

SOUTH AREA RESOURCES

ORGANIZATION	ADDRESS / WEBSITE	OTHER DETAILS	CONTACT #
Child & Family Services South Office	60, 10233 Elbow Drive SW		403-297-6240
South Calgary Health Centre - Urgent Care	31 Sunpark Plaza SE	Mon-Sun: 8am-10pm	403-943-9300
South Calgary Health Centre Mental Health Walk-In	31 Sunpark Plaza SE (Second floor access)	Mon-Thurs: 4pm-7pm Fri: 9am-12pm Closed Weekends	403-943-9300
South Calgary Public Health Parent Drop in	31 Sunpark Plaza SE	Wednesdays, 1:30-3:30pm (no appt needed)	403-943-9300
South Health Campus – Emergency	4448 Front St SE	Open 24 Hours	403-956-1111
South Health Campus Wellness Centre	4448 Front St SE	Mon-Fri: 5:30pm-10:30pm Sat-Sun: 7:00am-8:30pm	403-956-3939

HOSPITALS AND MEDICAL CLINICS

ORGANIZATION	ADDRESS / WEBSITE	OTHER DETAILS	CONTACT #
AHS Safeworks Supervised Consumption Site	1213 4th St SW www.albertahealthservices.ca/info/Page15434.aspx		
Alberta Children’s Hospital	2888 Shaganappi Trail NW		403-955-7211
Claresholm Care Centre	139 43 Avenue West, Claresholm, AB www.albertahealthservices.ca/services/page13575.aspx		403-682-3500
CUPS Medical Centre	1001 10 Ave SW (health care, dental extractions and dental bus)		403-221-8797
Foothills Medical Center	1403 29 St NW		403-944-1110
Peter Lougheed Center	3500 26 Ave NE		403-943-4555
Punjabi Community Health Services	www.pchscalgary.com		587-999-9312
Rockyview General Hospital	7007 14 Street SW		403- 943-3000
Sheldon M. Chumir Health Centre	1213 4th St SW		403-955-6200
South Health Campus	4448 Front St SE		403-956-1111
STI Clinic	1213 4 Street SW 5th Floor	Sexually Transmitted Infections	403-955-6700
The Alex Community Health Centre	2840 2nd Avenue SE		403-266-2622

MENTAL HEALTH

ORGANIZATION	ADDRESS / WEBSITE ADDRESS	OTHER DETAILS	CONTACT #
ACCESS Mental Health	www.albertahealthservices.ca/services/Page11443.aspx		403-943-1500
Canadian Mental Health Association	www.cmha.calgary.ab.ca		403-297-1700
CMHA - Recovery College	www.cmha.calgary.ab.ca/recovery-college-home		403-297-1402
Emotions Anonymous	www.emotionsanonymous.org		403-247-5381
HULL Child & Family Services	www.hullservices.ca		403-215-8000
Indigenous Mental Health	www.albertahealthservices.ca/info/Page2762.aspx	16-24 year olds	403-955-6645
Mental Health Help Line		24 Hours	1-877-303-2642
Operational Stress Injury Clinic (Carewest)	www.carewest.ca/dir/carewest-osi-clinic	Military or Police Service only	403-216-9860
Organization for Bipolar Affective Disorder	www.obad.ca		403-263-7408 1-866-263-7408
Schizophrenia Society	www.schizophrenia.ab.ca		403-264-5161
Wood's Homes	www.woodshomes.ca		403-270-4102

CRISIS SERVICES

ORGANIZATION	ADDRESS / WEBSITE	OTHER DETAILS	CONTACT #
Ambulance Non-emergency			403-261-4000
Emergency			911
Police non-emergency			403-266-1234
Alberta Works Afterhours line	https://www.alberta.ca/emergency-financial-assistance		403-297-7667 1-866-644-5135
Calgary and Area Child and Family Services		Reporting child abuse – 24H	403-297-2995
Children's Cottage Society	www.childrencottage.ab.ca	Family respite	403-233-2273
Calgary Women's Emergency Shelter	www.calgarywomensshelter.com	Phone open 24/7	403-234-SAFE (7233)
Connecteen	www.calgaryconnecteen.com	Teen Peer Crisis Line	Call: 403.264.8336 Text: 587-333-2724
Distress Centre	www.distresscentre.com	Mobile Response Team (MRT)	403-266-4357
Health Link	www.albertahealthservices.ca/assets/healthinfo/link/index.html		811
Kids Help Phone	www.kidshelpphone.ca		1-800-668-6868
Poison and Drug Information Service for Alberta	www.albertahealthservices.ca/topics/page11975.aspx		403-944-1414
Red Cross	www.redcross.ca		403-541-6100
SPCA Safe Keeping Program	https://www.albertaspc.org/one-family-welfare/		403-205-4455
Wood's Homes Community Resource Team	www.woodshomes.ca	Child & Adolescent Crisis	403-299-9699 1-800-563-6106 587-315- 5000 Text Line

COUNSELLING SERVICES

ORGANIZATION	ADDRESS / WEBSITE	OTHER DETAILS	CONTACT #
Access Mental Health	www.albertahealthservices.ca/services/Page11443.aspx		403-943-1500
Calgary Communities Against Sexual Abuse	Suite 700, 910 – 7th Avenue S.W. www.calgarycasa.com		403-237-5888
Calgary Counseling Centre	1000, 105-12 Ave SE	Intake	403-691-5991
Calgary Family Therapy Centre	www.familytherapy.org		403-802-1680
Calgary Women's Health Collective	https://whcc.ca/		403-265-9590
Carya (Calgary Family Services)	www.caryacalgary.ca	Functional Family Therapy Post-Partum support	403-269-9888 403-205-5899 403-205-5177
KINDRED (Catholic Family Services)	https://www.kindred.ca/		403-233-2360
Community Connect YYC	https://www.communityconnectyyc.ca/	Affordable, barrier free counselling	
Credit Counseling Services – Money Mentors	www.moneymentors.ca		403-265-2201
Distress Centre Counselling	Suite 500, 999 8 Street SW www.distresscentre.com/need-help/counselling		403-266-4357
Eastside Family Center	255, 495 – 36th St N.E. https://www.woodshomes.ca/eastside-community-mental-health-services/	Mon-Thurs: 11am – 7pm Friday: 11am - 6pm Saturday: 11am – 4pm	403-299-9699
Eunoia (women's MH)	Eunoia Medical	virtual	
Grief Support Program	www.albertahealthservices.ca/info/Page13161.aspx		403-955-8011
Hello Mental Health	www.hellomentalhealth.ca	Telephone based Psychotherapy	587-412-2194
Hull Services	https://www.hullservices.ca/		403-207-2515
Jewish Family Services	https://www.jfsc.org/		403-287-3510
Moss Postpartum House	https://www.mosspostpartum.com/	Postpartum Therapy supports/groups/classes	587-327-3980
OWL Pod	www.owlpod.ca	Mental Health and Obesity Telemedicine Counselling	587-834-6704
Pregnancy & Infant Loss Support Centre	www.pilsc.org	Free counselling and peer support	Info@pilsc.org 1-(825)-205-7918 Chat line: 1-855-910-1551
Psychologists' Association of Alberta	www.psychologistsassociation.ab.ca		403-246-8255
TIES Healthy Minds	www.tieshealthyminds.ca	TIES (The Immigrant Education Society) Free Counselling	
Whittaker Wellness	https://www.whittakerwellness.com/	Mental Health Telemedicine	587-432-0797

LEGAL SUPPORT

ORGANIZATION	ADDRESS/WEB ADDRESS (If applicable)	OTHER DETAILS	CONTACT #
Calgary Diversion Service	www.informalberta.ca/public/service/serviceProfileStyled.do?serviceQueryId=1006581		403-410-1132
Calgary Legal Guidance	www.clg.ab.ca		403-234-9266
Calgary Women's Association	www.womenscentrecalgary.org	403-264-1155	
Calgary Workers' Resource Centre	www.helpwrc.org		403-264-8100 ext. 21
Free Legal Info (Dial-A-Law)	https://clg.ab.ca/index.php/legal-help/free-legal-info-formerly-dial-a-law/		403-234-9022
Elizabeth Fry Society	www.elizabethfrycalgary.ca		403-294-0737
John Howard Society	www.cjhs.ca		403-266-4566
Kerby Center	www.kerbycentre.com	Seniors	403-705-3230
Legal Aid Society of Alberta	www.legalaid.ab.ca		403-297-2260
Mental Health Warrant – Family Court	7th Floor, 601 – 5th Street S.W.		403-297-3471
Native Counselling Services of Alberta	www.ncsa.ca		403-237-7850
Student Legal Assistance Society	www.slacalgary.com		403-220-6637

SHELTERS

ORGANIZATION	ADDRESS / WEBSITE	OTHER DETAILS	CONTACT #
Avenue 15 – Trellis	938-15 th Ave SW https://www.growwithtrellis.ca/youth-programs/housing-shelters/avenue15	Youth 12-17	403-543-9651
Awo Taan Native Women's Shelter	www.awotaan.org		403-531-1972
Brenda's House	www.childrenscottage.ab.ca/main/brenda-s-house		403-242-8575
Calgary Drop-In Society	www.calgarydropin.ca		403-266-3600
Calgary Women's Emergency Shelter	www.calgarywomensshelter.com	Phone Open 24/7	403-234-7233
Discovery House	www.discoveryhouse.ca		403-670-0467
Inn from the Cold	www.innfromthecold.org		403-263-8384
Unison - Kerby Rotary House	https://unisonalberta.com/elder-abuse/	Seniors	403-265-0661 403-705-3250 24 hour line
Sheriff King Home	www.ywcalgary.ca/programs/domestic-violence-shelter		403-266-0707
The Mustard Seed	102–11th Ave SE www.theseed.ca		403-269-1319
The Salvation Army - Center of Hope	420-9th Ave SE www.salvationarmycalgary.org/residential.html		403-410-1112
Wheat Land Crisis Centre/Shelter, Strathmore, AB	https://strathmoreshelter.com/		403-934-6634

COMMUNITY SERVICES

ORGANIZATION	ADDRESS / WEBSITE (if applicable)	OTHER DETAILS	CONTACT #
AISH Office	https://www.alberta.ca/contact-aish		403-297-8511
Alberta Supports	www.albertasupports.ca	PDD Applications	1-877-644-9992
Trellis – Formerly Aspen Family Services	https://www.growwithtrellis.ca/		403-219-3477
Calgary Catholic Immigration Society	www.ccisab.ca		403-262-2006
Calgary Chinese Cultural Centre	www.culturalcentre.ca		403-262-5071
Calgary Food Bank	www.calgaryfoodbank.com		403-253-2055
Calgary Immigrant Women's Association	www.ciwa-online.com		403-263-4414
Calgary Outlink (Center for Gender and Sexual Diversity)	www.calgaryoutlink.ca		403-234-8973
Calgary Workers' Resource Centre	www.helpwrc.org		403-264-8100
Centre For Newcomers	www.centrefornewcomers.ca		587-569-3325
Centre for Sexuality	Welcome to the Centre for Sexuality	Sexual health info, workshops, counselling	403-283-5580
Children's Cottage	www.childrenscottage.ab.ca		403-233-2273
Children's Link	www.childrenslink.ca		403-230-9158
Early Start/Health Link	www.albertahealthservices.ca/findhealth/service.aspx?id=1605	24 hour	403-244-8351
Elder Abuse Resource Line	https://caryacalgary.ca/our-programs/elder-abuse-response-team/		403-705-3250
Wood's Homes – Inglewood Opportunity Hub	https://www.woodshomes.ca/our-services/		403-262-9953
Families Matter	www.familiesmatter.ca	Postpartum Support	403-205-5178
Family Caregiver Centre	www.albertahealthservices.ca/services/Page13155.aspx	Support for Caregiver	403-955-1674
FSCD (Family support for children with disabilities)	https://www.alberta.ca/fscd		403-297-7971
Safelink Alberta - HIV community link	https://safelinkalberta.ca/		403-508-2500
Home Care	www.albertahealthservices.ca/cc/Page15488.aspx		403-943-1600 Reception 1-888-943-1920 Intake
Immigrant Services Calgary	www.immigrantservicescalgary.ca		403-265-1120
Inform Alberta	www.informalberta.ca	Province wide service directly	
Unison - Kerby Center	https://unisonalberta.com/	Seniors	403-265-0661
AHLP – Alberta Healthy Living Program	www.albertahealthservices.ca/info/page13984.aspx	Living Well with a Chronic Condition	403-943-2584
Made by Momma	Made by Momma	Respite, prepared meals, diapers and other baby supplies	

Community Resource Guide

ORGANIZATION	ADDRESS / WEBSITE (if applicable)	OTHER DETAILS	CONTACT #
North East Family Connections	www.nefcs.ca	North of McKnight Community Resource Centre	403-293-0424
PDD (Persons with Developmental Disabilities)	https://www.alberta.ca/persons-with-developmental-disabilities-pdd		403-297-5011
Calgary Pregnancy Care Center	www.pregcare.com	Parenting and Adoption Support	403-269-3110
Prospect Human Services	www.prospectnow.ca	Employment	403-273-2822
Environmental Public Health Program	https://www.albertahealthservices.ca/eph/eph.aspx		403-943-2288
Reset Society (Formerly Servants Anonymous)	www.resetcalgary.ca	Ages 16+ exiting sexual exploitation and sex trafficking (for current sex workers refer to Shift Program through HIV Community Link)	403-237-8477
SABIS (Southern Alberta Brain Injury Society)	www.sabis.ab.ca	Brain Injury Society	403-521-5212
Sagesse (domestic violence)	www.sagesse.org	Peer support and education re: domestic violence	403-234-7337 or 587-801-7337
Salvation Army	www.salvationarmycalgary.org	Forest Lawn NE	403-220-0432
Self Help – Elements Calgary Mental Health Centre	www.elementscmhc.ca		403-266-8711
Seniors Resource Society	www.calgaryseniors.org	Seniors	403-266-6200
Sexual and Reproductive Health Clinic	www.albertahealthservices.ca/findhealth/Service.aspx?id=1671		403-955-6500
SIDS Calgary Society	www.sidscalgary.ca	Sudden Infant Death Syndrome	403-265-7437
Skipping Stone (Trans and Gender Affirming Programming)	www.skippingstone.ca	Coaching and peer support For youth, adults and families	587-333-4342
Sleep Disturbance Centre – Foothills	www.albertahealthservices.ca/findhealth/Service.aspx?id=1771&serviceAtFacilityID=1024055#contentStart		403-944-2404
The Doorway	www.thedoorway.ca	Youth	403-269-6658
The Way In		Seniors	403-736-4677 403-SENIORS
V.A.S.T. (Victims Assistance Support Team)	www.calgary.ca/cps/Pages/Community-programs-and-resources/Victims-of-crime/Victim-Assistance-Support-Team.aspx		403-428-8398
Women's Center	www.womenscentrecalgary.org	Various drop in supports	403-264-1155
YWCA Calgary	www.ywcalgary.ca	Individual, family and community supports	403-263-155-

HOUSING

ORGANIZATION	ADDRESS / WEBSITE (If applicable)	OTHER DETAILS	CONTACT #
Accessible Housing	www.accessiblehousing.ca/contact		403-282-1872
Calgary Drop-In Society	https://calgarydropin.ca/howwehelp/housing-support/		403-266-3600
Calgary Housing Company	www.calgaryhousingcompany.org		(587) 390-1200
Dream Centre	www.calgarydreamcentre.com	Men	403-243-5598
Unison - Kerby Center	https://unisonalberta.com/	Seniors	403-705-3230
Landlord & Tenant Service	https://www.landlordandtenant.org/		1-877-427-4088
Langin Place	www.c-a-s-s.org/programs/langin	Males with mental health and/or addictions issues who have trouble maintaining housing	403-237-5435
Métis Capital Housing Corporation	www.metiscapital.ca	Aboriginal housing	403-569-9030
NISA Homes	Nisa Homes – We Heal Together	Transitional housing for Immigrant, refugee women fleeing domestic violence	1-888-456-8043 or email at info@nisahomes.com
Potential Place Housing	www.potentialplace.org		403-216-9254
SORCe (Safe Communities Opportunity and Resource Centre)	316 – 7 Ave. SE https://sorcelandcalgary.ca/		403-428-3300
Canadian Mental Health Association	www.cmha.calgary.ab.ca/we-support/supportive-living/	Transitional & Supportive Housing	403-297-1700
URSA (Universal Rehabilitation Service Agency)	www.ursa-rehab.com	Individuals with disabilities	403-272-7722
Victory Outreach Foundation	www.victoryfoundation.ca	Transitional Housing	403-264-0598
YWCA Mary Dover House	www.ywcalgary.ca/programs/transitional-shelter		403-263-1550

ADDICTION

ORGANIZATION	ADDRESS / WEBSITE (If applicable)	OTHER DETAILS	CONTACT #
Addiction Help Line			1-866-332-2322
Alpha House	www.alphahousecalgary.com 203 – 15th Ave S.E.	Men and Women	403-234-7388
Addictions Center		Adults and Adolescents	403-944-2025
Adult Addiction Services Calgary	3rd Floor, 707-10 Avenue SW www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1118573		403-367-5000
Al-Anon / Al-Ateen	www.al-anon.ab.ca/contacts	Family & Friends of Alcoholics	403-266-5850
Alberta Adolescent Recovery Centre	www.aarc.ab.ca		403-253-5250
Alcoholics Anonymous	www.calgaryaa.org		403-777-1212
Alcove Residence (Formerly Youville)	https://www.alcoverecoverly.ca/	Women	403-984-2707
Aventa Treatment Centre	www.avena.org	Women	403-245-9050
Cocaine Anonymous	www.ca-ab.org		403-568-8008
HELP Team (Alpha House – formally DOAP Team)	www.alphahousecalgary.com/services/outreach		403-998-7388
Dream Centre	www.calgarydreamcentre.com	Men	403-243-5598
Fresh Start	www.freshstartrecovery.ca	Men	403-387-6266
Gamblers Anonymous Alberta	www.albertaga.net		403-331-0822
Metro City Medical Clinic	www.metrocitymedicalclinic.ca		587-430-0905
Narcotics Anonymous	www.canaacna.org		403-569-3427
Opioid Dependence Program	www.albertahealthservices.ca/services/odp.aspx		403-297-5118
Overeaters Anonymous – Southern Alberta Intergroup	www.oa-southernalberta.com		403-691-1030
Oxford House Intake	www.oxfordhouse.ca		403-287-8771
Recovery Acres	www.recoveryacres.org	1835 House – Men CARE – Women	403-245-1196
Renfrew Recovery Center	www.albertahealthservices.ca/services/renfrewrecoverycentre.aspx		403-297-3337
Reset Society (Formerly Servants Anonymous)	www.resetcalgary.ca	Ages 16+ exiting sexual exploitation and sex trafficking	403-237-8477
Safeworks Supervised Consumption Site	www.albertahealthservices.ca/info/Page15434.aspx	Needle exchange	403-232-3838
Salvation Army	www.salvationarmycalgary.org/residential.html	Addiction Treatment Men	403-410-1150
Simon House	www.simonhouse.com	Men	403-247-2050
Smart Recovery	https://smartrecoveryalberta.org/		403-619-4210
Sunrise Native Addiction Services	www.nass.ca		403-261-7921
Youth Addiction Services	www.albertahealthservices.ca/findhealth/facility.aspx?Id=68		403-297-4664

- For additional information please call 211 or visit ab.211.ca
- For a digital copy of this handout visit scpcn.ca/resources/ then scroll down to Time 2 Talk Resources. Click the dropdown arrow next to 'Other Resources' and select 'Community Resource Guide'