.womenscentrecalgary.org/ 39 4 Street NE (403-264-1155)	5 free haircuts or manicure coupons every month. - To get coupon, visit the office in-person.

HOUSING/SHELTER

Calgary Housing Company 587-390-1200	- Provides access to safe and affordable housing to families and individuals. https://calgaryhousingcompany.org/
Emergency Financial Assistance 877-644-9992 (24/7)	- If you have an emergency need for food, clothing, medication, temporary shelter, or emergency basic dental needs, utility arrears, damage deposit, transportation..... https://www.alberta.ca/emergency-financial-assistance
Elizabeth House www.elizabethhousecalgary.ca 403-228-9724	A Transitional Home A safe place to live for up to 7 women and their babies at a time. Depending on needs and circumstances, women can stay throughout their pregnancy and until their child is approximately 2 years old or more.
Metis Urban Housing https://www.metishousing.ca/ 1-877-458-8684	- Provides affordable or subsidized housing. - Provides housing for seniors.
Residential Tenancy Dispute Resolution Services https://www.alberta.ca/resolving-tenancy-disputes	Offers landlords and tenants a method of resolving disputes under the jurisdiction of the Residential Tenancies Act and the Mobile Home Sites Tenancies Act without going to court.
Women's Centre of Calgary https://womenscentrecalgary.org/ 39 4 Street NE; 403-264-1155	Housing Support Program (jocelyn@womenscentrecalgary.org) Supports women and gender-diverse people experiencing housing insecurity or homeless. Drop-in: Mondays & Wednesdays 10am-4pm; Tuesday & Thursday 11:30am-6:30pm.
Treaty 7 Urban Indian Housing https://www.t7housing.com/	Provides adequate, affordable, rental accommodations for low to moderate income Indigenous families in urban centres.
SORCe https://sorcelcalgary.ca/	- Connects people experiencing homelessness, to programs and services that can help to address the barriers to stable housing. Walk in Hours: Monday-Friday: 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 4:00 p.m. - City Hall LRT Platform: #2 - 316 7 Ave SE (walk-in only; no phone)

IMMIGRANT SERVING AGENCIES/REFUGEE SERVICES/AYSLUM SEEKER SUPPORT

Action Dignity https://actiondignity.org/ 403-263-9900	We advocate for human rights and anti-racism. We work with individuals, families, community groups, organizations, service providers and policy makers. Train leaders (youth and adults) and support community-led initiatives/projects. Support the ethnocultural community.
Calgary Immigrant Women's Association (CIWA) 403-263-4414 https://ciwa-online.com/	Supports the needs of immigrant and refugee women, girls, and their families (regardless of arrival date)
Calgary Catholic Immigration Society (CCIS) https://ccisab.ca/ 403-262-2006	- CCIS provides services to all immigrants and refugees in Southern Alberta. - We can help with resettlement needs, ESL, and many kinds of employment and training requests, and offer many programs for newcomers.
Centre for Newcomers https://www.centrefornewcomers.ca/ 403-569-3325	- A resource for immigrants and refugees of all nationalities in Calgary. - We provide settlement, employment, life skills services as well as workshops, language support and more!
Gateway www.gatewayconnects.ca 403-265-1120	- New to Canada? Gateway makes it easier to connect to the right programs and services to reach your goals. - We speak 30 different languages!
HERConnect www.herconnects.ca 587-893-9355	- Provide free, confidential, culturally appropriate mental health services designed for African and Caribbean immigrant women, girls and their families - Support with food, housing, clothing and healthcare, advocacy, - Provide free mental health therapy and counseling by Afro-centric therapist – online or in-person - Provide mental health info and workshops.
Immigrant Outreach Society https://www.immigrantoutreachsociety.ca 403-300-1440	Supports newcomers with settlement services, referrals, housing and employment assistance, language support, community connections, and programs that help individuals and families successfully settle in Canada.

IMMIGRANT SERVING AGENCIES/REFUGEE SERVICES/ASYLUM SEEKER SUPPORT (continued)

Immigrant Services Calgary https://www.immigrantservicescalgary.ca/ 403-265-1120	- Free services in over 70 languages to support immigrants and refugees who are new to Calgary. - English testing, newcomer planning sessions, employment supports, interpretation and translation, as well as programs for expectant mothers, children, youth and seniors.
SAFE Together https://safe-together.org/en 437-220-7594	- Give full, culturally respectful support to Asylum Seekers of African descent (African, Black & Caribbean) so they can understand the asylum process and build safe, stable, and fulfilling lives in their new country. - Support with Legal Guidance/Assistance, Housing Support, Mental Health Support, Food Security and Nutrition, Financial Empowerment, Community Services
The Immigrant Education Society (TIES) https://www.immigrant-education.ca/ 1723 40 Street SE; 403-235-3666	Provides Calgary immigrants and economically disadvantaged individuals with support to settle in Canada. TIES provides language education, employment training and placement, and integration services to newcomers.
Trellis Society www.growwithtrellis.ca Biftu at 403-471-2219 Sibgha at 390-3323	Trellis Settlement Specialists - Assist young newcomers with government support, employment, help you with what you need to make life better, learn about life in Canada, etc. - They can meet you in the community, at your home, coffee shop or at our office.

INDIGENOUS

Niitoyis Family Support Society https://www.niitoyis.com/ (403) 531-1970 ext 200	Provides Indigenous-led family wellness, parenting, youth, outreach, and violence prevention programs, Justice support, Indigenous Support, along with cultural supports, healing, and referrals to community resources.
Native Network Parent Link Centre 19 Erinwoods Drive SE 403-240-4642	Family support services such as nutrition programs, parenting, baby needs, clothing donations, provisions and we help ensure your children are developing appropriately
Otipemisiwak Métis Government https://albertametis.com/ 1-800-252-7554	Provides programs and services for Métis citizens, including housing, education, employment, health, justice and victim support, youth and seniors programs, cultural connections, and community resources.

LEGAL GUIDANCE (LAWYER/CITY FINES)

Calgary Legal Guidance (CLG) www.clg.ab.ca 403-234-9266.	- Provides free legal information and advice to low-income people who cannot afford a lawyer and don't qualify for legal aid. - Support for Family Law, Elder Law, Homeless Outreach Program, Immigration Law Team, Social Benefits Advocacy Program, Indigenous Law Program, ID Clinic Program Pre-Apprehension Child Welfare Program, Survivors of Sexual Assault...
Calgary Community Courts (CCC) (Bylaw tickets/fines)	- Support with bylaw tickets/fines related to transit, street parking, home, animal, water, public behaviour or business. - For questions: communitycourt@clg.ab.ca or call/text 403-771-2098
Women's Centre of Calgary 39 – 4th Street NE (403) 264-1155 https://www.womenscentrecalgary.org/get-assistance/legal-financial-assistance/	Legal Advice Clinics - Free, provided by volunteer lawyers, offer appointments for in-person or over-the-phone, one-to-one basis, half-hour advice sessions. - Provide advice on family issues, civil cases, immigration, criminal, other issues

MENTAL HEALTH SUPPORT

Distress Centre https://distresscentre.com/	24/7 Crisis support by phone or text. 403-266-HELP (4357) - Crisis Counseling available also available in person by calling or booking on website.
Elements Calgary Mental Health Centres 403-266-8711 https://elementscmhc.ca/	Decluttering Program: Support folks who are overwhelmed with too much stuff in their home. Other programs include Art Program, Best of Me, Get Connected, Creative Arts, Support Groups, Initiatives and Support & Recreation Services.
Hope for Wellness Help Line https://www.hopeforwellness.ca/ 1-855-242-3310	- Support to all Indigenous people. 24hrs/day, 7 days a week. - If you want to talk, are distressed, may have been triggered by painful memories.

MENTAL HEALTH SUPPORT (continued)

Hull Services https://hullservices.ca/services/mental-health-and-addictions-navigator/	Mental Health and Addiction Systems Navigator A free, confidential service that helps youth, caregivers, and professionals find and access mental health and addiction supports in their community
Canadian Mental Health Association https://cmha.calgary.ab.ca/	Education and support for individuals/families living with a mental health or substance use concern. Community Navigator - One on one free support (phone or in person) to individuals and loved one seeking help for mental health or substance use concerns. - Connect with Alex (she/her) at https://cmha.calgary.ab.ca/find-support/ Welcome Centre https://recoverycollegecalgary.ca/welcome-centre/ - A safe place for recreation, coffee, food, can speak to a peer support worker at anytime. Encourage you to register online but not required. Open M-F, 1pm-4pm Peer Support - Connect with someone with lived experience with mental health or substance use challenges. Can be on phone, in person or at our physical location. peer@cmha.calgary.ab.ca or call 403- 297-1402 Recover College Calendar - Short-term courses and discussion groups to support participants with mental health concerns (including substance use). - A Calendar for a list of free courses https://recoverycollegecalgary.ca/events/
The Summit 1015 - 17 Street NW 587-534-7200	Walk-in mental health services for anyone under 18yrs of age and their family who would like to speak to a counselor. No referral required. - Monday to Friday (9am-9pm) and Weekends (9am-5pm) https://www.albertahealthservices.ca/summit/summit.aspx

MONEY (BUDGETING/INCOME TAX)

Credit Counseling Society https://www.nomoredebts.org Suite 115, 1925 18 th Ave. NE 1-888-527-8999	Free non-judgmental credit counseling. - Can help you get your finances on track. - Bankruptcy help, dealing with Debt collection, debt consolidation, financial workshops, monthly budget planning, stop collection calls from creditors etc.
Financial Relief Navigator	- This tool helps you find out all the benefits you could get. https://financialreliefnav.prospercanada.org/en
Income Tax Support	Dover Patch: 403-273-3984; https://hullservices.ca/services/patch/ Rise Calgary: 403-204-8280; https://www.risecalgary.ca/taxes-and-benefits Salvation Army: 403-220-0432 https://www.salvationarmycalgary.org/what-we-do/serving-families/ Momentum: https://momentum.org/posts/help-community-yourself-filing-taxes
Momentum https://momentum.org/ 403-272-9323	Money Management Workshops, Match Savings for Adults, Match Savings for Youth, Tax Filing and Benefits Navigation, Financial Coaching, Money Matters, Tax Time Savings.
My Money Coach https://www.mymoneycoach.ca/	- MyMoneyCoach is a free public service provided by Credit Counselling Society. - Free online resources on how to save money and make smart financial choices.
Rise Calgary (Forest Lawn) https://www.risecalgary.ca/ 587-707-8936	- Call about free income tax filing, confidential financial coaching, money management, matched savings program and much more! 3303 17th Ave. SE

PERSONS WITH DISABILITIES

Alberta Aids to Daily Living Call 311 first and then put in 780-427-0731	- Program helps folks with long-term disabilities, chronic illness or terminal illness to pay for medical equipment and supplies. https://www.alberta.ca/alberta-aids-to-daily-living
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PERSONS WITH DISABILITIES (continued)

Calgary Transit Access (CTA)	- A shared ride, door-to-door public transportation service for Calgarians who are unable to use Calgary Transit's buses and CTrains due to their disability. https://www.calgarytransit.com/calgary-transit-access/eligibility-and-how-to-apply.html
Disability Tax Credit (DTC)	A non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of income tax they may have to pay.
Open Door Group https://www.opendoorgroup.org/ 1-866-377-3670	WorkABILITY Program in Calgary Help people with disabilities in Calgary gain the skills and support they need to find and keep meaningful work. Disabilities may be physical, sensory, cognitive, neurological, a mental health condition, or a combination of the above.

PETS

City of Calgary Animal Services	A No cost Spay/Neuter Assistance Program for low-income. See "Fair Entry" under "BASIC NEEDS"
Task Force Animal Hospital www.cataskforce.org	Provide affordable veterinary care to disadvantaged pet owners and their companion animals. You can apply online.
Calgary Humane Society https://www.calgaryhumane.ca/ 4455 110 Ave SE 403-205-4455	- If you are a pet owner and need help, we can provide resources. - Lost and found animals, animal adoption, pet food support, Seniors Program, Wellness clinic, Emergency Boarding, Pet Safe keeping, Pet Behaviour Help, Cremation support and much more!
Parachute for Pets https://www.parachutesforpets.com/need-help/ 403-712-0172	- Helping low-income folks improve their pet's health and wellbeing. - Programs: Pet foodbank, vaccine and wellness clinic, grooming assistance, emergency pet packs.

RECREATION

City of Calgary www.calgary.ca/free	Summer Activities (FREE) for children, youth, families These safe, supervised programs are great for making new friends and learning new activities. Outdoor programs and events are weather dependent.
City of Calgary Park n' Play https://www.calgary.ca/parks-rec-programs/park-n-play-stay-n-play.html	City of Calgary Park n' Play (FREE) for 6-12yrs - A drop off program for children where play, learning, and new friends come together in a supervised setting. - Guardians are required to fill out a form for the participant at each location.
Fair Entry (application)	https://www.calgary.ca/social-services/low-income/fair-entry-subsidy.html - See "FAIR ENTRY" under "BASIC NEEDS" for more details.
Kids Sport https://kidsportcanada.ca/	- KidSport supports children who need financial assistance with sport registration fees and equipment costs. - Provides grants of up to \$500 per eligible child, per year (January 1st - December 31st) towards sport registration fees.
My First Bicycle https://myfirstbicycle.ca/our-program	- Applications open January 1, 2027 - For children 6yrs-16yrs and for low-income household.
Mighty 70th Explorers https://bpsa-ab.ca/about/ 3003 28 th St. SE	- Outdoor programming, arts and crafts, fishing, skiing, camping etc. - For 8yrs -10yrs boys and girls scouts. \$75 registration for year. - For more info/register contact mighty70th@yahoo.com or call 403-397-4851.
Sports Hub https://www.calgary.ca/parks-rec-programs/sport-hub.html	Free or Low-cost Gives Calgary kids and teens a chance to try sports through school and community programs. Community lessons are free or low-cost. Kids can learn new sports, make friends, and have fun with trained coaches. All equipment is provided.
UMOJA COMMUNITY MOSAIC www.umojamosaic.org	- Serving Newcomers and Families - Free Sports (soccer, basketball), music, art, youth leadership, TRIVE afterschool and learning programs. Everyone belongs here!
YYC KIDS RIDE (bikes)	- Donate or pick up a bike! - Contact "YYC KIDS RIDE" Facebook page or email at Info@YEScentres.com

RENT/DAMAGE DEPOSIT SUPPORT

CUPS www.cupscalgary.com 1001 10 th Ave. SW 403-221-8780	Basic Needs Fund - May be able to support folks involved in CUPS programming. - For more info, go to section “BASIC NEEDS” and then “CUPS”
Emergency Financial Assistance https://www.alberta.ca/emergency-financial-assistance 1-866-644-5135 (24/7)	If you have an emergency need for food, medication, temporary shelter, or emergency basic dental needs.
Empower Me https://www.empowerme.ca/ 403-536-4006	Supports to understand energy bills and choices, save energy and money.
Rise Calgary (Forest Lawn) https://www.risecalgary.ca/ 3303 – 17 th Ave SE; 403-204-8280	Basic Need Fund. https://www.risecalgary.ca/basic-needs-fund May help with rent rears, eviction notices, utility arrears, utility disconnection, damage deposit or first month's rent, unforeseen medical expenses.
Trellis Society	Homestay Family Prevention and Diversion - For families with minor children or dependents living at home who are at imminent risk of homelessness (rental arrears, damage deposit, etc.) https://www.growwithtrellis.ca/families/housing-support/home-stay - Or call 403-219-3477 (option 1 in menu)
Utility Consumer Advocate https://ucahelps.alberta.ca/ 403-310-4822	If you need assistance resolving an issue with your utility company or have questions about your electricity and natural gas choices, we can help.

SENIORS

Elder Abuse Resource Team https://corealberta.ca/featured-programs-and-initiatives/calgary-elder-abuse-response-team 403-705-3250	- Respond to and investigate suspected cases of elder abuse - Provide support and guidance to abuse victims and their families - Assist other service providers working with abuse victims and provide information about elder abuse to professionals and organizations who work with older adults.
Greater Forest Lawn 55+ Society https://gfls.org/ 403-272-4661 (x 108)	- Provides informational programs, services and outreach (recreational, social activities and programs for seniors, computer classes, bingo, tax support, etc.) - Meal options for \$5, including soups and stews, healthy meals and desserts, with free contactless delivery. Gluten-free options are available.
Jewish Family Services (JFS) https://www.ifsc.org/ 6131 6 th St. SE 403-287-3510	City Links: Senior Services Home Maintenance (Housekeeping Program): offers housekeeping services to low-income Seniors in Calgary who qualify through Fair Entry. Family Visitor Program: Friendly Visitor volunteers connect and communicate with seniors who provide support.
Kerby Centre (55+) https://unisonalberta.com/ 403-234-6571 or 403-705-3222	- Support generations 50+ to maintain a healthy lifestyle with healthy food, physical activity, courses and classes, and access to trusted information resources. Thrive Program: Grocery and prescriptions pick up at Co-op, and delivery.
Special Needs Assistance https://www.alberta.ca/seniors-special-needs-assistance	Seniors with low-income can get financial assistance to help afford the cost of appliances and specific health and personal supports. (eg. Prescription costs, clothing, home cleanup, housekeeping and maintenance, wigs, utility disconnections, appliances and much more)
The Mustard Seed Health and Wellness Centre https://theseed.ca/health 1010 Centre St S 587-393-4020	Foot Care A registered nurse provides hygienic care (clipping toenails and general footcare) for senior clients who are struggling with issues around their feet.
The Way In Network 403-736-4677 https://caryacalgary.ca/program/the-way-in-network/	Information, referrals, assistance with forms, group activities, advice, and help accessing programs and benefits.
Unison Elder Abuse Shelter 403-705-3250	- Serves seniors through safe accommodation, elder abuse intervention and prevention, community education and case management supports. https://unisonalberta.com/services/calgary/elder-abuse/

SERVICE CANADA CENTRE (government programs/benefits)

Calgary Crossing Service Canada Centre	- Support with Canada Apprenticeship grants, social number application, passport services, employment insurance, Canada Pension Plan, etc. - NE Location: 5401 Temple Drive, Suite 116; M-F 8:30am-4:30pm Other locations: https://offices.service.canada.ca/en/OfficesInProvince/AB
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SOCIAL MEDIA

Forest Lawn Neighbours (Facebook group)	Folks from the Forest Lawn area of Calgary, Canada, that wish to communicate with each other. No Bias. Leave your politics at the door.
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TECHNOLOGY - INTERNET/PHONE/LAPTOPS

Electronic Recycling Association https://www.era.ca/locations-ca/electronic-recycling-calgary/	- Can provide Budget laptops (\$80) - Or 2 Free laptops per household (based on proof of income) https://www.era.ca/lending-a-lifeline-by-lending-laptops/ - You may also be able to volunteer/work for them to earn a laptop.
Fair Entry (application)	Provides access to low-cost telecommunication services that are offered by Rogers Communications (may include high-speed internet, TV bundles, or wireless services) https://www.calgary.ca/social-services/low-income/fair-entry-subsidy.html
Making Changes Association https://www.makingchangesassociation.ca 6516 1A Street SW 403-262-5776	Basic Digital Skills for Women - learn how to use computers and technology to reach your goals. - Learn how to use technology safely , using technology to communicate with friends, family, doctors, teachers, using the internet to search for information , accessing community resources , solving simple technology and computer problems https://www.makingchangesassociation.ca/basic-digital-skills
Rogers	Connected for Success - Offer affordable low-cost plans for folks on fixed income. - Change the province to “AB” on the navigation menu on top right of webpage. https://www.rogers.com/connected-for-success/eligibility-and-application
Telus	Connecting for Good Programs - Offer low-cost affordable plans for folks on fixed income, youth aging out of care, people with disabilities, etc. https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs
Calgary Transit Access (CTA)	- A shared ride, door-to-door public transportation service for Calgarians who are unable to use Calgary Transit’s buses and CTrains due to their disability. https://www.calgarytransit.com/calgary-transit-access/eligibility-and-how-to-apply.html

YOUTH PRORAMS

Calgary Newcomer Guide At Marlborough Community Association 636 Marlborough Way NE	Weekend Hangout (14yrs – 18yrs) - Every Saturday (11:30am-1:30pm) and every Sunday (1:30pm-3:30pm) - Provide newcomer and diverse teens with a safe community space. - Board games, activities, volunteer, practice English, much more!
Trellis Society www.growwithtrellis.ca	Penbrooke Youth Hangout (FREE); 13yrs -24yrs. - Penbrooke East Hub (6098 Penbrooke Dr. SE) - A safe place for youth to hang out. Bake, games, chill, video games, etc. - Drop-in: Tuesday and Friday from 6pm to 8pm. - Register/info: youthprograms@growwithtrellis.ca

YOUTH PRORAMS (continued)

Trellis Society www.growwithtrellis.ca	The Iiyika’kimaat Program (FREE); For Indigenous Youth 12yrs – 21yrs • Pineridge Club (6012 Rundlehorn Dr. NE); iyyikakimaat@growwithtrellis.ca • Dates: Monday, Tuesday, Thursday, Friday 4pm-8pm • Provides hands-on cultural experiences, elder involvement, health and wellness activities, traditional arts programs, snacks, and youth mentorship (eg. movie night, Christmas Beading, Baking, ribbon skirt making etc.) • https://www.instagram.com/iyyikakimaatyouthgroup/?hl=en Planet Youth Gathering (FREE) 13yrs + https://www.instagram.com/planetyouthcalgary/ • Penbrooke East Hub (6098 Penbrooke Dr. SE) • Meetings are the last Thursday of every month (6pm-7:30pm) • Planet Youth brings youth, residents, and organizations together each month in Greater Forest Lawn to support youth well-being. • Free dinner is provided for all attendees, and youth receive gift cards for attending. • To register/info contact Surafiel at skibreab@growwithtrellis.ca
Women’s Centre of Calgary https://womenscentrecalgary.org/ 39 4 Street NE; 403-264-1155	• The Girls Programs provide safe spaces for girls and gender-diverse youth to learn about and share their knowledge of leadership, activism, and community building. • Girl Power: Grades (4 -6), (7 -9), (10-12) • To register and for any question, contact youth@womenscentrecalgary.org

WHO CAN I CALL IF I AM NOT BEING HEARD?

City of Calgary Councillor	• Calgary City Councillors represent residents on Calgary City Council by advocating for the community and making decisions on municipal policies, budgets, and services. • Calgary Ward 9 Councillor: Harrison Clark; https://www.calgary.ca/council/ward-9 • Find your Councillor: https://www.calgary.ca/council/councillors-and-wards.html
Member of the Legislative Assembly (MLA)	• The MLA can help out in cases when the AB Government (Alberta Works, WCB, Labour Standards etc.) department is not performing well. • Calgary-East MLA: Peter Singh; 587-496-2052 • Find your MLA: https://streetkey.elections.ab.ca/
MP (Members of Parliament)	• Call if you have questions or concerns around Immigration, EI and CPP. • Calgary East MP: Jasraj Halla; Jasraj.hallan@parl.gc.ca • Find your MP: https://www.ourcommons.ca/members/en

For any program updates, omissions, corrections, additions, or to receive e-copy of this resource list, please email afarshori@growwithtrellis.ca