

Resource Guide

1. Physical Health
 - a. Medical and physical components of health
2. Attachment
 - a. Attachment refers to the emotional bonds between caregivers and children that provide a sense of stability and security.
3. Family Cohesion
 - a. Family cohesion is an expression of belonging and acceptance within the family.
4. Social Functioning
 - a. Social functioning involves applying interpersonal skills to social interactions in order to initiate and maintain relationships.
5. Mental Health and Regulation
 - a. Mental health refers to emotional and psychological health and disorders.
6. Education
 - a. Academic and functional support for individuals to transition to higher independence.
7. Identity
 - a. Identity development is where individuals are looking to distinguish their qualities, values and self-perception.
8. Community Engagement
 - a. Community engagement refers to a sense of belonging to a community and involves having things to do, having a social network, access to medical and social services and independence.
9. Adaptive Skills
 - a. Daily living skills which gradually allow individuals to become independent and integrate into society.
10. Employment
 - a. Finding employment that suits the individual's unique skills and interests while also providing a competitive wage, fair working hours, and opportunities for professional growth.
11. Housing
 - a. Safe, affordable, and secure housing.
12. Parenting
 - a. Development of parenting skills and abilities as the needs of the children change throughout their life.



The red shoe symbol represents organizations that are FASD informed and/or have received FASD training.

Physical Health

Hospitals/Medical Centers

Sheldon M. Chumir Health Centre

This facility provides 24/7 care for people with injuries or illnesses that are not life threatening.

Location: 1213 4 ST SW

Phone: 403-955-6200

[Sheldon M. Chumir Health Centre | Alberta Health Services](#)

Foothills Medical Centre

Location: 1403 29 St NW

Phone: 403-944-1110

[Foothills Medical Centre | Alberta Health Services](#)

Peter Lougheed Centre

Location: 3500 26 Ave NE

Phone: 403-943-4555

<https://www.ahs.ca/plc>

Rockyview General Hospital

Location: 7007 14 ST SW

Phone: 403-943-3000

<https://www.albertahealthservices.ca/rgh/rgh.aspx>

South Health Campus

Location: 4448 Front St SE

Phone: 403-943-9300

<https://www.albertahealthservices.ca/shc/shc.aspx>

The Alex Youth Health Centre

The Youth Health Centre is a safe and supportive place for youth ages 12-24 to get health and social care from a trustworthy and caring team of doctors, nurses and social workers.

Location: 2840 2 Avenue SE

Phone: 403-520-2260

<https://thealex.ca/program/youth-health-centre/>



CUPS - Primary Care Health Services

The CUPS Health Clinic is for low-income Calgarians who need medical care and don't have access to a regular family doctor.

Location: 1001 10 Ave SW

Phone: 403-221-8797

[Primary Health Care | Low-Cost Health Clinic Services — CUPS Calgary](#)

SMART Clinic

Provides mental illness and addiction health care.

Location: 1116 Centre St N

Phone: 403-769-0111

Hours: Open Monday-Friday, 9-5pm.

<https://www.smartc.ca/services-1>



RAAM Clinic

Rapid Access Addiction Medicine (RAAM) provides a comprehensive physician and addiction counsellor led program managing all substance and behavioral addiction concerns.

Location: 707 10 Ave SW (3rd floor)

Phone: 403-367-5000

Hours: Open Monday-Thursday, 9-8pm, and Friday, 9-4pm

Southern Alberta Brain Injury Society (SABIS)

SABIS offers support and services for clients living in Calgary and the surrounding region.

SABIS coordinators provide resources, make referrals, assist with applications, and engage in informal advocacy and emotional support. In addition to service coordination, we offer support groups for both brain injury survivors and their supporters. SABIS also engages in brain injury awareness and educational campaigns.

Phone: 403-521-5212

Email: sabis@sabis.ab.ca

Dental

The Alex – Dental Health Program

Our Dental Health Program provides dental education and hygiene services, at no cost to the client.

They can also help with referrals to dental offices in the community. Clients will need their Notice of Assessment from the last tax return.

Services: Dental check-ups, Hygiene Treatment (cleaning), Fluoride. Oral health education and Dentist referrals

Eligibility: low-income children and youth ages 3-24

Phone: 403-615-9052

Location: Varies

Nations Dental



A grassroots mobile team of registered dental hygienists and assistants providing high quality, accessible, and affordable dental services to priority populations. Offers mobile dental clinics.

Phone: 587-330-1565

Email: info@nationsdental.ca

[Nations Dental \(nationsdental.ca\)](http://NationsDental.ca)

Burn's Memorial Fund Oral Health Program

The Burns Memorial Fund for Children provides financial aid to children in low-income situations that have urgent or significant dental issues. Families do not need a referral, but a treatment plan provided by a dentist or dental clinic is required. To apply, please submit a completed and signed Oral Health Application and the following supporting documents to

Larasha.farrington@burnsfund.com

Phone: 403-234-9396 ext. 3

<https://burnsfund.com/programs/childrens-fund/oral-health/>

Medical Equipment

Alberta Aids to Daily Living (AADL)

The Alberta Aids to Daily Living (AADL) program helps Albertans with long-term disabilities, chronic illness or terminal illness. The program provides funding for basic medical equipment and supplies so clients can live independently at home and within their communities. To be eligible for funding, you must first be clinically assessed by an AADL-approved health care provider, such as a registered nurse, occupational therapist or physiotherapist, who are also called AADL authorizers. Authorizers determine your health care needs, identify the equipment and supplies required to support you and act as your primary guide through the program.

Phone: 780-427-0731

Easter Seals Alberta – Equipment Loan Program

Easter Seals Alberta has an equipment loan program which can help if all other funding source options have been exhausted. Wait time is between 6 months and a year.

Phone: 403-235-5662

Email: accessibilitysupports@easterseals.ab.ca

<https://easterseals.ab.ca/equipment-application/>

Sexual Health

Sexually Transmitted Infection Clinic

Out of Sheldon Chumir

Location: 5th floor 1213 4 St SW

Phone: 1-855-945-6700

Sexual and Reproductive Health Clinic

Out of Sheldon Chumir

Location: 1213 4 St SW

Phone: 403-955-6500

Centre for Sexuality

The Centre for Sexuality aims to normalize sexual health in Alberta by providing evidence-informed, non-judgmental sexual and reproductive health programs and services. Their services include short-term counselling and education services related to sexuality and sexual health, parent programs, and WISE Guyz. They also operate LGBTQ+ focused programming, STI testing clinics, and Camp fYrefly.

Phone: 403-283-5580

Location: 700, 1509 Centre Street SW

[Home - Centre for Sexuality](#)

CCASA – Calgary Communities Against Sexual Abuse

Sexual harassment, sexual abuse and sexual assault crisis, counselling and education service provider for Calgary and the surrounding areas. Ages 12+

Alberta's One Line for Sexual Violence: Phone/Text 1-866-403-8000 (9am-9pm MT, 7 days/week)

Phone: 403-237-5888

The Sharp Foundation

SHARP Foundation is a Calgary-based non-profit organization committed to providing a continuum of care including housing, healthcare, and support to those living with HIV or at the highest risk of contracting HIV. Today, The SHARP Foundation's main focus is helping residents live longer and have sustainable lives instead of primarily acting as a palliative care facility, but most importantly helping residents become independent and integrate in the community.

Phone: 403- 457-7476

Email: referrals@thesharpfoundation.com.

<https://www.thesharpfoundation.com/>

Clothing and Goods

Drop-In Centre Free Goods Program

Provides free furniture, household items, kitchenware, and other essentials to Calgarians who need them. Appointment required. For referrals, please contact navigation.

[How It Works | Calgary Drop-in Centre Free Goods Program](#)

Phone: 403-264-0856

Location: 3640 11a Street NE

Rise Calgary – Basic Needs Supports

Community members can contact us to book appointments to access our Food and Clothing Rooms, providing support for those who find themselves in an emergency. Located at our Forest Lawn and Ranchlands office locations, we can provide access to food, clothing, baby essentials, and hygiene items for those in need.

Phone: 403-204-8280

Email: info@risealgary.com

<https://www.risealgary.ca/basic-needs-supports>

Rise Calgary – Free Beds/Mattress Program

To access the program please email info@risealgary.ca the following information:

- First and last name, address, phone number, email address (if submitting on behalf of client), date of birth, and size(s) of mattress request and whether a box spring is required

No delivery services are available.

WINS – House to Home

WINS House to Home provides essential household items, furniture, and clothing to help people transform their homes into healthy environments. People can choose furniture items in our stores as well as receive other necessities.

All locations are OPEN BY APPOINTMENT ONLY.

To book an appointment call 825-540-4717 or email hubs@winsyyc.ca

[House to Home | WINS Calgary](#)

Making Changes Association – Dress for Success Program

Dress For Success Calgary operates as a division of Making Changes. The program provides 90-minute individual consultations on professional business attire to women facing financial barriers who want to join the workforce or return to school. In addition to information on business culture and appropriate dress, participants are offered gently used clothing and accessories at no cost.

Referral: They are currently accepting appointment requests through aid agencies, as well as self-referrals. Please ensure the application is filled out with the requested information or it may result in processing delays.

Phone: 403-262-5776

Location: 6516 1A Street SW

[Dress For Success Calgary — Making Changes](#)

Gratitude Project

Provides free graduation dresses, suits and personal care items to Grade 12 students, ensuring they can enjoy their big day with confidence, no matter their financial situation.

<https://youthcentral.com/gratitude/>

Southeast Calgary Community Resource Centre – Clothing Room

Our center has a large clothing and house wares room on site. This room is accessible every day from 9-11am and 1-3 pm except for Tuesdays from 1-3. All items are free. No appointment necessary.

Phone: 403-720-3322

Location: 2425 60 Ave SE

[Programs & Services – South East Calgary Community Resource Centre](#)

Food

Calgary Food Bank

Please call our hamper request line or book online.

Phone: 403-253-2055

Location: 5000 11 St SE

[Need Food? Online Request Form | Calgary Food Bank](#)

The Alex Community Food Centre

The Alex Community Food Centre (CFC) is a welcoming place for people to come together to grow, cook, share and advocate for good food for all. The CFC provides people with access to high-quality food in a dignified setting through healthy meals and an affordable produce market.

Phone: 403-455-5792

Location: 4920 17 Avenue SE

[Programs | The Alex Community Food Centre](#)

South East Calgary Community Resource Centre – Good Food Box

Our center is a depot for the Good Food Box a program that offers affordable fruit and vegetables once a month. Drop-in to place and pay for your order anytime during office hours. The Good Food Box is a program offered by the Community Kitchen Program of Calgary.

Phone: 403-720-3322

Location: 2425 60 Ave SE

<https://www.secalgarycsrc.ca/home/programs-services/>

St. Edmund's Anglican Church.

St. Edmund's Food Bank in Bowness operates a food bank that St. James is pleased to help support. The need in the community is such that St. Edmund's Food Bank has been distributing

about fifty hampers each month. Hours are Mondays and Thursdays 9:00 to 11:30 am., and we are located in the Mission Hall.

Phone: 403-288-6330

Location: 8336 34 Avenue NW

[St. Edmund King and Martyr | Palliser Deanery | Anglican Diocese of Calgary](#)

Robert McClure United Church

Food pantry is open Thursdays from 12:00 – 2:00 pm on a walk-in basis. No referral needed.

Phone: 403-280-9500

Location: 5510 26 Avenue NE

[Food Pantry — Robert McClure United Church](#)

Church of Pentecost

Text the number with name and how many people. Hamper distribution on Saturday 3pm-4pm.

Phone: 780-807-5841

Location: 4255 64 Avenue SE

[Food Bank Program - Welcome | Church of Pentecost Calgary](#)

Eastside Victory Outreach

Emergency hampers are available Tuesday - Thursday between 12 PM and 1:45 PM on a walk-in basis.

Phone: 403-273-1050

Location: 1840 38 Street SE

[Need food?](#)

Salvation Army Community Support Services

We provide emergency food hampers and other aids to help those struggling with food security.

Phone: 403 410-1160

Location: 100, 5115 17 Avenue SE

[Serving Families - East Campus - The Salvation Army Community Services Calgary](#)

Society of St Vincent de Paul

Leave a message with your name and full address. They will ask about income, family size, and ages of family members. The food hampers are delivered.

Phone: 403-250-0319

Al-Qaim Foundation

No-cost food hampers and basic needs items are available to Calgarians in financial need.

Delivery is available. Call to request service.

Phone: 403-999-4614

Email: info@al-qaim.org

Carya

Emergency food available.

Phone: 403-269-9888 between 8:30am-5pm

Email: info@caryacalgary.ca

Dashmesh Culture Centre

Hot meals: No-cost, hot vegetarian meals and non-perishable goods are available for take-out.

Place order on-site, inside the Dashmesh Culture Centre complex, near the Gurdwara Sahib entrance gate from 9am-9pm daily.

Food bank: No-cost, non-perishable food and hygiene items available for pick-up (pasta, sauce, beans, soap, toothpaste, toothbrush, etc.). Donations are also accepted. Pick-up Monday-Saturday from 12-4pm. Everyone is welcome to receive food services. If you are unable to visit in-person, please email Food@Dashmesh.ca

Phone: 403-590-0970

Location: 135 Martindale Blvd NE

Email: info@dashmesh.ca

Streetlight - Calgary

Providing hampers and delivery for youth between 12-24 years old.

Phone: 403-291-3179

Miskanawah Community Services - East

Providing Food Bank referrals for children, youth, families, and Elders. Please contact us if you need support.

Phone: 403-247-5003

Location: 2335 30 Ave SE

Email: info@inanawah.ca

North East Family Connections - Falconridge

Offering city-wide support including connection to food sources, basic needs relief and over-the-phone support/check-ins, foodbank referrals, Good Food Box, and navigating free food access across the city. Also offering other basic needs support like furniture and clothing from our donations and referrals to WINS; DI free goods program; and Interfaith Furniture.

Phone: 403-293-0424

Location: 95 Falshire Dr NE

Email: info@nefcs.ca

Veterans Association Food Bank

No-cost food hampers are available to military veterans and RCMP veterans. Phone to arrange a hamper. Mon-Fri, 8am-4pm; Sat 10am-4pm; Sun closed.

Phone: 403-367-8387

Location: 1, 4619 6 St NE

Email: info@theveteransfoodbankofcalgary.ca

Reaching Families Food Hampers

Request a hamper at <https://reachingfamilies.ca/request-a-hamper/>

Families can access one hamper every 2 months.

For more food resources please access this link:

https://docs.google.com/document/d/18U_pH3vLKoyzvVYSXD6hekrDDPe2tWQWUwBzpCT58Gg/edit?tab=t.0

Senior Services

Carya Calgary – The Way in Network

Dedicated to enhancing quality of life and access to services and support for vulnerable older adults living in the community and their families. Our team connects with older adults in their own homes, or in convenient community locations. Eligibility 65 +

Phone: 403-736-4677

<https://caryacalgary.ca/program/the-way-in-network/>

Kerby Centre

Provides an elder abuse shelter, food security, a connection center, senior support, and day programming.

Phone: 403-265-0661

Location: 1133 7 Avenue SW

<https://unisonalberta.com/>

SORCe (Safe Communities Opportunity & Resource Centre)

Financial Empowerment Worker can support clients with documentation regarding pension and old age security. Ask to speak to Suzanne about benefits when you arrive.

Walk in hours: Monday-Friday 9:00AM to 12:00PM and 1:00PM to 4:00PM

Location: City Hall LRT Platform: #2 - 316 7 Ave SE

Email: suzanne@distresscentre.com

SORCe

Senior Resource Society

Provides essential and urgent services to older people facing age-related challenges in Calgary.

Phone: 403-266-6200

Location: 3639 26th Street NE

[Senior Services | Calgary Seniors' Resource Society | Calgary](#)

Bridgeland Seniors Health Clinic

Offers assessment, diagnoses and development of treatment plans for older adults with complex health issues.

Phone: 403-955-1525 (One Line Referral)

Location: 1070 McDougall Road NE

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1076157>

Attachment & Family Cohesion

Women's Centre of Calgary

Women seek assistance at the Women's Centre with issues as diverse as poverty and hunger, family breakdown, parenting, homelessness, unemployment, health and education, immigration and settlement, domestic violence, isolation and loneliness, life transitions and discrimination. They may be new to the city, experiencing a family breakdown, looking for work, or simply a place to belong.

Location: 39 4 St NE

Phone: 403-264-1155

Kindred Connections Society

Kindred's purpose is to realize the power of human connection, and it shapes everything we do. Whether nuclear or chosen, family is the most important relationship in a person's life. So, we invest in the special bond between children and those that care for them.

Location: 250 707 10 Ave SW

Phone: 403-333-2360

Email: intake@kindred.ca

<https://www.kindred.ca/need-help/family-relationships/>

Canadian Centre for Men and Families

One-on-one individual counselling with a mental health professional, providing personalized, one-on-one attention to clients dealing with individual or family issues, depression, or anxiety.

Location: 4610 Bowness Road NW

Phone: 587-885-2839

<https://ccmfalberta.ca/programs/counselling-program/>

Families Matter

The Family Life Education (FLE) program provides a variety of parent education classes to promote optimal child development and build confidence in parenting skills and relationships either virtually or in the NE, SE, or NW of Calgary.

Phone: 403-205-5178

Email: info@familiesmatter.ca and intake@familiesmatter.ca

[Family Life Education | Families Matter Calgary](#)

Braiding the Sweetgrass – Hull Services

Supporting indigenous families to understand and interrupt the transmission of intergenerational trauma.

Phone: 403-560-0440



Children's Cottage

The Family Resource Network is a provincial initiative that ensures every community in the province has a place where families can go to access support.

Phone: 403-233-2273

24/7 Family Support Line & Connection to Cottage Programs

Email: intake@childrenscottage.ab.ca

[Family Resource Network | Children's Cottage Society | Calgary Crisis Nursery \(childrenscottage.ab.ca\)](#)

Carya

Carya is a social impact agency in Calgary dedicated to creating strong families and communities for generations. There are programs available that include play groups, infant massage, parent chat, and parent-child mother goose. For more information on the groups and for registration please click the link below.

Location: 180, 839 5 Avenue SW

Phone: 403-269-9888

<https://carya.wpenginepowered.com/get-support/family-functioning/>

Assure Community Services

Provides family support services to children and families in Calgary and Area.

Location: Unit 1, 1922 9th Ave SE

Phone: 403-948-7289

<https://www.assurecommunityservices.com/#:~:text=Assure%20Community%20Services%20provides%20family%20support%20services%20to%20children%20and>

YW Family Resource Network

Family Resource Network programs focus on supporting the whole family. This includes providing caregivers and parents with skills and knowledge to strengthen family relationships,

teaching children and teens to cope with trauma and improve child and youth development by building resilience and fostering well-being.

Phone: 403-262-0497

Registration: [Family Resource Network Registration \(jotform.com\)](https://jotform.com)

Pre and Postnatal Young Parent Program

This program supports young parents and soon-to-be parents under the age of 25 and their families. Families can access a variety of supports, including booking medical appointments such as ultrasounds, bloodwork, and specialist appointments. Resources and referrals to access furniture, clothing, haircuts, diapers, toys, etc.

Location: This program, provided by The Alex, runs out of the Youth Health Centre at The Alex. Located near Franklin LRT station 104-2840 2 Ave SE.

Phone: 403-262-0497



Infant/Parent Mental Health Support

Designed to improve the quality of parent-child interaction. Participants must be a low-income earner with young children (0-6 years-old). Siblings of the families will be considered for intervention as well, as the functioning of the whole family system is crucial.

Location: This program is provided by CUPS.

Phone: 403-262-0497

MainSprings Pregnancy and Family Support

Provides support and guidance to individuals facing the challenges of pregnancy, especially in difficult circumstances. Offers emotional and practical assistance, comprehensive pregnancy information, and access to programs and resources that empower our clients.

Services: free pregnancy tests, information and education, advocacy, peer support, prenatal and parenting classes, birth family support, post-abortion support, and counselling.

Phone: 403-269-3110

Location: 205, 925 7th Avenue SW

Email: info@mainsprings.com

<https://mainsprings.com/client-services/>

South East Calgary Community Resource Centre - Drop-in Parent and Child Play Groups and Parent Education

Our agency has a beautiful, nature themed play/meeting space for children and parents to gather to play and learn. We offer Mother Goose programs on Tuesday mornings from 10:00am to 12:00pm. Drop-in play group Wednesday 9-12 and 1-3. Drop-in Yoga on Thursday mornings.

Parenting tip-time and drop-in play group Friday 9 am -11 am.

Phone: 403 720-3322 to register and for information

Location: 2425 69 Avenue SE

<https://www.secalgarycrc.ca/home/programs-services/>

Made by Momma

We help families facing situations of adversity and crisis by providing healthy prepared meals, wholesome baked goods, baby essentials, children's items, supportive in-home visits, and many other services. This allows mothers the time they need to rest, recover, and focus on their families and their health.

Contact by completing the form: [Contact Us - Made by Momma](#)

<https://madebymomma.org/>

Social Functioning

Access 2 Card

A program that helps to ensure that entertainment, cultural, and recreational opportunities are accessible to all. It is available for people of all ages and all types of permanent disabilities which require extra support. For more information on how to access an access 2 card and which venues are partnered with this program, please visit the website.

www.access2card.ca/

Big Brothers and Sisters of Calgary Area

Our focus is to create and nurture one-to-one mentoring relationships for children and youth in and around Calgary who are facing adversity. Each mentoring relationship ("match") expresses care, challenges growth, provides support, shares power and expands possibilities. Matches are supported to ensure positive and meaningful relationships that have a direct and lasting effect on the lives of the children and youth, their families, our mentors, and generations to follow. For ages 6-24.

Find a mentor: [Find a Mentor | Big Brothers Big Sisters of Calgary and Area \(bbbscalgary.ca\)](#)

Trellis Society Youth Programs

Free programs for people ages 12-24 in Calgary and surrounding areas. Trellis Youth programming provide a safe, welcoming place for youth to come after school, make friends, and participate in activities that encourage learning, expression, and a positive connection to community and family.

Intake form: [Trellis+Intake+Package+\(FILLABLE\).pdf \(squarespace.com\)](#)

Email: youthprograms@growwithtrellis.ca

Website: [Youth Group Programming | Trellis Society](#)

Calgary Adapted Hub

Connects children, youth, and families living with disabilities with inclusive and accessible sport and recreation programming in the city of Calgary. Whether you're looking for recreational, developmental, or high-performance adapted sport opportunities, you'll find them here.

[Explore adapted sport programs in the city of Calgary \(calgaryadaptedhub.com\)](http://calgaryadaptedhub.com)

Vecova – Wayfinder Program

At Vecova, we're dedicated to fostering community inclusivity and supporting individuals with disabilities in leading fulfilling lives. Our Wayfinder program is tailored to help you explore, engage in leisure and recreational activities, participate in civic engagements, pursue educational interests, and develop meaningful relationships and support networks.

Eligibility: Persons with Developmental Disabilities (PDD) Funded Adults 18+

Referral: Speak with your PDD Caseworker for a referral to Vecova Wayfinder (Community Access Funding).

[Wayfinder - Vecova](#)

Autism Aspergers Friendship Society

AAFS provides respite care in a social and recreational environment for children, youth and adults on the spectrum of Autism; this includes, but is not limited to, Autism, Aspergers, Pervasive Developmental Disorder, Attention Deficit Hyperactivity Disorder and Non-Verbal Learning Disorder.

Phone: 403-246-7383

Location: 220 8228 MacLeod Trail SE

<https://aafscalgary.com/>

Elizabeth Fry Society- Youth Mentorship Program

Youth involved in the criminal justice system or at risk of involvement are supported with volunteer adult mentor who provide guidance, assistance and support to overcome the challenges which brought them into the system.

Phone: 403-294-0737

<https://elizabethfrycalgary.ca/programs/youth-gang-programs/>

Between Friends

A charitable organization that focuses on the abilities of people living with disabilities. This organization provides quality social, recreational, and developmental opportunities to grow, connect, and belong.

Phone: 403-269-9133

Email: info@betweenfriends.ab.ca

www.betweenfriends.ab.ca/programs

Calgary Society of Opportunities (CSO)

Helps participants realize their recreational, educational and volunteer capabilities. The organization offers community-access day programs for people with developmental disabilities, with a focus on recreation and being active. These are aimed to provide quality programming to individuals outside of their core day program and encourage social interaction outside of paid staff and family.

Phone: 403-253-3454

www.cscocalgary.com/

Calgary Special Olympics

Special Olympics is a non-profit organization committed to enriching the lives of Albertans aged 2 and up with an intellectual disability. There are 22 summer and winter sports available.

Phone: 587-404-2835

www.specialolympicscalgary.ca

CADS

To give people living with disabilities the opportunity to eliminate barriers that have prevented them in experiencing the joy and freedom of snow sports. Not only in a fun and inclusive environment that embraces diversity but in an accessible community that treats each individual with respect.

Phone: 604-813-7607

Email: info@cadski.com

<https://cadski.com/en/about>

Trico Centre for Family Wellness – Skill Builder Program

An inclusive program series that supports the mental, social, emotional, and physical development of children and youth.

Phone: 403-278-7542

<http://www.tricocentre.ca/SKILL-BUILDER/>

Bloom Wellness Collective

A not-for-profit organization on a journey to make Dance and Expressive Arts accessible to those living with disabilities. They use movement as a catalyst for self-expression, connection, sustainable health, emotional regulation, and, above all, JOY!

Email: hello@bloomwell.ca

Website: www.bloomwell.ca/

Maxwell Soccer Center Drop-In Soccer for 16+

Wednesdays and Fridays from 11:30 – 1:30pm (schedule can vary)

Cost is \$5.45 per session or \$51.20 for 10 sessions

Location: 7000 – 48 Street S.E.

<https://www.calgary.ca/rec-locations/soccer-centre/schedules.html>

The Alex – Social and Wellness Program

Includes social support, physical activity, mental health support, substance use support, living skills, PEP (Pre-Employment Program), food and nutrition, social work, peer support, justice navigation and tax clinic.

By appointment and/or drop-in

Eligibility: Everyone 18 and up

Phone: 403-520-2260

Email: registration@thealex.ca

Location: #102 2840 2 Ave SE (Blue Line LRT to Franklin Station)

[Social & Wellness - The Alex](#)

Special Olympics Calgary

5 & 10 pin Bowling, Alpine Skiing, Athletics, Basketball, Bocce, Cross Country Skiing, Curling, Figure Skating, Floor Hockey, Golf, Powerlifting, Rhythmic Gymnastics, Snowshoeing, Soccer, Softball, Speed Skating, Swimming, Young Athletes, Masters, Unified, and Health & Wellness programs offered. Special Olympics Calgary cannot offer 1-1 support. It is the responsibility of the guardian to provide this support if required. Registration required.

Phone: (403) 242-1171

Email: info@calgarygymcentre.com

Website: www.specialolympicscalgary.ca/sports-programs/sport-program-details.html

Camps

Easter Seals – Camp Horizon (Fall Camp, Leadership Camp & Summer Camp)

Easter Seals Alberta's Camp Horizon provides individuals with disabilities and medical conditions with life-changing outdoor camp experiences. Camp offers a unique opportunity for campers to build self-esteem and independence. Activities challenge their mind and body, while creating lasting friendships and lifelong memories.

Phone: 403-949-3818

Email: camphorizon@easterseals.ab.ca

Between Friends – Camp Bonaventure

Between Friends Camp Bonaventure is a fun outdoor summer day camp for youth ages 4-17. Each summer at Camp Bonaventure is full of excitement, friendship, and fun! Campers experience positive social interactions while engaging in fun outdoor camp activities. This inclusive setting can be adapted to all ability levels. Campers are encouraged to grow and develop their skills through activities such as canoeing, sailing, swimming, arts & crafts, and many other exciting activities and adventures

<https://betweenfriends.ab.ca/camp-bonaventure/>

Calgary Quest – Adventure Camp

Quest Adventure Camp is dedicated to providing an unforgettable inclusive camp experience for children aged 6-19 diagnosed with a developmental disability.

<https://calgaryquestresources.com/qac/>

Foothills Academy Society – Camp Amicus

Camp Amicus helps youth with Learning Disabilities (such as Dyslexia) and ADHD increase social skills, self-confidence and self-esteem. Camps include overnight camps, day camps, and teen leadership camps.

<https://www.foothillsacademy.org/community/amicus/camps>

Bloom Wellness Collective – Camp Bloom

Bloom offers week-long summer camps for individuals living with disabilities. Each day will be spent exploring a different location in Calgary, connecting with nature, and fostering connections with each other. As a capstone to a fabulous week of fun, we will take a bus trip to a location outside of Calgary for a final day of nature-filled adventures. Camp activities throughout the week will include dance, yoga, social games, sensory activities, art, adventuring, and more! All activities are adapted to participants' abilities.

Email: hello@bloomwell.ca

Website: www.bloomwell.ca/search?type=product&q=summer+camp

Mental Health and Regulation

Access Mental Health

Access MH is a non-urgent service providing telephone-based screening / needs assessment, consultation, service navigation and referral. Clinicians are familiar with both Alberta Health Services and community-based programs and will explore all available options to make the most recommendations for the identified clinical need.

Phone: 403-943-1500

SORCe Calgary

Mental health urgent care offers mental health crisis assessment and psycho-social interventions on a walk-in basis. Monday to Friday: 9am - 4pm

Phone: 587-779-5015

Location: 1944 10TH AVE. S.W.

Elements Calgary Mental Health Centre

Must be 18 years of age or older and have a diagnosed mental illness as primary presenting condition. Please note: if you receive PDD funded programs, you are in-eligible for service.

Referral form: [Agency-Referral-Form-Web-2024-1.pdf](#)

Phone: 403-266-8711

[Elements CMHC 1 - Elements Calgary Mental Health Centre](#)

Canadian Mental Health Association

CMHA Calgary builds awareness and provides education and support for individuals and families living with mental health or substance use concern. Some of their programs include supportive living programs, youth SMART, and counselling.

Phone: 403-297-1700

Location: 105, 1040 7 Ave SW

Email: info@cmha.calgary.ab.ca

[Canadian Mental Health Association / CMHA Calgary](#)



FearIsNotLove

FearIsNotLove offers free programs for any person experiencing domestic violence and abuse. Regardless of who you are, where you came from, who you love, or how you identify yourself, you (and the people you care about) deserve to live without fear impacting close relationships. Their programs include child, youth and family therapy program, court program, community services counselling program, healthy relationships program, and men's counselling service.

Connect Domestic Violence and Abuse Helpline: 403-234-7233

Men's Resource Line: 1-833-327-6367

Phone: 403-234-7233

Email: help@fearisnotlove.ca

<https://fearisnotlove.ca/programs/>

Calgary Immigrant Women Association

CIWA's mental health supports offer culturally responsive services to immigrants and refugees dealing with issues that impact their mental health and relationships with family members.

Phone: 403-263-4414

Location: 138 4 Avenue SW



Hull Services

Hull Services offers innovative mental health services to children, youth, and families. We strive for a future where resilient young people and families can flourish within supportive communities that prioritize their mental health.

Phone: 403-251-8000

Location: 2266 Woodpark Avenue SW

Learning Disabilities & ADHD Network

Provide free resources, information and guidance about Learning Disabilities (LD), and Attention Deficit Hyperactivity Disorder (ADHD) to families, teens, adults, educators, employers, professionals and anyone who is or works with an individual with LD or ADHD.
Phone: 403-630-1616

[Learning Disabilities & ADHD Network in Calgary | LD & ADHD](#)

Counselling

Rapid Access Counselling

Free single 75-minute session designed to help you find solutions to move forward, whether that's one-time help to get over a bump in the road, or a step at a time in a longer journey. You can book a virtual appointment (phone or secure video) as an individual, couple, or family.

Eligibility: The service is for caregivers with children under the age of 18 in the home, or for youth and children under 18 themselves (with their guardians' consent).

Phone: 1-877-244-2360

<https://www.racalberta.ca/>

The Summit

Provides mental health services for children and youth. The center offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk in services do not require a referral.

Phone: 587-534-7200

Location: 1015 – 17 Street NW, Calgary, AB

Email: thesummit@ahs.ca

<https://www.albertahealthservices.ca/summit/summit.aspx>

The Lion Heart Foundation

Lionheart Foundation provides access to mental health therapy for young people between the ages of 12-25 who are experiencing internalizing anxiety-based mental health conditions in the mild to moderate range; needs-based financial subsidies for those who require assistance with treatment costs may also be available.

Intake: [Treatment Inquiry | Lionheart Foundation](#)

[How Lionheart Foundation Helps Adolescent Girls & Young Women](#)

South East Calgary Community Resource Centre – Insight Counselling and Therapy

The counsellors are patient, insightful and non-judgmental and will work closely with you to strengthen your relationships and become more productive in your personal and work life.

Phone: 403-720-3322 to book an appointment.

Phone: 403-720-3322

Location: 2425 60 Ave SE

<https://www.secalgarycrc.ca/home/programs-services/>

Easecare

Access to mental health support from the comfort of your home. Our physicians, psychiatrists and expert clinicians are here for you. Easy access to care is covered by your Alberta healthcare card. Access mental health assessments and consults with physicians to support your journey towards better mental health. Psychiatrists are also available to help address more complex mental health needs. Book an assessment with one of our clinicians or obtained a referral from your family physician

[Convenient Access to Mental Health Support Online](#)

Owl Pod Clinic

Counselling covered by Alberta Health Services. Doctor referral is necessary to access services.

Phone: 587-317-9978

[Owl Pod Clinic | OWL POD](#)

Trellis Society Counselling

Trellis' diverse team of counsellors and therapists are here to support you in overcoming life's obstacles and flourishing. We offer therapy for everyone in the community over 4 years of age in 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.

Intake: [Counselling Intake/Referral](#)

Eastside Community Mental Health Centre

Eastside Community Mental Health Services (ECMHS) offers immediate, no-cost, mental health support from an integrated, ethnocultural team.

Phone: 403-299-9699 8 a.m. - 11 p.m. 7 days a week.

Walk-In Services: Tuesdays 11a.m. - 7p.m. Thursdays 11 a.m. - 6p.m. Saturdays 11a.m. -5p.m.

Location: #255 495 36 St. NE

[Eastside Community Mental Health Services - Woods Homes](#)

Distress Centre

Free general short-term counselling, one to six counselling sessions

Evening and emergency appointments are available.

Phone of intake: 403-266-4357

Location: 500 999 8 St SW



CUPS Calgary Mental Health Clinic

For people who use CUPS Health Services and need extra support, such as counselling services, psychiatric assessment, medication support and prescriptions. You can also get referrals for addictions counselling, occupational therapy assessments, and other mental health support agencies and programs.

Walk-Ins: Monday to Friday: 8:30 – 10 am & 1 – 2 pm

Appointments: Monday to Friday: 9 am – 4 pm

Phone: 403-221-8797

Location: 1001 10 Ave. SW

<https://www.cupscalgary.com/programs-services/health/shared-care-mental-wellness-services>

Calgary Women's Shelter - Men's Counselling Service

The Men's Counselling Service offers individual and group counselling for men who are concerned that their anger and abusive behaviors are negatively impacting their family members. This program provides a safe, respectful, and non-judgmental environment where men can discuss their concerns with professional counsellors who specialize in abuse/ anger management issues. Our program is provided to clients free of charge. When a man enters our program, we also offer support and counselling to his partner.

Phone: 403-299-9680

[Mens Counselling Service Calgary, Anger Management Help, Family Violence Support Group](#)

Calgary Counselling Centre

Sliding scale counselling is available Monday to Friday from 9:00AM to 4:00PM.

Phone: 1-833-827-4229

Intake: [Online Intake Form](#)

Carya

Carya provides subsidized counselling services to ensure barrier-free access to older adults and families in need.

The agency does not have counsellors that have experience working with individuals with FASD however, they are willing to take on clients

Phone: 403-205-5244

Email: Intake@CaryaCalgary.ca

[Mental Health and Well-Being - Carya Calgary](#)

Kindred Connections Society – Counselling

The single session counselling program supports individuals, couples, and families with a 75-minute counselling appointment, often available within the week so you can get the support you need when you need it! Whether a current crisis, or an ongoing challenge support is available through our goal-based and solution-focused approach to counselling. While the model is “single session” clients are welcome to book with us anytime they need support.

Phone: 1-877-244-2360 or 403-233-2360

Online booking: www.CommunityConnectYYC.ca/kindred

Canadian Centre for Men and Families

Alberta counselors provide personalized, one-on-one attention to clients dealing with individual or family issues, depression, or anxiety. CCMF Alberta will make every effort to accommodate financial needs. If you are not insured and have limited means for payment, please contact us and we can discuss our sliding fee schedule and your specific circumstances

Phone: 587-885-2839

Location: 4610 Bowness Road NW

[Program Registration – CCMF](#)

Elevated Abilities

Practicum student counsellors provide affordable sessions. This is a short-term program which provides 6-8 sessions for clients but can be extended if needed. Sliding scale is available to those with an annual income of less than \$60,000. Proof of annual income may be required. \$30,000 and below = \$20/hr, \$30,001 - \$39,999 = \$30/hr, \$40,000 - \$49,999 = \$40/hr, \$50,000 - \$59,999 = \$50/hr. Clinical supervisor is Anthony (1-833-465-4336 ext.701).

The agency does not have counsellors that have experience working with individuals with FASD however, they are willing to take on clients

Phone: 1-833-465-4336

Location: 2816 21 Street NE Unit 202

Email: info@elevatedabilities.ca

<https://www.elevatedabilities.ca>

YW – Adult Counselling

Our services encompass both individual and group counselling, focusing on the prevention and treatment of family violence. We aim to empower individuals by equipping them with the knowledge and skills necessary to cultivate healthy relationships and foster overall wellness. Join us on your journey towards a brighter, healthier future. Sliding scale fee structure.

Intake: [Interested in our Adult Counselling Programs?](#)

Phone: 403-536-2844

Email: counselling@ywcalgary.ca

Kickstand Connect

Kickstand Connect is a free virtual therapy clinic for youth in Alberta (ages 11-25). Book a session for mental health counseling, substance use support, or peer support—all at no cost and with no waitlists.

<https://mykickstand.ca/>

Hull Services – Play Therapy

Play therapy is available to children under 12 years of age who are experiencing behavioral challenges. Fee is based on a sliding scale.

Please contact Daniela for a referral

Calgary Mental Health and Wellness

Compassionate, Evidence-Based Therapy for Individuals, Children & Families

At Calgary Mental Health & Wellness Centre, we provide compassionate, evidence-based therapy and counselling for individuals, couples, children, and teens. We offer in-person services in Calgary, secure online therapy for individuals, youth, and couples across Alberta.

Offers direct billing to NHIB.

Offers a FREE 20-minute consultation.

Phone: 403-835-3003

Email: info@calgarymentalhealthandwellness.com

<https://calgarymentalhealthandwellness.com/>

Private Counselling



The Psychology Place – Caley McCreary

Caley specializes in supporting children, teens, young adults and their families with disabilities and mental health topics such as attention deficit hyperactivity disorder, fetal alcohol spectrum disorder (FASD), autism, learning disabilities, [anxiety](#), and depression.

Fee: \$240 per session. Can direct bill FSCD.

Phone: 587-741-2097

Location: 405, 400 Crowfoot Crescent NW

Email: staffnorth@familypsychologyplace.com

<https://familypsychologyplace.com/about/meet-the-team/caley-mccreary/>



The Mind Place – Amy Patterson

Amy specializes in working with Autistic and/or ADHD individuals, however she does have experience working with individuals diagnosed with FASD. She works with all ages and does offer parenting support.

Fee: \$240 per session.

Location: 840 700 4th Avenue SW

Book online: themindplace.janeapp.com



Kids Reconnect - Chelsea Houston

She is a Registered Social Worker with FASD experience, and her fees are \$240.

<https://kidsreconnect.ca/the-kr-team-specialized-child-psychologists/chelsea-houston/>



Kids Reconnect - Zarrin Tasneem

She is a Registered Provisional Psychologist, Fee \$220.

<https://kidsreconnect.ca/the-kr-team-specialized-child-psychologists/zarrin-tasneem/>



Kids Reconnect - Keisha Arshad

She is a Provisional Registered Psychologist, Fee: \$220

<https://kidsreconnect.ca/the-kr-team-specialized-child-therapists/keisha-arshad-child-therapist/>



Alpine Psychology – Anmol Hajraw

Anmol specializes in providing Neurodivergent-Affirming Counselling and has worked within the Autism community for several years. She currently provides individual and family counselling services for ages 18 and older. She works with a variety of concerns including anxiety, depression and trauma; grief and loss; emotional regulation; self-esteem, confidence and personal identity; relationships and social skills; executive functioning; and other concerns assessed on a case-to-case basis.

Fee: \$220 per session

Location: Alpine Central – Bridgeland 7-606 Meredith Road NE

Book online: https://alpinepsychology.janeapp.com/locations/alpine-central-bridgeland/book#/staff_member/16/bio

Insight Psychology - Nikesha Deenoo

She has experience in assisting clients who have experienced sexual abuse, children/youth/adults with disabilities, inter/intra personal conflict, domestic violence, childhood trauma, addictions, significant mental health issues, poverty, homelessness and transiency.

Fee: \$225/hour increasing to \$235/hour on Feb 1st, 2025

Location:

<https://www.insightpsychological.ca/staff/nikesha-deenoo/>

Sabrina Brady: Registered Psychologist- <https://www.insightpsychological.ca/staff/sabrina-brady/>

Rate \$225/hour increasing to \$235/hour on Feb 1st, 2025

Megan Oviatt: Registered Provisional Psychologist-

<https://www.insightpsychological.ca/staff/megan-oviatt/>

Rate \$225/hour increasing to \$235/hour on Feb 1st, 2025

Kim Phua: Post-practicum student therapist- <https://www.insightpsychological.ca/staff/kim-phua/>

Rate \$150/hour increasing to \$160/hour on Feb 1st, 2025

Chantelle Owen: Canadian Certified Counsellor (CCC)-

<https://www.insightpsychological.ca/staff/chantelle-owen/>

Rate \$180/hour increasing to \$190/hour on Feb 1st, 2025

Substance Use and Addiction Supports

Alpha House Detox

Our Detox Program provides residential care for clients to safely withdrawal from drugs in a medically supportive environment. Our Transitional Program helps move clients safely into permanent housing or long-term drug treatment facilities.

Phone: 403-234-7388 ext. 2

[Detox & Transitional Program - Alpha House Society | Calgary, Alberta](#)

Renfrew Recovery Centre – Adult Detoxification

Provides a structured environment to support people withdrawing from alcohol and other drugs.

There is also crisis stabilization for people who gamble.

Phone: 403-297-3337, 1-866-332-2322 (24-hour help line)

Location: 1611 Remington Road NE

AHS Addiction and Mental Health Helpline

Phone: 1-866-332-2322



Aventa Centre

For women 18 years old and over. Has 2 beds for women diagnosed with FASD.

Phone: 403-245-9050

Location: 610 25 Ave NW

<https://aventa.org/programs/>

Alcove Addiction Recovery for Women

Alcove Recovery provides long-term residential recovery treatment programs for women who are experiencing co-occurring issues including addiction, mental health distress and a history of abuse. Alcove is the only recovery residence in Calgary that allows mothers and children to remain together during the recovery process in a home-like setting.

Phone: 403-984-2707

[Alcove Addiction Recovery Centre for Women | Calgary](#)

Calgary Dream Centre

Calgary Dream Centre provides innovative recovery programs, affordable housing, and a supportive community to people who have lost hope along the way. Recovery for men only.

Phone: 403-243-5598

Email: info@calgarydreamcentre.com

<https://calgarydreamcentre.com/apply-for-mens-recovery/>

Simons House Recovery Centre

Simon House guides and empowers individuals to achieve long-term recovery from addiction and all its effects. Rooted in the 12 Steps, Simon House incorporates various multi-disciplinary techniques and therapies to empower change and support long-term recovery.

Phone: 403-247-2050

Location: 5819 Bowness Road NW

<https://www.simonhouse.com/admissions>

Stonewall Recovery

2SLGBTQ+ Recovery program. Currently only online programming. Stonewall Recover Program offers classes twice a week, with Monday sessions focusing on discussing key recovery concepts and their practical application in daily life.

[Stonewall Recovery](#)

Fresh Start Recovery Centre

Our treatment program is grounded in the 12-step model and is supported by a biopsychosocial-spiritual framework. We offer a blend of individual counselling, group therapy, and recreational activities designed to nurture physical, emotional, mental, and spiritual growth. The peer support model runs alongside our core treatment, creating a community of care that reinforces recovery.

Phone: 403-387-6266

<https://www.freshstartrecovery.ca/treatment/>

Sunrise Healing Lodge

Our revolutionary treatment program seamlessly blends culture and the 12-step program, allowing our clients to work through all 12 steps while in treatment, using cultural practices to connect with their spirituality. Sunrise also offers a low barrier outpatient program.

Phone: 403-261-7921

<https://nass.ca/>

The Alex Street Team

A team of peer support workers who bring valuable experience in addiction, mental health, and homelessness, as well as social workers who can help access and navigate resources.

Eligibility: All ages

Monday to Friday 8:30AM to 4:30PM

Phone: 403-874-5943

Email: streetteam@thealex.ca

Location: #102 2840 2 Ave SE (Take blue line C-train to Franklin Station)

AHS Safe Consumption Site

Phone: 403-955-3380

Location: 1213 4 Street SW

National Overdose Response Unit

The National Overdose Response Service (NORS) is a virtual safe consumption site available for all Canadians, 24/7 * 365. Our service is 100% confidential, anonymous and judgement free. Our only priority is to keep you safe while you use drugs.

<https://www.nors.ca/>

Safer consumption hotline: 1-888-688-6677

Peer Wellness Program Line: 1-844-795-6677

Digital Overdose Response System (DORS)

The Digital Overdose Response System (DORS) app allows Albertans using opioids or other substances to summon emergency response to their location if they become unconscious.

<https://www.dorsapp.ca/>

SafeLink Alberta

Through a unique philosophy of care for individual support and community wellness, we work to reduce the harms associated with sexual activity and substance use.

Phone: 403-508-2500

Email: info@safelinkalberta.ca

<https://safelinkalberta.ca/>

Grief Support

Grief Support Program – AHS

Grief counselling for adults who have experienced the death of a family member or significant other. Currently offering virtual and in-person services. The program is not a crisis service. The Grief Support Program offers individual and group services.

Phone: 403-955-8011

Location: Richmond Road Diagnostic Centre, Bob Glasgow Grief Support Centre, 3rd floor.

Pregnancy & Infant Loss Support Centre

PILSC supports and connects individuals who have experienced the trauma around miscarriage, stillbirth, Termination For Medical Reasons (TFMR), abortion, neonatal loss, Sudden Infant Death Syndrome (SIDS), or infertility. They offer many no-cost pathways to healing including a helpline, support groups, peer mentorship, and professional 1:1 sessions.

Phone: 1-888-910-1551, Monday to Thursday 10:00AM to 2:00PM

Location: 301 1725 10th Ave SW

Email: info@pilsc.org

Healing Hearts

Healing Hearts is a free bereavement support group specific to those grieving the loss of a loved one due to overdose or substance-use related harms. Healing Hearts support groups offer an open-format peer-facilitated model of support. Healing Hearts does not offer therapeutic counselling. The group facilitators have lived experience and have personally lost a loved one to substance related harms.

Phone: 587-333-4539

Email: healingheartscalgary@gmail.com

<https://www.healingheartscanada.org/what-to-expect>

Compassionate Friends of Canada

The Compassionate Friends is an international, non-profit, peer support organization, offering friendship, understanding, grief education and HOPE for the future to all families who are grieving the death of a child at any age, from any cause. Our Primary Purpose is to aid in the positive reconciliation of grief and foster the physical and emotional health of parents and their surviving children.

Phone: 403-818-0375

[Grieving Loss of a Child - The Compassionate Friends of Canada](#)

Groups

McMan Calgary – DBT Skills Training Groups

At McMan Calgary & Area, we offer DBT Skills Training which is one mode of support within a comprehensive DBT treatment program. This 12-week skills training teaches specific skills to increase an individual's capabilities to cope with emotions and experience life differently than they currently are. The skills are taught in a group setting to allow for individuals to learn from each other and provide a forum for practicing skills in the moment. The cost is \$1,095 for 12 2-hour sessions. There is a fee assistance program. Please contact dbt@mcmancalgary.ca to request an application if you need assistance in covering a portion of the group fee.

Phone: 403-280-6293

YW- Mindfulness Moments

Free eight-week program teaches kids (ages 8 to 12) how and when to use social-emotional skills to cope when challenging situations arise. Mindful Moments is currently partnering with various Calgary schools for after-school sessions and offering programs at our YWCA Hub location (1715 17 Ave SE) year-round.

Phone: 403-750-2500

Email: mindfulmoments@ywcalgary.ca

[Mindful Moments - YW Calgary](#)

Cultivate – Group Therapy

Cultivate occasionally offers group counselling and psychoeducation groups. Counselling groups offer a chance to engage in processing and growth, while psychoeducational groups offer more opportunities for learning and discovery than processing. Groups can be a one-time event or run for several weeks and vary in size. We offer groups online, in person, and as an asynchronous online model. All groups are priced according to the Psychologists' Association of Alberta's fee schedule and will have a percentage of spots available on a pay what you can basis. Group fees are typically eligible for insurance coverage.

<https://www.growthelife.com/services>

Education

Renfrew Educational Services – Early Childhood Services

Renfrew's Early Childhood Services (ECS) program nurtures learning and social skills that last a lifetime. Even among our youngest learners, we foster an environment of enthusiasm, caring, respect and openness to innovative ideas. As an independent school, we modify the curriculum set out by Alberta Education to meet the special needs of our children. This includes a strong focus on early literacy, early numeracy, citizenship, environment and community awareness, personal responsibility, physical well-being, and creative expression.

Renfrew's ECS program runs half-days Monday to Friday.

Eligibility: Children ages 2 years 8 months to 5 years as of Sept. 1.

Fees: \$100.00/month resource fee.

<https://renfreweducation.org/programs/early-childhood-services/>

Renfrew Educational Services – Elementary Education Program

Our certified teachers modify the Alberta Program of Studies to meet their students' specific needs and areas for growth. Working in collaboration with child development facilitators, on-site therapists and parents, they develop individualized programs for each student using a variety of best practice tools and resources. Music, art, physical fitness and life skills are vital components

of our programming. Renfrew's Elementary Education Program runs full days, Monday to Friday.

Eligibility: Children with special needs ages 6 to 12 years old

Fees: \$450.00/month

<https://renfreweducation.org/programs/elementary-education-program/>

Calgary John Howard – Financial Empowerment

In partnership with Momentum, we offer one-to-one financial coaching and financial administration supports to improve money management skills, learn how to set financial goals, develop a spending plan and pay down debt.

Phone: 403-266-4566

Location: 1000 – 4502 Builders Road SE

Employment and Education – Calgary John Howard Society

ChildSafe Canada

Child Safe Canada is a premier provider of child and adult safety education. Our professional safety educators offer a wealth of valuable knowledge, compassion, and caring to students through private, school, and community-based programs.

Programs include: Self-Esteem, Home Alone, Babysitting, Anger Management, Social Skills, Calm and Cool Minds (Anxiety), Bully Proof, Internet Safety

<https://childsafecanada.com/>

Columbia College - Community Access Services

Our Community Access Services are dedicated to supporting each individual in their journey to become a valued and active member of the community. By offering a wide range of inclusive opportunities in social activities, arts, education, recreation, community association, community resources, and volunteerism, we aim to foster a sense of belonging and participation.

Eligibility: PDD Funding

Phone: 587-229-8581

Email: collinsasare.baffour@columbia.ca

[Columbia Community Support Services | Community Access](#)

Integrated Post-Secondary Education Society of Alberta

Non-profit organization supporting adults with developmental disabilities in their post-secondary education and employment journeys. We work together with individuals and their families to plan learning goals, practice employment skills, and develop community to build successful and more independent lives.

Eligibility: Adults with developmental disabilities with strong desires to attend university courses, continue to stable employment, and develop meaningful relationships in the community. **MUST HAVE PDD.**

To Apply: Speak with your PDD service coordinator for a referral.

[HOME | IPSESA](#)

Mount Royal University - Employment Preparation Extension Certificate

The Employment Preparation Certificate is a full-year certificate program that assists students with developmental disabilities in preparing for competitive employment and community living. It combines on-campus instruction with community-based work practicums.

<https://ce.mtroyal.ca/public/category/courseCategoryCertificateProfile.do?method=load&certificateId=1061404&selectedProgramAreaId=1023702>

Mount Royal University – Part-time Studies

Our part-time courses support students as they build life skills, such as interpersonal communication and meal planning, as well as improve their ability in areas including reading, writing and math. From learning how to code preparing to take the learner's license test, these courses are designed to meet students' practical needs and interests.

<https://www.mtroyal.ca/tvp/parttime/index.htm>

Transition to Adulthood



McMAN Calgary - Youth Transition to Adulthood (YTA)

This program provides individualized support to youth aged 15-22, who are involved with Children Services, prepare for independence. The program helps locate appropriate housing options based on their needs, build their capacity and self-efficacy, make informed choices and plan for their futures, work towards their education and/or employment goals, access community resources and services and increase their social connections and build a stronger support network.

A referral from Children's Services is required to enroll in this program.

The YTA Program is funded by the Government of Alberta.

Email: yta@mcmancalgary.ca



Woods Homes – YCAP

The Youth Culinary Arts Program prepares at-risk, homeless young people (15-29) for employment in the culinary field. Participants receive 9-12 weeks of on-site training from Red Seal chefs at no cost. Alongside culinary skills, a dedicated youth counsellor provides support in mental health, employment, and housing, emphasizing essential life skills. This program addresses a gap in alternative employment programs for multi-barriered young people in Calgary and the surrounding area.

Email: Inglewood.OpportunityHub@woodshomes.ca

<https://www.woodshomes.ca/ycap-market/>

Identity

2SLGBTQ+ Services

Calgary Outlink

Calgary Outlink is a community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the LGBTQ2IA+ and allied community in Calgary, Alberta.

Phone: 403-234-8973

Location: Unit 105 223 12 Avenue SW

[Peer Support | outlink](#)

Skipping Stone Foundation

The Skipping Stone Foundation is a Calgary-based not-for-profit organization, and registered charity, whose mission is to support and empower trans and gender diverse youth and their families in the province of Alberta. They offer a wide range of community, educational and medical supports for the trans community.

Phone: 587-333-4342

Location: 1250 407 2 Street SW

[Skipping Stone](#)

End of Rainbow Foundation

The End of the Rainbow Foundation creates sponsorship circles (groups of five), hosts support groups and provides education to help LGBTQ+ people settle in their homes and community.

We are dedicated to all people of any sexual orientation and gender identity (LGBTQ+ or SOGIESC1), whether they are longtime citizens, or new Canadian refugees, or immigrants.

Phone: 403-262-4086

[Support Services – End of the Rainbow Foundation](#)

Indigenous Services



Elbow River Healing Lodge

Offers primary care services and specialist services. Includes traditional healing approaches, health promotion, curative care, and social resource advocacy.

Services to First Nations (Status and Non-Status), Metis, and Inuit peoples and their families.

Phone: 403-955-6600

Location: 1213 4 Street SW (Sheldon Chumir Health Centre)

[Sheldon M. Chumir Health Centre - Elbow River Healing Lodge | Alberta Health Services](#)

Aboriginal Friendship Centre of Calgary

Provides essential indigenous cultural based programs such as community connection, housing services, outreach/cultural reconnection, indigenous language revitalization and youth engagement.

Phone: 403-270-7379

Email: info@afccalgary.org

<https://www.afccalgary.org/programs/>

Miskanawah

Miskanawah is a multi-service organization, offering programs and services in the areas of family support (ranging from prevention and early intervention to intervention), youth services, clinical and cultural mental health supports, crisis support, housing support, and cultural and ceremonial supports.

Phone: 403-247-5003

Location: Miskanawah East - 2335 30 Ave NE. Miskanawah West - 2340 1 Ave. NW

<https://miskanawah.ca/connect-with-us>

Elizabeth Fry Society of Calgary

Through a restorative justice lens, Indigenous relatives are supported towards improving their lives through their own resiliency and the consistency of supports which lead to their own personal levels of achievement.

Phone: 403-294-0737

Location: 1731 10 Avenue SW

<https://elizabethfrycalgary.ca/our-story/how-we-support-resiliency/>

Aboriginal Futures Career and Training Centre

Assists urban Indigenous people in the enhancement of employment skills, create the opportunity for self-sufficiency and independence through access to career or employment counselling, programs and services.

Phone: 403-253-5311

Email: info@aboriginalfutures.com

<https://aboriginalfutures.com/>

The First Nations Health Consortium

Improves access to health, social, education and other services for First Nations and Inuit children throughout Alberta. The FNHC supports First Nations and Inuit children and families with Jordan's Principle applications in Alberta to ensure children and youth can access required services or supports they need, in line with the Jordan's Principle child-first legal ruling.

Phone: 587-391-1311

Location: 100, 3016 19 Street NE

<https://abfnhc.com/who-we-are/>

Awo Taan Healing Lodge Society

The Awo Taan Healing Lodge Society is a 32 bed full-service women's emergency shelter in Calgary, Alberta, dedicated to providing services to women and children from all cultures. Our shelter operates 24 hours a day, 7 days a week with both on-site and on-call counsellors available at all times. Women and children can stay at the shelter for a period of up to three weeks. Awo Taan supports clients with the resources to help ensure they do not return to an abusive situation. If clients require shelter beyond the three-week maximum, extended stays may be arranged or referrals to other helping agencies can be facilitated.

Phone: 403-531-1972

<https://awotaan.org/programs/programs-overview/>

Jordan's Principle Call Centre

Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQIA children and youth and those with disabilities may have.

Phone: 1-833-632-4453

Native Counselling Services of Alberta

NCSA can assist in the following areas: Criminal Court, Family Court, Youth Court, Traffic, Hearing Office, and some Court of Kings Bench matters. A Court worker can assist Before, During and After court – explaining procedures, clients rights and responsibilities, the outcome of procedures and make any necessary referrals such as to Legal Aid

Phone: 1-780-451-4002

Location: 910 7 Ave SW

Email: info@ncsa.ca

<https://www.ncsa.ca/>

Closer to Home – Community Services

Closer to Home Community Services' programs and services incorporate treatment strategies that respect and affirm culture, traditions, and beliefs. We encourage individual independence and self-determination. Closer to Home Community Services works in collaboration with other resource providers to support children and families within their own communities. There are many programs and services available which include youth groups, counselling, crisis support, food and nutrition, housing, mental health and wellbeing, money management, skill development, arts and recreation, and camps.

<https://closerhome.com/programs/>

Hope for Wellness Helpline: Indigenous Mental Health Support

Provides immediate non-judgmental, culturally competent, trauma-informed emotional support, crisis intervention, or referrals to community-based services.

Call 1-855-242-3310 or go to [Hope Wellness Canada](https://www.hopewellnesscanada.ca/) for chat services.

Sober Crew Drumming Circle

Sober Crew is an indigenous group made up of people in recovery from addiction, led by Robbie Daniels. Sober Crew offers a safe and welcoming space where people can support each other through drumming and outreach. All are welcome to attend this group and appreciate the healing found in community.

Wednesdays 4:00-5:40pm

Location: Sunalta Community Hall 1627 10th Avenue SW

<https://www.sunalta.net/partnerprograms>

Community Engagement

Disability Advocacy

Inclusion Alberta

Inclusion Alberta is a family-based non-profit federation that advocates on behalf of children and adults with intellectual disabilities and their families. Together, we share a dream of meaningful family life and community inclusion for individuals with intellectual disabilities. As an advocacy organization we support families and individuals in their desire to be fully included in community life.

Phone: 1-800-252-7556

<https://inclusionalberta.org/>

Darryl Cook Family Managed Resource Centre

The Centre in Calgary assists families using FMS funding to foster an inclusive life across the following life domains (e.g., home, employment, continuing education, community participation, relationships, and health and well-being). The Centre helps families to understand their role in managing supports for their family member with intellectual disabilities. Staff at the Centre assist with FMS required planning, application and administrative processes.

Phone: 1-800-252-7556

Location: 200 525 28 St SE

<https://inclusionalberta.org/contact-the-darrell-cook-family-managed-supports-resource-centre/>

Autism Calgary

The organization serves as the community of families, caregivers and supportive professionals collectively striving for a supportive, accepting and understanding community for individuals and families living with ASD. Services include resources, support groups, and special events.

Family Support: information, resources, systems navigation help and peer support.

support@autismcalgary.com

Adult resources: Information, resources and “Talk Support”, for adults that require less intensive supports (Not PDD eligible). talksupport@autismcalgary.com

Counselling: autism-specialized individual and family mental health services.

counselling@autismcalgary.com

Drop-ins: Open Monday to Thursday from 10:00AM to 2:00PM for families and individuals without appointment seeking information and support.

***Autism Calgary is not FASD informed however they have amazing insight into FSCD and PDD. This is a great resource for families navigating systems.**

Phone: 403-250-5033

Location: 3639 26 street NE

<https://autismcalgary.com/>

Easter Seals Alberta

Easter Seals Alberta is a registered charity that provides services that foster inclusion, independence, and recreation for individuals with disabilities and medical conditions. We connect Albertans with direct services, programs, and advocacy.

Phone: 1-877-732-7837

<https://easterseals.ab.ca/>

Alberta Council of Disability Services

The Alberta Council of Disability Services (ACDS) is a non-profit member association of community disability services providers in Alberta. Established in 1972, we work closely with the Government of Alberta and other partners to strengthen the Community Disability Services (CDS) sector to benefit Albertans with developmental disabilities.

Phone: 403-250-9495

Location: 220 200 Rivercrest Drive SE

<https://acds.ca/about-acds/index.html>

The Office of the Advocate for Persons with Disabilities

Can provide assistance with questions about disability programs and services. Connect with the office or make an appointment to speak with an Advocate representative:

Hours: 8:15 am to 4:30 pm (open Monday to Friday, closed statutory holidays)

Phone: 780-422-1095

Email: advocate.disability@gov.ab.ca

Pet Services

Parachutes for Pets

Dedicated to helping vulnerable people and their pets stay together by removing barriers and providing resources.

Phone: 403-305-9677

Email: info@parachutesforpets.com

Location: 6120 1A Street SW

<https://www.parachutesforpets.com/contact/>

Calgary Humane Society

Offers short-term housing for pets whose owners are in crisis with their emergency boarding program. Stay is for up to 10 days and must be referred from an agency or professional. Pet safe keeping starts at 21 days for victims of domestic violence (referral required by a professional (social worker, police officer, caseworker, or medical professional). Offers one-time help for pet owners facing unexpected financial situations.

Phone: 403-205-4455

Location: 4455 110 Avenue SE

www.calgaryhumane.ca

Calgary Humane Society – Wellness and Vaccine Clinic

Offers no cost spay and neuter. They also offer a 1-time financial support for unexpected pet costs.

[Community Services | Calgary Humane Society](#)

Alberta Animal Rescue Crew Society (AARCS)

Pet Food Assistance Program can help with emergency pet food, may also be able to help provide cat litter, toys, and blankets, etc. You can self-refer online. Has an Alberta Animal Disaster response that supports animals during disasters such as flooding and fires, as well as safe keeping during emergencies for evacuated families.

Phone: 403-250-7377

Location: 5060 74 Avenue SE

www.aarcs.ca

Legal Support

Calgary Legal Guidance

Calgary Legal Guidance provides legal information, advice, and advocacy to disadvantaged Calgarians who would not otherwise have access to legal services. Programs include: family law, homeless outreach, immigration, elder, social benefits advocacy. Dial-A-Law general information on a variety of topics call 403-234-9022.

Phone: 403-234-9266

Location: 100, 840 7 Avenue SW

<https://clg.ab.ca/>

Elizabeth Fry Society of Calgary

Offers services for women who have come in conflict with the law or are incarcerated. It works to dispel biases and break down barriers around poverty, violence and addictions. Information and support through the court process, the term of sentence and reintegration into society.

Elizabeth Fry Society advocates for fairness and equality within the justice system.

Phone: 403-294-0737

Location: 1731 10 Avenue SW

<https://elizabethfrycalgary.ca/our-story/how-we-support-resiliency/>

The Alex Community Health Centre

The Alex justice support is offered at no cost to anyone ages 12 and up. Offers legal information and referrals, help with obtaining a lawyer, court accompaniment, legal paperwork and application assistance, and help with understanding your rights.

Phone: 403-520-2260

Email: justicenavigator@thealex.ca

Phone: 104 2840 2 Avenue SE

<https://www.thealex.ca/program/justice-navigation/>

Canadian Centre for Men and Families – Legal Information and Resource Program

CCMF Alberta's MPSG is a safe group environment where men connect with other men who have had similar lived experiences. It is a welcoming space where group members offer emotional support on common topics, resources and tools to help others find solutions to challenges and inspire hope for a better future. Group members have experienced challenges related to family court, shared parenting, parental alienation, domestic abuse, and other similar issues. Free of cost.

Phone: 587-885-2839

Email: info@ccmfalberta.ca

Location: 4610 Bowness Road NW

<https://ccmfalberta.ca/programs/mens-peer-support-group-mpsg/>

Calgary Immigrant Women Association – Legal Clinic

This program provides clients with family and immigration related legal support in collaboration with Calgary Legal Guidance. The program provides legal advice, legal representation & advocacy, document preparation, notary services, and referrals. The program is available to all immigrant women and their families including those who are Canadian citizens and temporary foreign workers.

Phone: 403-263-4414

Email: settlementsupports@ciwa-online.com

Location: 138 4 Avenue SE

Worker's Resource Centre Calgary – Legal Workshops

The Workers' Resource Centre offers Public Legal Education workshops to help educate Alberta workers of their rights in the workplace. The WRC works in partnership with other community organizations to provide free legal education across the Province. Workshop topics include: Alberta Employment Standards, Changes to Alberta Employment Standards, Employment Insurance (types of benefits and eligibility requirements, etc.).

Phone: 587-801-4621

Location: 440 999 8 Street SW

[Workers' Resource Centre - Get Help with Workplace Issues](#)

University of Calgary – Student Legal Assistance

Student Legal Assistance provides free legal information and representation to low-income residents of Calgary and the surrounding regions. Student caseworkers can also provide assistance with trial confirmation and outreach services, including public legal information seminars through City of Calgary agencies.

<https://law.ucalgary.ca/legal-services>

Women's Centre of Calgary

All of the lawyers who provide advice at our legal clinics are women. These lawyers volunteer their time to the Women's Centre, to ensure more women are able to access legal advice no matter their economic situation. These lawyers work to equip women with the information and options they ask for, so women can feel empowered and in control of their situations. All women are welcome; appointments required.

Phone: 403-264-1155

Email: legal@womenscentrecalgary.org

Location: 39 4 Street NE

Dr. Law

At Doctor Law, everything we do is focused on giving your family value while maintaining the highest quality of service. We lower our costs by cutting out the things you don't need, and giving you valuable extras.

Phone: 587-429-6960

Location: 500 Country Hills Blvd NE

<https://www.doctor-law.ca/>

Adaptive Skills

Money Management

Momentum – Money Matters

Money Matters is a partnership between Momentum and Calgary John Howard Society (CJHS) that provides financial literacy support and services to individuals living with mental health or addiction challenges. There is also one-on-one support for those who need it.

Eligibility: Anyone can join who is living with mental health and addictions concerns.

Phone: 403-272-9323

Location: Online

<https://momentum.org/programs/money-matters>

Momentum – Money Management Workshop

Offers different workshops to learn about budgeting, assets, banking, credit, debt management, and consumerism. After completion of the workshops individuals receive a money management certificate.

Phone: 403-272-9323

Location: Workshops are offered online

<https://momentum.org/programs/money-management-workshops>

Funding/Bursaries

Calgary Fetal Alcohol Network – Empowerment Fund

The Cathy Lane Goodfellow Empowerment Fund provides financial bursaries for individuals living with FASD and/or their caregivers or families IN THE CALGARY AREA.

Phone: 403-249-7215

<https://www.mycfan.ca/empowerment-fund>

Calgary John Howard Society – Keegan Help Fund

\$500 yearly bursary for financial assistance for youth ages 12-24 for advancement in education or learning. The bursary is for courses and classes, sports and recreation opportunities, tutoring, employment readiness, camps, and identification e.g. Drivers' License, Passport etc.

<https://www.cjhs.ca/programs-initiatives/initiatives/keegan-help-fund/>

Rise Calgary – Basic Needs Fund

The Basic Needs Fund is an emergency financial assistance fund, intended to help people out of an unforeseen financial crisis.

Phone: 403-204-8280

Email: info@risecalgary.com

<https://www.risecalgary.ca/basic-needs-fund>

Alberta – Emergency Financial Assistance

If you are facing an emergency, you can apply for emergency financial assistance through the Emergency Needs Allowance program. You can get help when: a situation is caused by unforeseeable circumstances beyond your control, and it presents a severe health risk, and you cannot access other resources or wait until your next pay-cheque or Income Support benefit cheque.

To apply: if you are receiving AISH contact your caseworker. If not contact Income Support Contact Centre at 1-866-644-5135

<https://www.alberta.ca/emergency-financial-assistance#jumplinks-2>

Sport Subsidies/Grants

YMCA – Financial Assistance

YMCA Calgary provides financial assistance for those who wish to register for membership, programs, or camps, but are not able to afford the full registration fee.

Eligibility: You are a verified recipient of: AISH, Alberta Works, Income Subsidy/Support, City Of Calgary Fee Assistance Card, or you qualify as a low-income family using the government's Low Income Cut-Off Chart (LICO) as a guideline.

Apply: Verified recipients have pre-approval for a YMCA Calgary membership. Please bring verification documents of any one of the benefits noted above to any YMCA location. You will receive information about how you can begin your YMCA membership at a reduced cost.

<https://www.ymcacalgary.org/financial-assistance>

KidSport Calgary & Area

KidSport provides grants to kids from families facing financial barriers so they can participate in registered sport programs and experience the lifelong benefits of a season of sport. KidSport Calgary & Area provides grants of up to \$500 per eligible child, per year (January 1st - December 31st) towards sport registration fees.

To apply: [KidSport™ Canada](#)

Jumpstart

Sometimes, families need financial assistance to get their kids into a sport or physical activity. We're committed to helping all families access a range of activities, from boxing to bowling and skating to skiing, and more. To be eligible for funding for one or more children, families must first meet specific financial criteria as per Revenue Canada's Low-Income Cut-Offs (LICO) chart. Programs should be a minimum of five weeks in duration and include at least one session per week. In the case of sports camps, the program must last at least five consecutive days for consideration.

To apply: https://jumpstartgrants.smartsimple.ca/s_Login.jsp

[Individual Child Grants | Jumpstart](#)

ID Clinics

AHS ID Services

ID service located within the Sheldon Chumir. Only open Monday, Wednesday, Thursday, and Fridays. Closed Tuesdays. 6 spots are only available per day, first come, first served basis. Must wait in the Sheldon Chumir emergency room around 630 AM to put your name on the list for the day.

Phone: 403-650-4050

Location: Sheldon Chumir

Mustard Seed ID Program

The individual requires Proof of Canadian Entitlement and Proof of 90 days of living in Alberta. Folks accessing this service would bring these documents to their meeting with an advocate, where they will fill out the paperwork needed. If they do not have an address The Mustard Seed can write a letter of authorization to list their address on their ID. They must go through the ID program to use this letter. The Mustard Seed can only pay for the ID if: they are houseless, have no income, and have not received ID from The Mustard Seed in the past. After the meeting, the advocate will book a time for the client to go to the registry.

Phone: 1-833-448-4673

Location: 102 11 Avenue SE

Email: info@theseed.ca

<https://theseed.ca/gift-catalogue/cg-id-program>

Skipping Stone Foundation – Trans ID Clinic

Trans ID Clinics are held in person in Calgary help individuals navigate the complex process of having their ID documents match their identity, including: Name changes, gender marker amendments, and help with other ID documents.

Phone: 587-333-4342

Location: 1250 407 2 Street SW

<https://www.skippingstone.ca/id-clinics>



CUPS – ID Program

Provides one time assistance obtaining various forms of identification such as birth certificates, government photo ID and Alberta Health Care cards. The service is targeted to low income individuals.

Phone: 403-717-0922

Location: 1021 10 Avenue SW

Email: info@cupscalgary.com

<http://www.cupscalgary.com/>

The Women's Centre of Calgary

Community ID clinic through Calgary Legal Guidance. They can help by providing you with a photo card notarized by a lawyer. Open only to women. Clinics run the third Wednesday of each month at 5:30PM.

Location: 39, 4 Street NE

Tax Clinics

Carya Calgary

Through the Community Volunteer Income Program, Carya offers free tax filing services for low-income seniors and individuals on Income Support or AISH. Our tax clinic volunteers will help guide you through the process with our drop-in package and completing the required paperwork. The only things you need to bring with you are your T4 slip(s) and a valid photo ID. Contact Carya for details about each tax season.

<https://caryacalgary.ca/program/tax-clinics/>

Rise Calgary

Tax filling services are free for people who are living with low income. Visit our office during drop-in hours to fill out 3 forms. No appointment is necessary during drop-in hours. Please come 30 minutes before closing time. Bowness office: Mon, Tue, Wed (1pm-4pm) 7904 43 Ave NW, Calgary, AB T3B 4P9. Ranchlands office: Mon, Tue, Fri (1pm-4pm) 1840 Ranchlands Way NW #14, Calgary, AB T3G 1R4. Forest Lawn office: Wed, Thu, Fri (1pm-4pm) 3303 17 Ave SE, Calgary, AB T2A 0R2. Bring photo ID and SIN number.

<https://www.risecalgary.ca/tax-filing-registration>

Unison – Tax Clinic

Free tax clinic for low-income seniors

<https://unisonalberta.com/bulletin-board/free-tax-clinic>

The Alex – Tax Clinic

Check in during tax season.

<https://www.thealex.ca/taxes/>

Hull Services – Patch

Year-round free tax clinic. Appointments preferred but walk-ins available. Does not serve clients that exceed the suggested income. The government issued photo ID required. The client must provide all tax slips and receipts.

Key Locations & Contact Information

Bannister Patch: 18 Bannister Manor SE, 403-201-3152

Woodridge Patch: 249 Woodridge Dr SW, 403-281-4905

West Dover Patch: 3203 31A Ave SE, 403-273-3984

Shaganappi Village Patch: 3520 Balsam Dr SW #11, 403-542-5992

Trellis Tax Clinic

Trellis Society hosts free tax clinics where volunteers complete tax returns for people with a modest income and a simple tax situation.

In person and over the phone

March to April 2026

Phone: 403-910-5952

<https://www.growwithtrellis.ca/taxes>

Employment

Calgary John Howard Society – Employment and Education Programs

Employment groups are offered 8 times per year and are 3 weeks in length. Employment preparation skills and industry certification ticket training are available. Group registration fees range between \$50-\$65 to offset ticket costs. Referrals are accepted from any source including self-referrals.

Phone: 403-266-4566

Location: 1000 – 4502 Builders Road SE

[Employment and Education – Calgary John Howard Society](#)

Women in Need Society (WINS) – Retail and Warehouse Ready Program

Retail Ready teaches participants the ins and outs of the retail industry to help them confidently secure employment. Our six-week program offers a mix of classroom and in-store training at WINS thrift stores to give participants hands-on experience.

Phone: 403-255-5102

Location: 1005 11 Avenue SW

Email: employmentservices@winsyyc.ca

[Employment Services - Retail Ready Application](#)

The Mustard Seed – Calgary Employment Program

The Employment Program's focus is on equipping participants with the skills to be successful in both the job search and the workplace, as well as empowering them to achieve greater independence.

Phone: 403-615-9216

Location: 102 11 Avenue SE

Email: EmploymentCentre@theseed.ca

[Employment | Mustard Seed](#)

Goodwill Alberta – Employment Program

Every year, Career Connections serves hundreds of Albertans with disabilities or other barriers on their path to meaningful employment. In addition, we are champions in the community for creating more inclusive workplaces, supporting hundreds of employers every year through the process of hiring and employing Albertans with disabilities.

Phone: 780-944-2746

[Goodwill Alberta | Employment Programs To Help](#)

Workers Resource Centre Calgary

Caseworkers can assist and represent you in acquiring benefits and entitlements in the following areas: Employment Insurance (EI), Lost Wages (Emp. Standards), Workplace Injury (WCB), Human Rights, CPP-Disability, Short & Long-term Disability, and AISH.

Phone: 1-844-435-7972

Location: 440 999 8 Street SW

Email: info@helpwrc.org

[Workers' Resource Centre - Get Help with Workplace Issues](#)

Calgary Alternative Employment Services (CAES)

CAES serves adults with disabilities or multiple barriers to employment, who require support with finding & maintaining employment. The program services are funded by various departments of the provincial and federal governments. These government departments specify details about service eligibility. CAES encourages prospective clients and advocates to fill out a CAES Referral form and to make inquiries about individual eligibility for services via e-mail or phone.

Phone: 403-283-0611

Email: caes.intake@c-a-s-s.org

[Calgary Alternative Employment Services - Calgary Alternative Support Services](#)

Elizabeth Fry Society – Sage 12 Week Program

SAGE Emotional Wellness and Employment Readiness program supports women with emotional wellness; Indigenous cultural connection and supports; functional life skills; and preparation and planning towards the next steps of employment.

Phone: 403-294-0737 ext. 246

Email: sage@elizabethfrycalgary.ca

Location: 1731 10 Avenue SW

Vecova – Job Seekers

We offer a comprehensive range of services tailored to job-seekers facing barriers to employment.

Youth program: Vecova provides support to youth with disabilities and access to a work experience program which promotes independence and inclusion in the community. The program provides assistance in finding work experience based on the youth's strengths and interests. The work experience consists of 25 hours at a work site with the support of a job coach.

Criteria: Youth aged 16-25 ready to complete a work experience.

Phone: 403-284-1121

Email: info@vecova.ca

Job Seekers - Vecova

Vecova – Newcomers Employment Program

Vecova's Newcomer Employment Program to support newcomers facing barriers to employment whether just starting a job search or returning to the workforce. Must be for a newcomer to Canada, 18 +, and must face barriers to employment such as disabilities, mental health challenges, chronic illness, and social skills challenges

Referrals: newcomeremployment@vecova.ca

[Employment Support for Newcomers - Vecova](#)

Prospect

Prospect helps Albertans overcome barriers to employment. We empower job seekers through a range of skill-building services, job search support, resources, hiring events, and work experience opportunities, all designed to help them successfully join the workforce. Our services are provided at no cost to you.

Programs:

Youth Employment: Prospect's youth employment service supports youth aged 16-24 in building the skills and connections needed to succeed in today's job market

Career Links: Career Links provides employment supports for individuals experiencing challenges to workforce participation as a result of a mental health issue and/or addiction.

PDD Services: Prospect's PDD services support adults with developmental disabilities in experiencing an enhanced quality of life through increased workforce and community participation.

The WORX: Provides employment search services to Calgarians with all types of disabilities. In addition to information resources and assistive technologies, The WORX also offers a variety of employment services including career counselling, education and skill training placement and help finding a job.

South East Calgary Community Resource Centre

Assists with creating resumes, cover letters, references, job searches, careers, career assessment tools, and referrals to other training resources.

Phone: 403-720-3322

Location: 2425 60 Ave SE

Email: contactus@secalgarycrc.ca

<https://www.secalgarycrc.ca/home/programs-services/>

Diversified Staffing

At Diversified Staffing Services (DSS), we care. Our professional approach connects you to employment opportunities within Alberta and across Canada that will help you reach your goals. Our focus is on you, the candidate. Our Recruitment Specialists' processes are all driven to match you with the best opportunities available.

Phone: 403-237-5577

Location: 100-805 5 Avenue SW

[Job Seekers, Employment Services | Diversified Staffing Services](#)

DDRC – Developmental Disabilities Resource Centre of Calgary

Choices: CHOICES works to increase an individual's overall quality of life by ensuring full and active involvement in community life. The individual may choose goals such as volunteering, civic engagement, building relationships, wellness and developing independence.

PACE: PACE program empowers adults and youths to explore, pursue and reach their chosen employment goal.

Eligibility: PDD or FSCD Funding

Phone: 403-240-3111

Email: info@ddrc.ca

<https://ddrc.ca/ourprograms/>

Momentum – Train for a good job

Low cost or no-cost training programs to build a career in tech or trades.

Phone: 403-272-9323

Location: 100, 525 28 Street SE

Email: welcome@momentum.org

<https://momentum.org/program-departments/train-for-a-good-job>

Gateway

Gateway builds the skills, knowledge, and abilities of job seekers. They provide person-directed employment services to help job seekers overcome barriers and connect with the employers in need of their unique skills and talents

Eligibility: it is open for everyone

Phone: 587-779-7888

Location: 1206 20 Ave SE

[Job Seeker Support | Gateway Association](#)

Columbia College - Employment Services

Columbia provides a full spectrum of employment services for adults with developmental disabilities, including preparation and placement phases for skill development. We offer community-based work experiences to help individuals gain exposure, acquire new skills, and enhance their marketability to potential employers.

Eligibility: PDD funding

Phone: 403-235-9300 ext. 9411

<https://columbiacollege-cssd.ca/employment-services/>

CBI Health – SupportABILITY Program

SupportABILITY has the free, practical job search tools and competitive employer connections to propel you to meaningful employment.

Welcome meeting can be booked online [SupportABILITY Booking](#)

Housing

SORCe (Safe Communities Opportunity & Resource Centre)

Multi-agency collaborative that connects people experiencing or at risk of homelessness, to programs and services that can help to address the barriers to stable housing.

Walk in hours: Monday-Friday 9:00AM to 12:00PM and 1:00PM to 4:00PM

Location: City Hall LRT Platform: #2 - 316 7 Ave SE

[SORCe](#)

Calgary Housing Company

Provides affordable rentals, subsidies resources, and rental assistance.

Phone: 587-390-1200

Location: 433 Marlborough Way NE

<https://calgaryhousingcompany.org/>

Calgary Housing – Near Market Rentals

Near-market-rate rental opportunities all over the city. There is no waitlist for Market Rentals and it's very easy to qualify.

<https://calgaryhousingcompany.org/near-market-rentals/>

Mustard Seed – Permanent Supportive Housing

Offering housing, community, education, and health care for low-income individuals who need a safe and supportive place.

To apply: [NEW_PSH-1010-application-1.pdf](#)

Metis Urban Housing

Subsidized housing

Phone: 403-569-9030

Location: 5301 21A Avenue SE

<https://www.metishousing.ca/programs/housing-programs/>

Treaty 7 Urban Indian Housing Authority

Provides adequate, affordable rental accommodations for low to moderate income indigenous families in urban centers

Phone: 403-332-0025

Location: 7535 Flint Road SE

<https://www.t7housing.com/>

The Sharp Foundation

The SHARP Foundation provides a variety of supported housing facilities which include integrated care housing, independent housing with supportive case management and a combination of both with our new care facility Murray's House. For more information regarding Murray's House and referrals please contact: 403-474-3855.

For more information about our other housing programs: Beswick House, Croydon House or Carlyle Commons please contact 403- 457-7476

Email: referrals@thesharpfoundation.com

<https://www.thesharpfoundation.com/>

Onward Homes

Onward Homes operates over 30 independent living buildings throughout the city, housing over 3,000 Calgarians. All residents must be able to live independently with or without community support.

Referral available through Allyson.

<https://onwardhomes.ca/living-with-onward>

Housing Websites

www.rentfaster.ca

www.kijiji.ca

www.rentboard.ca

Shelters

YW Calgary – Shelter & Housing

Services available:

Domestic Violence Shelter for women and children

Transitional housing for women

YW Taylor Family Home

Housing Outreach

Phone: 403-263-1550

Crisis Line: 403-266-0707

<https://www.ywcalgary.ca/programs-services/shelter-housing/>

Awo Taan Emergency Shelter

Phone: 403- 531-1972

<http://www.awotaan.org/programs/emergency-shelter/>

Calgary Women's Emergency Shelter

Phone: 403-234-7233

<https://www.calgarywomensshelter.com/index.php/shelter-programs/emergency-shelter>

Alpha House Shelter

Phone: 403-234-7388

Location: 203 15 Avenue SW

<http://alphahousecalgary.com/>

The Children's Cottage Society – Brenda's House (For Families)

Phone: 403-242-8575

Location: 1921 28 Street SW

<http://childrenscottage.ab.ca/main/brenda-s-house/>

Inn From the Cold (For Families)

Phone: 403-263-8384

Location: 110 11 Avenue SE

<https://innfromthecold.org/>

Radiance

Radiance is a second stage shelter that provides a 1-year residential program for women and children fleeing domestic violence who require longer-term safety, support, and recovery. Because Radiance is a second stage shelter, there is often a waitlist of families waiting to come to Radiance Centre from places like Emergency Shelters.

Phone: 403-243-2002

Email: info@radiancesociety.ca

<https://radiancesociety.ca/get-help/>

Mustard Seed Foothills Shelter

Phone: 403-723-9422

Location: 7025 44 Street SE
<https://theseed.ca/contact-us/>

Salvation Army Centre of Hope (for men only)

Phone: 403-410-1111
Location: 420 9 Avenue SE
<http://www.salvationarmycalgary.org/>

Salvation Army Women's Integrated Supportive Housing (WISH)

Phone: 403-930-2711
Location: Wagner Place, 3013 15 Avenue SW
<http://www.salvationarmycalgary.org/>

Calgary Drop-In & Rehab Centre

Phone: 403-266-3600
Location: 1 Dermot Baldwin Way SE
<https://www.calgarydropin.ca/contact/>

Transitional Shelters

Accessible Housing Society

Accessible Housing is a non-profit organization and registered charity with a mandate to open doors for people with limited mobility to enhance dignity through accessible homes that are appropriate and affordable.

Phone: 403-282-1872
Location: 1212 32 Avenue NE
<http://accessiblehousing.ca/>

Elizabeth Fry Society – Dana's House

Dana's House is a culturally supportive Transitional Housing Program for Indigenous women who have been criminalized who are ready and prepared to address addiction, trauma and other issues which contributed to their incarceration or interactions with the legal system. 24/7 support is provided and women gain skills and support that assist them with stabilization, regaining their family ties, and gaining further independence towards establishing their own housing.

Phone: 403-294-0737
Email: reception@elizabethfrycalgary.ca
Location: 1731 10 Ave SW

Calgary Dream Centre

Phone: 403-243-5598

Location: 4510 Macleod Trail S

<https://calgarydreamcentre.com/programs/>

Cold Weather Emergency Supports

Calgary Public Library – Year Around

Any location

Phone: 403-260-2600

Dashmesh Cultural Centre – Year around

The warming location offers hot meals and food bank.

Hours: 4:00AM to 10:00PM. Daily with meals 9:00AM – 9:00PM

Location: 135 Martindale Blvd. NE

Journey Church – Nov 1 to March 31

The warming location offers snacks, essential items, coffee, social supports, and connection to Coordinated Access and Assessment

Hours: 10:00AM to 5:00PM Monday to Friday.

Location: 10307 Eamon Rd NW

Parachutes for Pets – Dec 1 to March 21

Warming location for individuals with and without pets. Individuals can leave pets overnight, access food, and supplies, social support, and connect with Coordinated Access.

Hours: 10:00AM to 7:00PM Monday to Friday

6120 1A St SW

The Alex and AAWEAR Outreach – Reconnects Program – Year Around

Offers clothing, harm reduction supplies, and community support

Hours: 10:30AM to 12:30PM Tuesdays only at Community Wise

223 12 Ave SW

Salvation Army – Mobile Warming – Dec 1 – March 31

Mobile warming location to be set up at two spots per day. Offers food, hot drinks, and transportation to shelter.

Hours: 10:00AM to 7:00PM daily

Soaps and Suds

Offers shower facilities with toiletries and towels

Hours: 10:00AM to 12:00PM Mondays only.

Location: Ernie Starr Arena 4808 14 Ave SE

Woods Homes – Inglewood Opportunity Hub – Year Around

Offers warm meals, laundry, shower facilities, and access to winter clothing.

For youth 29 and under

Location: 1008 14 St SE

Support for Tenants**Residential Tenancy Dispute Resolution Service**

Landlords and tenants involved in a dispute can apply to this service to help resolve their dispute. Apply online.

[RTDRS – How to apply | Alberta.ca](#)

Moving Services**SoJust Moving**

SoJust Moving is a social enterprise that contributes to the Calgary community by providing reintegration focused employment opportunities to individuals with past justice involvement who are strongly motivated to re-enter the workforce. Our team specializes in working with charitable housing providers to provide moving services for their clients and we understand the unique needs of marginalized Calgarians.

Phone: 403-536-0502

Email: info@sojustmove.com

Parenting**Family Support for Children with Disabilities (FSCD)**

The FSCD program works with eligible families to provide support and services based on each child and family's needs.

<https://www.alberta.ca/fscd>

[Resource Flyers\FSCD Support Services Breakdown.pdf](#)

Calgary SCOPE Society Family Counselling Program

Offers counselling to families, parents/guardians facing challenges raising children with disabilities. Can direct bill FSCD.

Ages: 0- 18 years

Phone: 403-650-5679

Email: info@calgaryscope.org

<https://www.calgaryscope.org/ages-0-18-1>

Children's Cottage Society – The Calgary West Family Resource Network

The Calgary West Family Resource Network offers a wide variety of support programs and services for families to build resilience in children, youth, and families. We are a network of agencies that have joined efforts to provide special events, drop-in programs, classes, and so much more! Eligibility: Parents and families with children under 18 years of age.

Phone: 403-830-3153

Email: westfrintake@childrenscottage.ab.ca



Parent's Survival Resource and Connection Society

PSRCS works to improve the well-being / mental health of individuals with disabilities and those who support them through Empowerment, Connection and Guidance. To equip each person with the necessary skills, resources and tailored help they need to thrive. Programs include: tailored assistance, guidance and mentorship, one to one connection, meetups and workshops.

Phone: 877-359-3211

Email: PSRCS@pm.me

<https://www.parentsurvival.ca/>

Haven Family Wellness

With a dedicated focus on supporting families with children facing disabilities, our comprehensive range of services includes convenient pick-up/drop-off, invaluable respite care, compassionate community aid, and specialized behavioral developmental support. Our team of seasoned experts is committed to collaborating with you to design a tailored plan that aligns perfectly with your child's unique requirements, empowering them to realize their full potential.

Phone: 403-899-3018

<https://www.havenfamilywellness.com/>

Caregivers Alberta – Caregiver Support Group

Our online Caregiver Support Community program empowers caregivers and helps their well-being by providing a supportive group where you can connect with other caregivers. In our program, you can have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers. This group is led by a trained facilitator who is there to help guide your caregiving journey by way of education and support.

<https://www.eventbrite.ca/o/caregivers-alberta-17134326540>



Hull Services – Mental health and addiction navigator program

The Mental Health and Addiction Navigator is a free, self-referred, confidential resource. The task of finding the right support at the right time in a complex system can be daunting and frustrating. The navigator is designed for youth, their parents/caregivers or professionals to receive help navigating available resources and supports more effectively within their community.

Intake: [Mental Health and Addiction Navigator - Hull Services](#)

CASA – Classrooms Program

In school support where students receive individual and group therapy, psychiatric care, medication and schooling according to their individual need. This is provided by a team of mental health professionals, a specialized teacher and support staff. Students remain in the program for approximately half the school year, followed by another half-year of transition support. Caregivers will receive mental health education, connections to community support and resources to better support their child/teen. Home school staff will receive similar supports to better support the student after the program. CASA Classrooms are designed for students in grades four through 12. Students may come from schools within a CASA Classroom's geographical school area. Students must be referred by their school.

Email: infoclassrooms@casaservices.org

* CASSA's program is not FASD informed however, they accept students diagnosed both with FASD and a mental health condition (i.e. depression) *

<https://casamentlhealth.org/getting-help-2/casa-classrooms/>

Renfrew Educational Services – Private Assessment & Therapy Services

At Renfrew, we believe assessment and therapy services should be easy to access. That's why we offer convenient evening and weekend appointments with minimal wait times, available at our centers or in the comfort of your home. We're also happy to coordinate multidisciplinary assessments and consultations to make the process as simple as possible.

Our professional and knowledgeable therapists work closely with families to understand their strengths, challenges and goals. We then provide families with practical recommendations focused on home, school, and community life.

Fees: Fees vary by service. Please contact us for more information. FSCD funding and/or private health insurance may cover select service fees.

Phone: 403.291.5038 ext 1617

DDRC – Triple P

Positive Parenting Program is an internationally recognized program that equips parents with the skills and resources they need to successfully manage challenges in the family. Triple P Stepping Stones focuses on the specific challenges faced by parents of children who have a developmental disability. Our certified Triple P Practitioner meets with parents in their own homes to discuss strategies, while providing them with a number of helpful tools and resources.

Triple P Direct Website: <https://www.triplep-parenting.ca/alb-en/triple-p/?cdsid=tia0vh2sqcv6anrbncmpjurmil>

Email: triplep@ddrc.ca

Step by Step Early Intervention Society

Specialized programs for neurodiverse children during the most critical stages of development. They offer preschool and kindergarten support through PUF, in home support through FSCD, toddler classes, and family programs.

Phone: 587-893-7429

Socials: @stepbystepyyyc

www.stepbystepyyyc.com

Respite

Supported Lifestyles – Short Term Accommodation

We provide the opportunity to caregivers and families to receive respite, such as for a weekend or a holiday stay in two community group living homes. This is available on a planned or emergency basis for those who cannot access any other relief services. We may also provide transitional support to individuals who are awaiting a more permanent residential placement. Referrals are received directly from Persons with Developmental Disabilities (PDD).

Rabboni Support Services

Offers hourly, overnight, and on site respite care for children and youth. Can direct bill FSCD

Ages: 0-18 years

Phone: 403-714-2921

Email: bumlat@rabbonisupportservices.com

<https://www.rabbonisupportservices.com/>



Ever Presence Haven – Home Support

Home Support provides various customized support services for home environments, including around-the-clock live-in support, assistance from home care aides, respite care, and support during transitions.

Eligibility: Must have PDD Funding

<https://www.everpresencehaven.ca/home-support/>

Families Matter – Respite

Free program for anyone living within Calgary city limits. Call if you are in your last trimester or have a baby under 1 year old (**referrals need to be made before the baby is 9 months old**).

Call when feeling overwhelmed, isolated, having complications during birth, have multiples or are struggling with your mental or emotional health.

A short intake call will be needed prior to accessing supports

No active domestic violence in home

Phone: 587-839-6902

[Poster Respite.pdf](#)

Enviros –Respite Care Connection

RCC offers after school, weekend and summer programs for children and youth between the ages of 6 and 17 who are both neurotypical and neurodiverse. All activities are held in the community and designed to provide both recreational and growth opportunities that are specific to your child's developmental needs. This allows you to have a break from parenting while your child participates in positive, developmentally appropriate activities that are based on their interests. Phone: 403-589-6526

<https://www.enviros.org/respice-care/>

Children's Cottage Society – Crisis Nursery

The Crisis Nursery, located on the second floor on our Child & Family Centre in Montgomery, provides up to 3 days of 24/7 care in a safe, playful, and nurturing setting. The Crisis Nursery accepts children from newborn to age 9 and has the capacity to care for up to 20 children per day. Care is available to parents and legal guardians, and support is provided to them during and after their child's care to help resolve the family crisis that brought them to the Nursery, where needed. Families who are experiencing a crisis or difficulty can call the Intake line at the Child & Family Centre

Phone: 403-233-2273 available 24 hours

<https://childrencottage.ab.ca/programs-services/crisis-nursery/>

Guardian Light Quality Care Services

Provides residential services in three methods: group home, supportive roommate, and supported independent living. They also provide respite support, community access support, and complex service needs.

Phone: 1-825-558-5113 & 403-710-1282

Email: info@guardianlight.ca

[Home - Guardian Light Quality Care Services](#)

Helplines

Distress Centre

Distress Centre provides 24-hour crisis support by phone, text and chat to Calgary and southern Alberta. Anyone can contact Distress Centre when they're in crisis to speak with a highly trained responder, receive emotional support and feel heard. All conversations are confidential.

Phone: 403-266-4357

<https://distresscentre.com/24-hour-crisis-support/>

Suicide Crisis Helpline

Text or call 988

Mental Health Helpline

The Alberta Health Services Mental Health Help Line is a 24-hour, 7 day a week, 365 days a year, confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.

Phone: 1-877-303-2642

Mainsprings Pregnancy and Family Support 24-Hour Helpline

Phone: 403-269-3110

<https://mainsprings.com/client-services/>

FearIsNotLove

24-hour family violence helpline

Phone: 403-234-7233

Children's Cottage – 24/7 Family Support Line & Connection to Cottage Programs (Including Crisis Nursery)

Phone: 403-233-2273

Email: intake@childrenscottage.ab.ca

<https://childrenscottage.ab.ca/programs-services/crisis-nursery/>

Alberta Supports Contact Centre

Hours: 7:30AM to 8:00PM, Monday to Friday

Phone: 1-877-644-9992

Email: scss.ascc@gov.ab.ca

24-hour Emergency Income Support Contact Centre

Phone: 1-866-644-5135

Email: scss.iscc@gov.ab.ca

Child Abuse Hotline – 1-800-387-5437**Kids Help Phone**

Phone: 1-800-668-6868

Text: 686868

<https://kidshelpphone.ca/>