

GREATER FOREST LAWN COVID RESOURCES



IMPORTANT NUMBERS

Call 211 Open 24hrs	<ul style="list-style-type: none"> Provide information and phone numbers to agencies that help residents with housing, food, counseling etc. (language translation available)
Call 311 Open 24hrs	<ul style="list-style-type: none"> Provide information about City of Calgary services and information (eg. recreation information, bylaws, parks information, power outage, report potholes etc.) language translation available

EMPLOYMENT SUPPORT

Employment Help Line (Momentum) 403-204-6194	<ul style="list-style-type: none"> If you have lost your job due to the economy or COVID-19.
Employment Information and Bulletin	<ul style="list-style-type: none"> Employment Directory Upcoming career fairs/events and resources for job seekers https://www.alberta.ca/calgary-employment-services.aspx
Mustard Seed Employment 403-463-1963	<ul style="list-style-type: none"> Support to those experiencing poverty, homelessness, and/or any barriers to employment Help clients find employment
Prospect Human Services 403-273-2822	<ul style="list-style-type: none"> Help everyone and anyone around employment

FOOD

Awo Taan Healing Lodge Society 403- 531-1880 ext. 100	<ul style="list-style-type: none"> Emergency Food Hamper available for families; free delivery daily. Call Monday-Thursday 9am- 8:30pm and Friday to Sunday 9am-5pm.
Brown Bagging	<ul style="list-style-type: none"> Visit foodfinderycc.com or text FOOD to 587-318-0232 for free food locations Visit bb4ck.org/help or call 403-264-7979 to request grocery card
Calgary Food Bank 403-253-2055	<ul style="list-style-type: none"> Emergency food hampers. You must call first to book an appointment time for pick up. Eastside Victory Outreach Church is a local Food Bank Depot.
Calgary COVID-19 Community Food Map	<ul style="list-style-type: none"> www.tinyurl.com/covidfoodycc
East Side Victory Outreach 403-273-1050	<ul style="list-style-type: none"> Food hampers. Call for pick up or free delivery.
Forest Lawn Salvation Army 403- 220-0432	<ul style="list-style-type: none"> Food hampers. Call to order your hamper Pick up available Monday to Friday 9am-5pm.
Fresh Routes 587-779-5009 https://freshroutes.ca/#	<ul style="list-style-type: none"> Mobile grocery store sells low cost healthy food (fruit and vegetables) Free fresh food basket delivery available to people in isolation (due to age, a pre-existing medical condition, are Covid-19 positive, or have symptoms).
GFL Free Little Pantries	<ul style="list-style-type: none"> Free food items available in pantries. Food can also be donated for other residents in need. West Dover PATCH (3203 31A Ave SE) Penbrooke Meadows Community Association (6100 8 Ave SE) Forest Heights Community Association (4909 Forego Ave SE) Forest Lawn – Eastside Victory Outreach Church (1840 38th St. SE) Forest Lawn - ATCO Veterans Village (908 36th St. SE)

FOOD (CONTINUED)

Halal Food Bank 403-466-6367	<ul style="list-style-type: none"> • Food support organized by the Muslim Family Network.
Meals on Wheels 403-243-2834	<ul style="list-style-type: none"> • Meal program. Provides doorstep, non-contact delivery during COVID-19. • Subsidy program for low income Calgarians.
Sunrise Community Link 3303 17 Ave SE)	<ul style="list-style-type: none"> • Drop-in free bread program Mon and Wed 10am-1pm
Salvation Army 1826 - 36 Street SE	<ul style="list-style-type: none"> • Curbside pickup free bread program Mon - Fri, from 9am-12pm and 1-5pm
The Alex Community Food Centre 403-455-5792 (4920 17 th Ave. SE)	<p>Every other WEDNESDAY: Outdoor Market and Community Fair (3pm-5pm)</p> <ul style="list-style-type: none"> • Pick up a free take-home meal! • Fresh Routes Mobile Grocery Store will be at The Alex CFC offering discounted fresh food baskets, while maintaining safe distancing • Visit the Alex's dental/health bus and learn about GFL resources <p>FRIDAYS: Meals to Go (10am-12pm)</p> <ul style="list-style-type: none"> • Pick up a delicious, nutritious frozen meal and salad kit for you and your family
YCC (Youth Centres of Calgary)	<ul style="list-style-type: none"> • After school food support: 3:00 to 4:30 approximately. <ul style="list-style-type: none"> ○ Forest Lawn – Community Assoc. 4020 - 26 Ave SE - every Friday ○ Radisson - Rainbow Park by 44 Radcliffe Cres SE - every Tuesday ○ Abbeydale – Abergale Close SE - every Thursday ○ Applewood - Applewood Lane SE - every Thursday ○ Pineridge – 5919 24 Ave NE - every Tuesday • Forest Lawn – Trellis Forest Lawn Club, 4501 – 16 Ave SE, Thursdays 11-12

GROCERY DELIVERY

Bag-Half-Full	<ul style="list-style-type: none"> • Free grocery service for folks that are unable to leave home due to health or medical reasons, seniors or have disabilities • Free pickup and delivery of online grocery orders and prescriptions • Free grocery shopping and delivery • Fill out online request at baghalffull.com/Calgary • Or call 587-982-3804 or 403-660-8266 if you are unable to request online
Eleven-Eleven Project adam@freshstartrecovery.ca 587-999-6616	<ul style="list-style-type: none"> • Free grocery shopping and delivery for people who are unable to leave home due to health or medical reasons, seniors or have disabilities, COVID isolating and quarantine.
Men in Kilts calgary@meninkilts.com	<ul style="list-style-type: none"> • Free for older adults when there are no other options; no phone requests; delays in response due to high volume
Search "YYC Covid-19 Volunteers"	<ul style="list-style-type: none"> • Volunteers through Facebook
Grocery Link https://thegrocerylink.com	<ul style="list-style-type: none"> • Pick up and deliver for a cost when you order online

INDIGENOUS RESOURCES

Indigenous COVID-19 Tax Force	<ul style="list-style-type: none"> • Community support available M-F, 9-4pm • Food hampers, filling out forms, referrals for mental and/or addiction support and Elder supports
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KIDS

Kids Up Front http://kidsupfront.com/kidsathome	<ul style="list-style-type: none">• Free stuff for kids online (concerts, music lessons, science, sports, tons of online courses)
TRELLIS (formerly Boys and Girls Clubs of Calgary)	After School Programs (grades 1-6) <ul style="list-style-type: none">• Now till Dec. 18, \$250 (subsidy is available)• Club hours: Mon-Thurs 3:00-6:00, Fridays 12:00-6:00• Penbrooke Club, 6098 Penbrooke Dr. SE• Forest Lawn Club, 4105 16 Ave. SE
City of Calgary	Community Nature Adventure Playground, all ages <ul style="list-style-type: none">• every Saturday Sept to Nov., drop-in 11am-3pm, location varies:

LANGUAGE

Women in Need 403-225-5102 (ext.226)	<ul style="list-style-type: none">• ESL classes every Friday at Women in Need Store
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MONEY

Alberta Emergency Financial Response 1-877-644-9992	<ul style="list-style-type: none">• If you are facing an unexpected emergency, you can apply to cover costs for food, clothing, childcare, transportation, damage deposit and more.
Income Tax Support	Organizations offering tax clinics: <ul style="list-style-type: none">• Sunrise Community Link Resource Centre: 587-583-6254• Kerby Centre: 403-705-3219 (appointment only; in person)• Salvation Army: 403-220-0432 (till October)

MONEY MANAGEMENT

Financial Coaching Trellis 403-612-5079	<ul style="list-style-type: none">• Free confidential one-on-one support in-person or phone (30min-1hr in length)• Review your income and expenses, save on day-to-day transactions (groceries, bank fees, technology etc.), plan for future expenses, build an emergency fund, review benefits, improve your credit etc.
Financial Relief Navigator	<ul style="list-style-type: none">• This tool helps you find out all the benefits you could get and the benefits you could get during COVID-19• https://financialreliefnav.prospercanada.org/en
Money Management Help Line (Momentum) 403-204-2657	<ul style="list-style-type: none">• To help you with your money
Money Mentors 1-888-294-0076	<ul style="list-style-type: none">• Support with debt help, credit counseling, money coaching or financial education

PARENT SUPPORT

GFL Parent Support Network www.support4parents.org	<ul style="list-style-type: none">• Local resources and programs for residents• Connect with other parents if you would like.
Families Matter, Family Resource Network 403-205-5178	<ul style="list-style-type: none">• Programs and services for expectant parents, families with children newborn to 17 years.• Improve child and youth development and support for parents
Awo Taan Family Resource Network (403) 531-1880	<ul style="list-style-type: none">• Awo Taan FRN community services are guided by Native traditional teachings

SENIORS (see "Food" section too)

Elder Abuse Resource Line: 403-705-3250	<ul style="list-style-type: none"> Confidential information and support. Or to report a suspected case of elder abuse.
Greater Forest Lawn 55+ Society: 403-272-4661	<ul style="list-style-type: none"> Meal program for seniors and families. Call to purchase single serve, homemade meals for \$5. Free delivery available. Cash, cheque, e-transfer (jenna@gfls.org) accepted.
Senior Connect 403-266-4357	<ul style="list-style-type: none"> Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
The Way In 403-736-4677	<ul style="list-style-type: none"> Information, advice, and help accessing programs and benefits for older adults.
The Kerby Centre – Thrive 403-234-6571	<ul style="list-style-type: none"> Grocery pick up, delivery and medications pick up.

ORGANIZATIONS WHO CAN SUPPORT WITH BASIC NEEDS

- * Some organization may not be open due to COVID-19 but will still support over the phone
- * Some programs may not be available due to COVID-19

Dover Patch 3203 31A Ave SE 403-273-3984	<ul style="list-style-type: none"> Support with employment, education, financial, parenting, referrals Support residents in Dover, Forest Lawn, Erinwoods
The Mustard Seed Neighbour Centre #24 6060 Memorial Dr NE 403-269-1319, (press 0)	<ul style="list-style-type: none"> Food Bank referrals, AISH, Alberta Work applications, bus tickets, computer use Counselling individuals, families, youth; employment support, community activities
Native Network Family Resource Centre 19 Erin Woods Drive SE 403-240-4642 ext 303	<ul style="list-style-type: none"> For Indigenous and Metis individuals and families in Greater Forest Lawn Basic needs referrals, job assistance, and advocacy help and more
Sunrise Community Link (3303 17 Ave SE) 403-204-8280	<ul style="list-style-type: none"> Support with basic needs, referrals, free income tax filing. Prefer you to call for referrals. Drop in hours Mon, Wed, Fri from 10am-1pm
Salvation Army (1826 - 36 Street SE) 403-220-0432	<ul style="list-style-type: none"> Support with basic needs, referrals, infant essentials, free income tax filing Call for referrals and to book an appointment.
WINS Resource Centre	<ul style="list-style-type: none"> For referrals and service at 2 locations: <p>Dover Location</p> <ul style="list-style-type: none"> Tuesdays, Thursdays and Fridays 8:30am – 5:00pm Please call to book appointment at 403-255-5102 ext. 226 <p>Erinwoods location (Calgary Housing Complex)</p> <ul style="list-style-type: none"> Tuesdays from 9:00a.m. to 4:30 p.m. Please call to book appointment at 403-235-4567