

Community Resources

24-hour Help For Everyone

Health Link Alberta	403-943-LINK (5465) or 1-866-408-5465
<i>Link to health information, nurse advice and how to find a doctor in Calgary.</i>	
Child Abuse Hotline	403-297-2995
Children's Cottage/Crisis Nursery	403-233-2273
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Community Connection	211
<i>Connections to community, social and government services information.</i>	
Community Resource Team	403-299-9699
Distress Centre	403-266-1605
Kid's Help Phone	1-800-668-6868
Men Feeling Violent	403-266-HELP (4357)
Parent Help Line	1-888-603-9100
Police, Fire or Ambulance	911
Request For Police Service	403-266-1234
Sexual Assault	403-237-5888
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Shelters For Women

Awo Taan Healing Lodge (24 hours)	403-531-1972
Calgary Women's Emergency Shelter (24 hours)	403-234-SAFE (7233) or 403-232-8717
Sheriff King Home	403-266-0707
Discovery House Family Violence Prevention	403-676-0467
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Pregnancy

Best Beginning Program, Alberta Health Services, Calgary Zone	403-228-8221
<i>A program for pregnant teens and pregnant women living on a low income.</i>	
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Perinatal Education (Prenatal Classes), Alberta Health Services, Calgary Zone	403-781-1450 www.birthandbabies.com
<i>Education and preparation for pregnancy, labor and birth, and parenting in the first year.</i>	
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Baby Care And Feeding

Alberta Health Link	403-943-LINK (5465)
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Community Health Centres, Public Health Nurses 403-943-LINK (5465)
Call this number for referral to the Community Health Centre nearest you.

Early Start, Calgary Health Region 403-244-8351
24-hour telephone support for families with babies younger than 2 months of age.

La Leche League 403-242-0277
Telephone advice and groups for breastfeeding mothers.

Physician Clinics

Foothills Breastfeeding Clinic 403-266-2622

Lakeview Breastfeeding Clinic 403-246-7076

Birth Control / Sexually Transmitted Infections

Family Planning Clinics, Calgary Health Region

Teen women and men, and people of all ages who need special help are welcome. Confidential services include birth control information and low cost supplies, emergency birth control, pregnancy testing and counseling, sexually transmitted infection testing and treatment, and HIV testing.

Downtown 403-955-6500
Sheldon Chumir Health Centre, 5th Floor, 1213 – 4th Street S.W.

Sexual and Reproductive Health Program (Telephone Information) 403-955-6516

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

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

Other Sources Of Information

Sexually Transmitted Disease Clinic 403-955-6700
Sheldon Chumir Health Centre, 5th Floor, 1213 – 4th Street S.W.

STD/AIDS Information Line (Alberta) 1-800-772-2437

Counseling Services

Calgary Counseling Centre 403-265-4980

Calgary Family Services 403-269-9888

Catholic Family Services 403-233-2360

Distress Centre 403-266-1605

Eastside Family Centre (Walk-in) 403-299-9696

Elbow River Healing Lodge 403-955-6600

Family Conflict Program (CIWA)	403-263-4414
Jewish Family Services	403-287-3510
Native Counseling Services	403-237-7850
South Calgary Health Centre	403-943-9300

Drugs / Alcohol / Smoking

Adult Addiction Services	1-866-332-2322
Alcoholics Anonymous (24-hour)	403-777-1212
Al-Anon	403-266-5850
Aventa Addiction Treatment for Women	403-245-9050
Calgary Alpha House Society	403-234-7388
Calgary Opiate Dependency Program (ODP)	403-297-5118
Native Addictions Services Society	403-261-7921
PCAP	403-590-3285
Renfrew Recovery Centre	403-297-3337

Safeworks & Needle Exchange	
Day	403-410-1180
Safeworks Van	403-850-3755

Smoking Cessation Programs	403-943-LINK (5465)
<i>Call the Health Link for information.</i>	
Sunrise - Native Addictions Services	403-261-7921

Education / Employment

Alberta Business & Education Services	403-232-8767
Athabasca University	403-263-6465
Bow Valley College	403-410-1400
Burns Memorial Fund	403-234-9396
Calgary Board of Education	403-294-8211
Calgary Immigration Education Society	403-235-3666
Chinook College	403-777-7200
Human Resource Development	1-800-206-7218
Louise Dean Centre	403-777-7630
Mount Royal University	403-440-6111
Salvation Army	403-410-1167

Student Finance Board	403-297-6344
University of Calgary	403-220-5110

Community Resource Centres

Bowwest Community Resource Centre 7904 - 43 Ave. NW	403-216-5348
Heart of the North East 2623 - 56 St. NE	403-293-5467
Inner City Community Resource Centre 922 - 9 Ave. SE	403-536-6558
MOCA – Millican Ogden 2734 - 76 Ave. SE	403-720-3322
North Central 520 – 78 Ave. NW	403-275-6666
North of McKnight 95 Falshire Dr. NE	403-293-0424
Prime Time (Calgary Family Services) 922 – 9 Ave. SE	403-536-6558
Ranchlands 14, 1840 Ranchlands Way NW	403-374-0448
South West Communities Resource Centre #42 - 2580 Southland Dr. SW	403-238-9222
Sunrise Link 2nd floor, 3509 - 17 Ave. SE	403-204-8280
West Central Resource Centre 3507A - 17 Ave SW	403-543-0550

Parent Links (Parenting Programs)

Awo Taan Family Wellness 100, 1603 - 10 Ave. SW	403-531-1880
Calgary Aboriginal 19 Erinwoods Dr. SE	403-240-4642
Family Pride Parent Link (Bowness, Montgomery, Ranchlands) 4615 - 85 St. NW	403-205-5193
Hand in Hand 2623 - 56 St. NE	403-293-5467
North Central Family Connections	403-275-6668

520 - 78 Ave. NW

Parent Link Corridor YWCA

403-232-1582

320 - 5 Ave. SE

Financial Assistance Programs

Alberta Human Resources and Employment and Immigration

Alberta Service Centre; Fisher Park
100 – 6712 Fisher Street S.E. 403-297-2020

Calgary East Office; Radisson Centre
525 – 28th Street S.E. 403-297-1907

Native Services Office; 10th & 10th Centre
1021 – 10th Avenue S.W. 403-297-2094

One Executive Place
300 – 1816 Crowchild Trail N.W. 403-297-7200

Assured Income for the Severely Handicapped (AISH) 403-297-8511

Child Tax Benefit (Revenue Canada) 1-800-387-1193

Employment Insurance

Calgary Centre; Harry Hays Building
270, 220 – 4th Avenue S.E. 403-297-6344

Fisher Park Place II
100 – 6712 Fisher Street S.E. 403-297-4024

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

One Executive Place
1816 Crowchild Trail NW. 403-297-3951

Maintenance Enforcement Program 403-310-0000, then 780-422-5555

Utility Disconnection Help Program 1-866-644-5135

Food Resources

Calgary Inter-Faith Food Bank Society (CIFB)

Children's Milk Program 403-253-2059

Food Request Line 403-253-2055

Community Kitchen Program of Calgary 403-275-0258

Families meet at kitchens to plan and prepare meals together.

Good Food Box <i>Provides fresh fruits and vegetables at lower cost.</i>	403-275-0258
Care Connect Christian Society <i>Food hamper delivery from CIFB.</i>	403-264-2636
NeighbourLink Calgary <i>Emergency food hampers and delivery.</i>	403-209-1930
Salvation Army Low cost nutritious meals <i>Emergency food hampers for the homeless.</i>	403-410-4111
Society of St.Vincent de Paul <i>Emergency food hampers and delivery.</i>	403-250-0319

Immigrant Serving Agencies

Calgary Catholic Immigrant Society (CCIS) 3rd Floor, 120 – 17th Avenue S.W.	403-262-2006
Immigrant Services Calgary (ISC) Suite 1200, 910 – 7th Avenue S.W.	403-265-1120
Calgary Immigrant Women's Association (CIWA) Family Conflict Program Suite 200, 138 – 4th Avenue S.E.	403-263-4414 403-263-4414
Calgary Mennonite Centre for Newcomers 125, 920 – 36th Street N.E.	403-717-0922

Injury Prevention / Safety Information

Child Car Seat Information Additional Safety Information (cribs, toys, etc.) Health Canada – Product Safety Bureau	www.calgaryhealthregion.ca/carseats 403-292-4677
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Legal Services

Calgary Legal Guidance <i>First appointment is free for people with low income.</i>	403-234-9266
Dial-A-Law <i>Basic legal information using pre-recorded messages.</i>	403-234-9022
Lawyer Referral Services <i>Free 30-minute legal advice and lawyer referral.</i>	403-228-1722
Legal Aid Society	403-297-2260

Provides lawyers to persons charged with criminal offenses and also some civil cases. Fee is based on applicant's income.

Student Legal Assistance 403-220-6637
Free legal advice from law students. Does not deal with criminal law.

Parenting / Stress / Support

Access Mental Health 403-943-1500
Provides a guide to mental health agencies and resources

Alexandra Community Health Centre 403-266-2622
Services include: youth support, crisis counselling, seniors health, Community Health Bus, free and low-cost food

Calgary Urban Project Society (CUPS) 403-221-8780
Medical Clinic 403-221-8790
Offers walk-in medical clinic, dentist, foot care, showers and family resource centre

Children's Cottage – Crisis Line 403-233-2273
Provides help to parents who are having a crisis and have no other means of child care support. Provides emergency care for children up to 8 years of age

Community Resource Team 403-299-9699
24-hour mobile team for anyone who is in crisis

Distress Centre 403-266-1605
24-hour telephone help/information and referral for kids, teens and adults

Families Matter 403-205-5178
Provides postpartum support, parenting resources, courses and in-home family support

Keeler drop-in, 4807 Fargo Avenue SE 403-777-8180

Louise Dean Community Outreach & Home Start Program 403-777-7635
Parent support groups and home visitation program for young mothers (age 16-24) and their children (age birth to 6 years)

Muslim Families Network Society 403-466-6367

Children's Link 403-230-9158
Resource information for parents of children with disabilities.

Prime Time (Calgary Family Services) 403-536-6558

Teen Parent Friend Program 403-233-2360
Catholic Family Service

Volunteers provide 1 to 1 friendship and support for teen mothers

Women In Need

403-255-5102
