

City, Legal & Emergency Information		
General information	Community resource information in many languages	211
City of Calgary	Information about City of Calgary operations	311
Directory	Information about telephone numbers	411
Emergency	Fire- Police-Ambulance Emergency	911
Calgary Police Services	Police non-emergency line	403-266-1234
The Distress Centre	OPEN 24 hours: Provides crisis counseling and support service.	403- 266-4357
Inform Alberta	Online community, social, government, education and health information across Alberta	www.informalberta.ca
Immigrant Services	Referrals to city resources (employment agencies, government offices, banks, day care facilities, applying driving license, etc) Supportive counselling in multi languages Employment support services Access programs for seniors	403-265-1120
Calgary Legal Guidance	Provides legal information, advice, and advocacy to disadvantaged Calgarians who would not otherwise have access to legal services.	403-234-9266
Legal Aid	Provides a range of legal services to low-income Albertans in a number of areas of law including family, criminal, and civil.	403-297-2260
Food Information		
Calgary Interfaith Food Bank	Food hampers up to 6 times a year	403-253-2059
	Hampers can be picked up from one of the 6 depots around Calgary and the main warehouse	
Society of St Vincent de Paul	Provides Emergency Food Hampers	403-250-0319
Community Kitchen	Provides a 16-week program on food preparation and budgeting.	403-275-0258
Centre of Hope and Salvation Army	Healthy Baby program - free diapers and formula - 3 times a year	403-410-1111
	Free community meal at 4:00 pm daily Emergency food hampers for the homeless After-hours emergency food hampers for individuals and families Thrifty shops	420-9th Avenue SE For after hours: Ph: 403-651-3076
CUPS (Calgary Urban Project Society)	Sandwiches and coffee during the week after 11 am	403-221-8780
	Family Resource Centre offers meals to families(everyday except Saturday)	1001 10 Ave SW
Hope Street Outreach Centre	Hampers for Greater Forest Lawn area (depending on availability)	403-273-5433 Ext. 30
Good Food Box - Community Kitchen Program of Calgary	Provides fresh fruits and vegetables at lower cost: Large Box (40 - 45 lbs produce) \$20.00 Family Box (30 - 35 lbs produce) \$15.00 Senior/Single Box (20 - 25 lbs produce) \$10.00 60 locations throughout Calgary	403-538-3780
Housing & Emergency Shelter Information		

Calgary Women's Emergency Shelters	Provides shelter for women and children in crisis 24-hour family violence helpline Free counselling services	403-234-7233
Kerby Rotary Shelter	Provides shelter for seniors	403-705-3250
YWCA Mary Dover House	Provides shelter for women	403-263-1550
Calgary Housing Authority	Provides accommodation for low-income families.	403-221-9100
Landlord & Tenant Information	Provides info on setting disputes with Landlord	1-877-427-4088
Centre for Hope	Provides emergency shelter	403-410-1111
Inn from the Cold	Temporary overnight shelter for individuals and families (various locations) Hot breakfast, dinner and bag lunch for individuals and families at Inn from the Cold Registration 4:00 - 5:30 pm daily	403-263-8384
Transportation Information		
Calgary Transit	Provides low Income Program for transit users	403-262-1000
Access Calgary	Door-to-door shared-ride service	403-537-7770
	For people unable to take a bus or CTrain	
	Must have an application completed by a doctor or other professional followed by an interview for qualification	
	Cost is one bus ticket	
Counselling Services		
The Distress Centre	OPEN 24 hours	403- 266-4357
	Provides counseling and support service.	
Bow Valley College Counselors	Provide guidance and information on variety of school and personal subjects	403-410-1440
Calgary Association of Self Help	Provides Help with mental illness & psychiatric disorders	403-266-8711
Calgary Catholic Family Services	Counseling, support and other programs for individuals and families	403-205-5294
Calgary Family Services	Counseling, support and other programs for individuals and families	403-269-9888
Calgary Counselling Centre	Counseling, support and other programs for individuals and families	403-691-5991
Pregnant Women & Infants Information		
Best Beginning	Offers information and support to pregnant females, which includes: one-to-one and group support cooking groups facilitated discussions of prenatal topics referrals to community support agencies, if needed milk coupons, bus tickets, and referrals for food hampers, if needed	403-228-8221
Healthy Babies Network	Support service to help professionals find nutrition related resources for clients Must be agency referred Prenatal and natal vitamins, food coupons and bus tickets available through network partners	403-777-7635

	Pregnant women and families with children up to 12 months old Counseling with nutritionists and social workers	
NeighbourLink Calgary	Supports for low income Calgarians include: furniture, household items, baby supplies, bus tickets, etc.	403- 209-1930
Children's Milk Program - Calgary Food Bank	Calgary Inter-Faith Food Bank Society Provides home delivery of fresh milk and formula to children and pregnant and nursing moms Referred by a health-based organization	403-253-2059
Prenatal Hampers - Calgary Food Bank	Prenatal hampers for women accessing a participating prenatal service provider by referral only	403-253-2059
Salvation Army Community Support Services	Program called Infant Essentials Provides formula, diapers, wipes, and cereal	403-410-1129
Furniture and Housing Supplies for Low Income Information		
Women in Need	Free Goods Referral Program Family Resource Centers WINS Thrift Stores Various parenting programs & life skill workshops	403-255-5102
MCC Thrift Store - Calgary	Second hand clothes, furniture etc at low prices	403-272-0282
Interfaith Furniture Store	Offers furniture and other household items at reasonable prices	403- 276-3173
NeighborLink Calgary	Provide infants & children furniture essentials (car seat, cribs, etc) for low income family	403-209-1930
Services and Supports for Parents and Families		
Community After School Program - Grace Baptist Church	Provides free after school care for elementary aged children	403-235-3636 Ext. 31
Families Matter	Programs for parents	403-205-5178
Child Disability Resource Link	Provides parents of children with disabilities with funding to access a range of supports and services	1-877-644-9992
Calgary Immigrant Women's Association	Provides numbers of free services for immigrant and refugee women and their families; Access to child care support	403-263-4414
CUPS	Provides: health clinics, employment assistance family resource centre classes for parents	403-221-8780
Calgary Children's Link	Access point of information for families of children with special needs in Calgary and Area.	403-230-9158
Centre for Newcomers	Provides resource to new immigrants to the community.	403-569-3325

<u>Sunrise Community Link Resource Centre</u>	Supports Sunrise Community communities of Abbeydale, Albert Park/Radisson Heights, Applewood, Belfast, Chateau Estates, Dover, Erin Woods, Forest Heights, Forest Lawn, Franklin/Meridian Business Park, Hubalta, Marlborough, Marlborough Park, Mayland Heights/Vista Heights, Penbrooke Meadows, Red Carpet, and Southview): Support and crisis intervention Housing advocate and other housing resources Employment search resources Free use of the daily Calgary newspapers Free fax, phone, photocopying Community closet of emergency food, toiletries and other supplies	403-204-8280
---	--	--------------