

External Student Resources in Calgary

Introduction

This document will serve as a guideline one can continuously reference back to when wanting to help students at Sait connect with external resources outside of Sait. Note that this document just compiles resources found and that there are more in the city than what is listed. This list helps compile agencies from all around Calgary but is not fully representative of the number of agencies that can help individuals seeking access to services based on their need. Using HelpSeeker, or connecting with your local resource centre, can help you navigate additional resources in Calgary that may fit your need but are not included in this document.

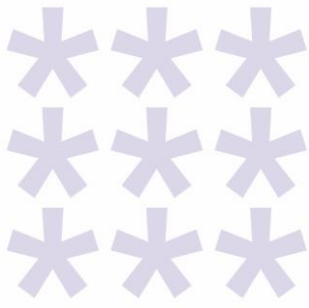
How to Navigate

To easily navigate this document and find the right area of resource you are seeking, you'll want to open the Navigation panel. To access this panel, please click on "View" at the top of this word document. Then under "Show" ensure that you have navigation panel selected. This will bring up a list of headings and afterwards you just click on the category of resource you want, and it'll instantly bring you to that portion of the document.

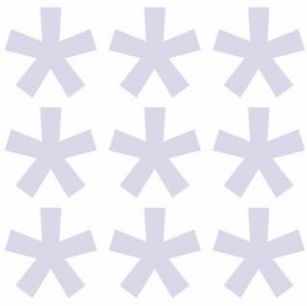
SUPPORT LINES

IN THE EVENT OF AN EMERGENCY, CALL 911

- **Distress Centre:** <https://www.distresscentre.com/>
 - Distress Centre Calgary (DCC) provides 24 hour crisis support, professional counselling, youth peer support and referrals through 211 and our programs at SORCe
 - Phone/Text: 403-266-HELP (4357)
- <https://www.distresscentre.com/need-help/> (online chat available)



- **211 Calgary:** 211 is free, confidential, multilingual and available 24 hours a day. Specialists are trained to assess your need and refer you to the most appropriate service or services.
 - Phone: 211
 - Online: ab.211.ca
- **811 Calgary:** Health Link provides a number of clinical services including tele-triage and health advice, navigation services and online content support for all Albertans
 - Phone: 811
 - Online: MyHealth.Alberta.ca or InformAlberta.ca.
- **311 Calgary:** City information and non-emergency and non-law enforcement related services (e.g. bylaw-related issues, potholes, street cleaning, tax account inquiries).
 - Phone: 311
 - Online: <https://calgary-cwiprod.motorolasolutions.com/>
- **Child Abuse Hotline:** To get help if you, or children you know, are being neglected, abused or sexually exploited. If you believe a child is at risk, you must report it. Help is available in multiple languages 24/7.
 - 1-800-387-5437 (KIDS)
 - <https://www.alberta.ca/how-to-help-and-report-child-abuse-neglect-and-sexual-exploitation.aspx>
- **The National Indian Residential School Crisis Line** provides 24-hour crisis support to former Indian Residential School students and their families toll-free at [1-866-925-4419](tel:1-866-925-4419).
- **[Family Violence Info Line](tel:(403)310-1818)** (24/7, available in more than 170 different languages) (403) 310-1818
 - **[Men's Resource Line](tel:1(833)327-6367)** (24/7) – Those experiencing adversity in life but find it difficult to share how they're feeling with others.
[Phone: 1 \(833\) 327-6367 \(MENS\)](tel:1(833)327-6367)



- **Alberta's One Line for Sexual Violence:** <https://aasas.ca/get-support/>
Phone: 1-866-403-8000
 - Alberta's One Line for Sexual violence is a toll-free talk, text and chat service that provides emotional support, information and referral to anyone who has experienced or been impacted by sexual violence.
- **Addiction and Mental Health Helplines:**
Addiction Helpline at: 1-866-332-2322
Mental Health Helpline at: 1-877-303-2642
 - The Addiction Helpline and Mental Health Helplines are available 24/7, for any Albertan suffering from addiction or in need of guidance or assistance with their current mental health. The helplines are confidential and provide support and referral to community services for individuals suffering from alcohol, drug and gambling issues, various mood disorders such as depression or anxiety, and more.

Additional Support Services at SAIT & Saitsa

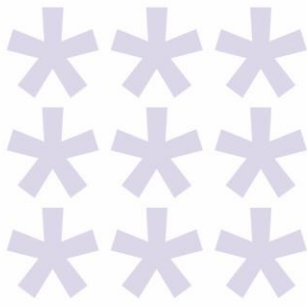
SAIT and Saitsa have a variety of excellent student support services, be sure to utilize them – they're there to support you through your journey as a SAIT student.

Student Development & Counselling – AA205 – Heritage Hall

Hours - Monday to Friday: 8:30 am to 4:15 pm. Some evening appointments available by request). Daily drop-in appointments available.

Student Development and Counselling can help promote your well-being and success through free and confidential in-person, telephone or video counselling appointments when you are a current SAIT student. They also offer a range of on-line wellness events, workshops and on-line self-help tools. Reach out when

- You're feeling stressed or overwhelmed
- You need help working through a personal concern
- You need help with your school work and academics
- You're concerned about a friend



Book an appointment or contact us by calling 403.284.7023 or on Microsoft Teams by searching 'Student Development and Counselling'. For after-hours support, call or text the Distress Centre (24/7) at (403)266-HELP

Lamb Learner Success Center– MC221 – Stan Grad

Whether you're in a classroom or learning online, take advantage of the resources and support offered by the Lamb Learner Success Centre. We can help you with:

- Arranging accommodations for students with disabilities
- Improving your learning skills
- Finding options to fund your education
- Connecting to free resources
- Connecting with a tutor
- Getting feedback on a writing assignment
- Booking a test

Areas of Support:

[Accessibility Services](#)

[Learning Skills Services](#)

[Financial Advising](#)

[Testing Services](#)

[Tutoring Services](#)

[Writing Services](#)

Reg Erhardt Library – MC111 – Stan Grad

- Library staff can provide referencing/citing support and other academic supports.

International Centre – AA206 – Heritage Hall

- Provides support and services for international students.

SAIT Health Services (Health Clinic)

Open Monday to Friday from 8:15 am- 4 pm

To make an appointment call (403)284-8666. No drop-in appointments available

The SAIT Health Clinic provides quality non-urgent/semi-urgent medical. We are staffed by licensed physicians and connected to Calgary's Foothills Primary Care



Network.

Chinook Lodge Resource Centre- NN108- Senator Burns

The Chinook Lodge Resource Centre — "the Lodge" — is a place for Canadian Indigenous (First Nations, Metis and Inuit) learners at SAIT to gather, connect with peers, access advising and counselling, get assistance with financial aid and housing, speak with Elders and others from the community, participate in events, network and more.

Interfaith Centre- MB 305- Stan Grad

The Interfaith Centre is a community hub on campus where inclusivity is standard, questions are always welcome, and the differences between people and cultures are explored and celebrated.

We remain committed to supporting student success and our staff and chaplains are available to assist you in person or virtually. If you need spiritual support, please contact a member of their team or email at student.engagement@sait.ca

Everyone is welcome at the Interfaith Centre. We invite you to:

- Drop by the Interfaith Centre anytime for a chat — MB305, Stan Grad Centre, 9 am - 4 pm
- Take a deep breath in our Interfaith Meditation Room — MB314, Stan Grad Centre, 7 am - 7 pm
- Host a group chat in our Interfaith Meeting Space — MC311, Stan Grad Centre, 7 am - 7 pm

Saitsa Peer Support Centre – NJ105

Come to the PSC to find a welcoming and supportive peer environment.

Saitsa Governance & Advocacy Office – NN117 – Senator Burns

Staff can help you understand and prepare for your hearing or appeal, and help you prepare to advocate for yourself; student leaders can also help advocate for institutional/policy change.



Office of the Ombuds

In person or digital meetings can be arranged, the Ombuds will help you to understand the relevant policies and ensure fairness throughout the process.

Calgary Resources

Website: <https://www.calgary.ca/communities/newcomers/non-city-resources.html>

This is a hub for some of the many resources, specifically for newcomers, in Calgary. Some of the resources are added into this document but there are more you can browse on the link above.

1000 Voices and Genesis Centre NE

Website: <https://www.growwithtrellis.ca/locations-and-contact/1000-voices>

This was created to establish a community centre in the Northeast due to acknowledge and reflect the diverse citizens of this quadrant. They offer a space in the Genesis Centre that gives citizens in the NE the capability to connect with over 60 different local organizations, as well as providing educational, recreational opportunities within the local community. It primarily is for 6-7 different NE communities, but their website says that all are welcome.

HelpSeeker

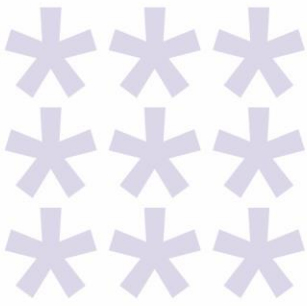
Website: <https://helpseeker.org/>

This is a website you can use to navigate the local resources available in Calgary. If you look at the top right of the home page and click on "Find Nearby Supports" it'll take you to a page where you can search for what you're looking for. Enter the type of resource you are looking for as well as the location "Calgary" it'll show you all the resources available within the city.

Inform Alberta

Website: https://informalberta.ca/public/common/index_ClearSearch.do

This website is similar to HelpSeeker in that it helps you navigate local resources that are accessible for Albertans. It is continuously updated with new agencies providing resources for the community.



Resource Centres

Not many people know about their local resource centre that covers the community they live in. When referring someone to check out their local community resources, google what community they live in and add "resource centre".

<https://www.frfp.ca/community-resources-centres/> - This website covers what resource centres an individual would go to based on the community they are in. The website provides the name of the centre as well as contact information. The programs and referrals a centre provide may differ based on their affiliated partnerships so it is best to research an individual's specific resource centre.

Sinneave Family Foundation

Website: <https://sinneavefoundation.org/>

Phone: (403) 210-5000

Sinneave Family Foundation aims to improve education, employment and housing outcomes for autistic youth and adults. They provide programming to help their clients work towards employment such as skill development, along with support in housing and education.

Talent Pool Canada

Website: <https://www.talentpoolcanada.com/>

Email - info@talentpoolhub.com

To close the gap, in Western Canada, between companies that are having difficulty finding workers, and individuals who are either underemployed or unemployed and seeking opportunities.

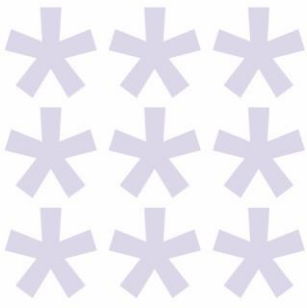
Operating since 2003, they are the only neutral party employment resource in Western Canada. We connect and share resources that help put the right people in the right organizations and positions.

Windmill Microlending

Website: <https://windmillmicrolending.org>

Email: info@teamwindmill.org

Phone: 1-855-423-2262



Windmill Microlending is Canada's largest microlending not-for-profit for skilled immigrants and refugees, Windmill addresses underemployment of internationally trained professionals across Canada.

By offering affordable loans up to \$15,000 to pay for the credentials, licensing, training or professional development our clients are able to achieve career success and convert potential into prosperity for themselves and for Canada.

The Women's Centre

Website: <https://www.womenscentrecalgary.org/get-assistance/>

Phone: (403) 264-1155

The Women's Centre provide women with quick access to basic needs items such as emergency food, and personal care supplies. They also offer referrals to other agencies for food, clothing, furniture, housing, health, employment, education and recreation.

Clothing Resources

- **Project Warmth:** <https://www.projectwarmth.ca/>
Phone: (403) 259-2254
 - Project Warmth works to assist those experiencing financial difficulties to access warm clothing for the winter.
- **SE Community Resource Centre Clothing Room:**
<https://www.secalgarycrc.ca/home/programs-services/>
Phone: (403) 720-3322
 - Available to everyone, the Clothing Room is located in the basement (not wheelchair accessible) and is run by volunteers. It provides gently used clothing, footwear, and small house ware items.
Open daily from:
9:00 a.m. to 11:00 a.m.
1:00 p.m. to 3:00 p.m.
- **Good Neighbour Pay What You Can Thrift Store:**
<https://www.instagram.com/goodneighbouryyyc/>



- A pay-what-you-want thrift store run by volunteers. All money raised is used to buy food for the community. Shop and donate Thursday - Saturday 11-5
- **Transforming Style:** <https://www.transformingstyle.ca/>
 - Transforming Style provides support, beauty & styling services and wardrobe to 2SLGBTQIA+ community members in Canada who face barriers to access

Culturally Sensitive Services

Action Dignity

Website: <https://actiondignity.org/>

Phone: (403) 263-9900

Action Dignity helps facilitate the ethno-cultural voice of the local community members. They provide youth programming for newcomers and immigrants.

Calgary Bridge Foundation for Youth

Website: <https://www.cbfy.ca>

Phone: (403) 230-7745

CBYF provides settlement information for newcomers with families that helps them integrate more seamlessly into society. They offer services in over 30 languages and help families access local resources. Their services are also culturally sensitive.

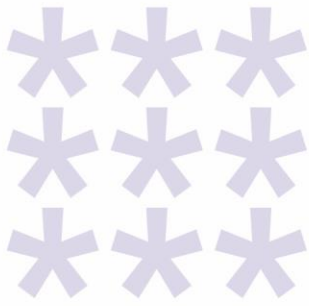
Calgary Catholic Immigration Society

Website: <https://www.ccisab.ca/>

Website: <https://ccisinterpretation.ca/>

Phone: (403) 262-2006

CCIS provides settlement and integration services for newcomers to Calgary. They are very culturally diverse and have employees/volunteers that spoke up to 60 different languages. They help with language learning, immigration, family wellness, professional and jobseekers, interpretation and translation services. Their translation/interpretation services cost \$50 an hour and they book 2 hours minimum.



Calgary Immigrant Women's Association

Website: ciwa-online.com

Phone: (403)263-4414

This association focuses on the concerns and needs of immigrant and refugee women, girls and their families. They offer unique settlement and integration, language training, workplaces, and family services.

Centre for Newcomers

Website: centrefornewcomers.ca

Phone: (403) 569-3325

The Centre for Newcomers is a resource centre for Calgary's newcomers and refugees to receive settlement and integration services as well as information.

Settlement and integration services include:

- Needs assessment and one-on-one counselling.
- Orientation to life in Canada.
- LGBTQ+ settlement services.

Punjabi Community Health Services

Website: <https://www.pchscalgary.com/>

Phone: (587)-999-9312

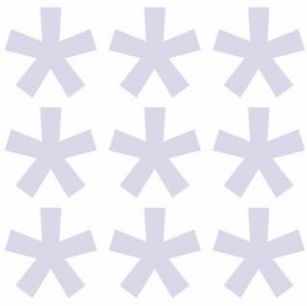
PCHS provides culturally sensitive services for clients from India, specifically Punjabi's but I am sure they wouldn't turn down any east-Indian clients. Their services include opoiod, alcohol interventions as well as relapse prevention. They have a wellness program as well with trained volunteers who support clients through their mental health.

The Immigration Educational Society

Website: <https://immigrant-education.ca>

Phone: (403) 235-3666

This organization offers language, employment, and settlement training for newly arrived newcomers and low income families. Specifically, their Welcome Resources Information Program is an information service to help guide newcomers through all the different programs and services available in Calgary such as:



- Traveling by public transit (bus or C-train) and buying a low-cost bus pass. Note that your tuition includes an UPASS already.
- Joining social groups and meeting new people
- Finding a place of worship like a mosque, church, or synagogue
- Applying for documents like a Social Insurance Number or Alberta Health Card

Referral to programs for language, employment, settlement, etc.

YWCA Calgary

Website: <https://www.ywcalgary.ca/programs/yw-language-instruction-for-newcomers-to-canada/?portfolioCats=216>

YWCA, along with their programs related to domestic violence, provides additional programming for newcomers such as English classes.

Domestic Violence

DOMESTIC VIOLENCE IS A CRIME! IN THE EVENT OF AN EMERGENCY, CALL 911

Family Violence Info Line (24/7, available in more than 170 different languages)

Phone: (403) 310-1818

Alberta's One Line for Sexual Violence: <https://aasas.ca/get-support/>

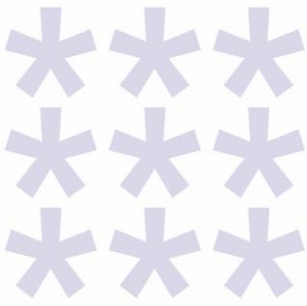
Phone: 1-866-403-8000

- Alberta's One Line for Sexual Violence is a toll-free talk, text and chat service that provides emotional support, information and referral to anyone who has experienced or been impacted by sexual violence.

Alberta – Family Violence Find Supports

Website: <https://www.alberta.ca/family-violence-find-supports>

This website has a list of supports available for those experiencing family violence. The page has the information for the Family Violence Info Line posted above this paragraph. Notable mention on this page: Escaping Abuse Benefit which is a bursary fund to help those that are wanting to escape from family violence.



Alberta Works - Support for Albertans Fleeing Abuse

24-hour line: 1-866-644-5135

- Albertans in abusive situations can get help 24 hours a day, seven days a week through Alberta Works.
- If eligibility criteria are met, funding is available to help people get to safety, set up a new household or start a new life.

Calgary Police Services Victim Resources – Domestic Violence

Website: <https://www.calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-resources-domestic-violence.html>

This page has a list of available resources for those that are experiencing domestic/family violence. Some of them are already repeated in this section as well as throughout the document

FearIsNotLove /CALGARY WOMEN'S EMERGENCY SHELTER

24 hour Family Violence Line - Phone: 403.234.7233 (SAFE) Toll-Free: 1.866.606.7233 (SAFE)

Men's Counselling Services
Emergency Shelter

FearIsNotLove, formerly known as the Calgary Women's Emergency Shelter, is a non-profit that aims to help those experiencing neglect, violence, and abuse. This is based off a "Response-Based Approach" and recognizes that not all of those that experience family violence are women. They offer emergency shelter, youth/family therapy program, community services program as well as men's counselling.

YWCA CALGARY

- **Domestic Violence and Crisis Line (24/7)-**
If you need to speak to someone about options and support related to domestic abuse, we're here to help 24 hours a day, seven days a week.
- **Domestic Violence Shelter**
- **Outreach Support** for women in or leaving domestic violence situations



Food Security

Calgary – Access to Food

Website: <https://www.calgary.ca/social-services/low-income/access-to-food.html>

Click on the link above to assist you in searching for places near you where you can access no and low-cost food in the city of Calgary. There are a variety of programs you can access, and the organizations listed below are only some of many programs in Calgary.

Brown Bagging for Calgary's Kids

Website: <https://bb4ck.org/>

BB4CK provides nutritious lunches made by volunteers in approved BB4CK kitchens all across the city. The lunches are driven by volunteer drivers directly to schools who then hand them out. BB4CK also helps provide funding directly to schools for preparing lunches.

Calgary Food Bank

Website: <https://www.calgaryfoodbank.com/needfood/>

Hamper Request : 403-253-2055

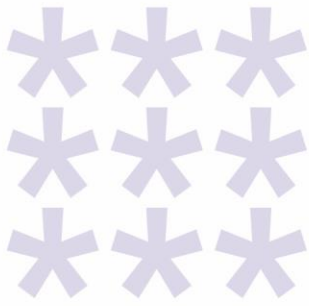
Calgary Food Bank helps individuals access food hampers that cover one weeks' worth of food. You can self-refer yourself using the link posted above or phone number. You must provide 2 pieces of government IDs, your monthly income and monthly expenses. You are only eligible for a hamper every 11 days.

Community Kitchen Program of Calgary - Good Food Box

Website: <https://www.ckpcalgary.ca/goodfoodbox>

Website: <https://saitsa.com/goodfood/>

The Good Food Box Program, (GFB) is a program under the Community Kitchen Program of Calgary, whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price. The Good Food Box Program offers a hands-up approach, opposed to a hands-out. They offer it all Calgarians and those in the surrounding areas, access to sustainable nutritious boxes of fruits and vegetables, to ensure that no one has to go hungry. They also offer other programs related to cooking such as their Calgary Cooking program.



Saitsa is also a member of the program and acts as a drop off depot. Check our link posted above to find out the details regarding pricing, how to order and a brief description of what's included.

The Alex Community Food Centre

Website: <https://thealexcfc.ca/>

Phone: (403) 455-5792

The Alex Community Food Centre is a welcoming space in the heart of the Greater Forest Lawn area of Calgary. With cooking, nutrition, and gardening classes, the Community Food Centre encourages you to come visit, share your story, learn from others and work together. Our peer support workers are also here to help you navigate and advocate for what you need to achieve your health and wellness goals. We also offer weekly meals and biweekly affordable produce markets.

The Salvation Army Community Services

Website: <https://salvationarmycalgary.org>

Phone: (403) 220-0432

No-cost, emergency food hampers are available with up to two days' worth of non-perishable food and hygiene items. Additional items can be requested including diapers, wipes and formula for infants or toddlers.

Health Resources

The Alex Dental Health Programs

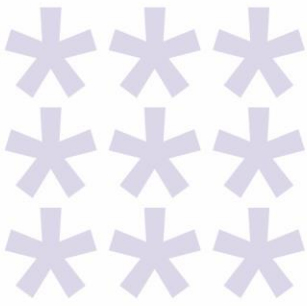
Website: <https://thealex.ca/program/dental-health/>

Our Dental Health Bus provides dental screenings, fluoride, and education, at no cost to you. We can also help with referrals to dental offices in the community. You will need your Notice of Assessment from your last tax return.

Emergency Dental Clinics:

Website: <https://www.albertahealthservices.ca/services/Page13202.aspx>

Calgary has two emergency dental clinics specific for low-income families without dental insurance located at the Sheldon M. Chumir Health Centre and Sunridge Medical Gallery. Their focus is on emergency dental services to get people out of pain and infection. Basic treatment services are also available on a sliding scale to a maximum of 20% of private treatment. Note that in order to access these emergency dental clinics,



you will be required to have access to NO benefits. If you still have any money (even \$1) under your student benefits, you will be unable to access this service even if the benefits you have are too low to be put towards anything.

- **The Alex Community Health Centre:**

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

- Provides a full-service health clinic with doctors, nurses and a social team who are there for your well-being and to understand your needs.

- **The Alex Community Health Bus:**

Website: <https://thealex.ca/program/community-health-bus/>

- With a doctor, nurse and mobile resource specialist on board, the bus team can help with physical and mental health, addictions and additional resources or referrals.

What they offer are medical check-ups, community referrals, addiction support as well as mental health support and referrals.

MyHealth Alberta

Website: <https://myhealth.alberta.ca>

This website provides information related to health, medication, tests and treatments. It has a variety of information and tools to help inform citizens. It also offers an online portal for you to view your own health records, such as immunization records, medication history and most lab results.

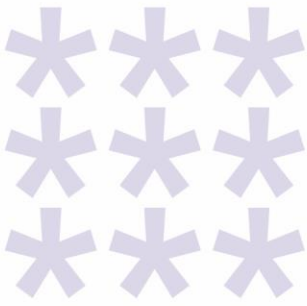
MyHealth Alberta Health A-Z

Website: <https://myhealth.alberta.ca/health/Pages/default.aspx>

This page serves as a compendium for health information and provides tools to check your symptoms. It gives you the opportunity to learn more about a health condition or medicine. Please note that if you are experiencing medical problems, please schedule an appointment with your doctor to get more information.

Health Link

Phone: 811



Health Link is a 24/7 service where if you have a health concern for yourself or your child, you can call to speak to a registered nurse.

Housing

Accessible Housing

Website: <https://accessiblehousing.ca/>

Phone: (403) 282-1872

This organization offers affordable housing programs that are accessible for those with limited mobility. Their programs focus on providing those with limited mobility accessible, affordable homes that fit their needs and enhance their quality of life.

Calgary Housing Company

Website: <https://www.calgaryhousingcompany.org/>

Phone: (587)-390-1200

Calgary Housing Company (CHC) administers rental and rent supplement programs on behalf of The City of Calgary and the Province of Alberta. CHC manages housing for almost 10,000 households – about 25,000 Calgarians, including 10,000 children, live in a CHC-managed property.

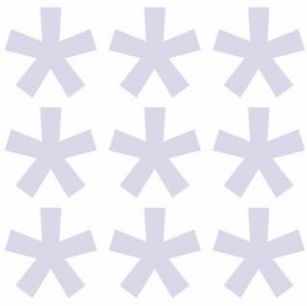
Housing assistance is available based on a variety of factors in different programs. These programs are designed to serve those looking for housing from near-market rate rentals to deep subsidy programs.

Forward Housing

Website: <https://forwardhousing.ca>

Phone: (403) 282-6565

This is a not-for-profits affordable housing agency that recently merged two preexisting organizations: Horizon Housing and Forward Housing. Between the two organizations they offer affordable housing for over 1000 Calgarians. They operate on the Housing First principle: to end homelessness, those experiencing it must transition quickly into independent and permanent housing and are provided additional supports and services as needed.



Inn from the Cold

Website: <https://www.innfromthecold.org>

Phone (24 hour Helpline): (403) 263-8384

Inn from the Cold provides 24 hour support for families and this service can be accessed from their website or calling the helpline posted above. This organization offers three main programs to help families: homelessness prevention and diversion, emergency family shelter, and supportive housing. Supportive housing is a mix of Housing with Recovery Supports, and Affordable Housing.

Norfolk Housing Association

Website: <https://norfolkhousing.ca>

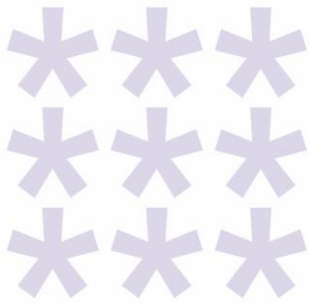
Norfolk Housing provides homes for a diverse group of residents from all walks of life. They believe that by providing people with affordable, appropriate, and safe housing free of judgement, pity, or prejudice they help set the foundation for building individual resilience and strength to living a full life. They have 6 properties in Hillhurst and Sunnyside.

Victory Foundation – Housing

Website: <https://victoryfoundation.ca>

Phone: (403) 264-0598

Victory Housing provides safe, secure and truly affordable community housing for single men, single women and women with children. Residents come from diverse places and with diverse needs and staff work with residents in a goal setting, counselling, advocacy and systems navigation role(s) where appropriate. This is done to increase people's individual resources and facilitate opportunity to foster positive changes in resident's lives. They also work with residents diligently to find sustainable market housing when they leave our housing. However, it is recognized that individual circumstances may mean that some people may benefit from this community and/or may not have the legitimate ability to move on to something more positive; thus, we do not always require people to leave.



Indigenous Services

Aboriginal Friendship Centre of Calgary

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

Phone: (403) 270-7379

AFCC brings indigenous based cultural programming to help accommodate the growing urban indigenous population. They provide traditional client services such as crisis services, as well as individual and group support. They have a variety of programmings such as their housing services, community connection and youth outreach. They also offer food hampers and non-food hampers as well for clients.

Awo Taan Healing Lodge

Website: <https://www.awotaan.org/>

Crisis Line: 403-531-1976

The Awo Taan Healing Lodge Society is dedicated to supporting the emotional, mental, physical, and spiritual healing and wellbeing of women during their time of crisis and beyond. The shelter offers a full range of in-house crisis and outreach crisis, healing, and prevention programs. There is also a children's program to ensure each child's emotional, mental, physical, and spiritual healing and wellbeing are supported as well. Their services are guided by traditional Aboriginal teachings providing treatment through an Indigenous lens.

Calgary Library – Indigenous Services

Website: <https://calgarylibrary.ca/connect/indigenous-services/>

Calgary Library offers resources that allow Canadian's to learn the true history of Indigenous peoples and offering resources about Truth and Reconciliation. They offer demonstration of different dances from bands that comprise Treaty 7. Their Childrens Lodge provides the opportunity to meet with Elders from different Nations.

Elbow River Healing Lodge

Website: <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009201>

Location: Sheldon M. Chumir Health Centre



The Elbow River Healing Lodge offers a full range of primary care services and visiting specialists to First Nations (Status and Non-Status), Métis, and Inuit peoples and their families. There is no walk-in service available, call to make an appointment.

The clinic offers primary care services and specialist services. This includes traditional healing approaches, health promotion, disease prevention, curative care, rehabilitative care, and social resource advocacy (supportive care).

Indian Residential Schools Resolution Health Supports Program (Federal Program)

Website: <https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

The Indian Residential Schools Resolution Health Support Program was established as part of the 2006 Indian Residential School Settlement Agreement. It provides cultural and emotional support, and mental health counselling services to Survivors of Indian Residential Schools and the families of former students. To see specific details, please check the website linked above.

Inn from the Cold – Indigenous Programs

Website: www.innfromthecold.org/indigenousprograms

It is our goal to offer our services to your family from an Indigenous lens that encompasses an Indigenous worldview and ways of knowing. Our programs are founded on reciprocity, respect and relationship building. We will partner with you to establish cultural connections, foster healing and connect you with programs and resources relevant to your family's needs.

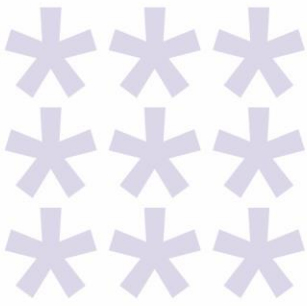
Programs offered: Indigenous Cultural Support that aims to deep connection to ones Indigenous heritage. Youth Mental Health & Wellbeing program to support youth aged 11-18 who are participating in family house and shelter programs.

Making Treaty 7 – Cultural Society

Website: <https://www.makingtreaty7.com/>

Phone: 1 (825) 853-1877

This organization is a cultural society that exists to use contemporary arts and performance to tell stories that educate and forge relationships across cultures. Their



performances exist to entertain those that watch while remaining to be historically accurate, while also providing an indigenous perspective.

Metis Calgary Family Services

Website: <http://www.mcfs.ca/>

Metis Calgary family Services is a non-profit, Aboriginal organization that provides community-based services that are culturally specific for urban aboriginal communities. Goal of the organization is to reduce barriers and service gaps.

List of programs include:

- The **Indian Residential School Survivors Program** provides ongoing support for Homeless individuals experiencing challenges as a result of the affects of Residential School. The homeless count of survivors remains approximately 400 individuals in Calgary, including 2nd generation. Ongoing needs includes backpacks containing socks, gloves, and toques (in the winter), along with granola bars and other snacks. If you are interested, please contact 403-240-4642.
- **Child Care and Youth** Programs focused on nurturing the overall growth of young children and teens by way of traditional methods, recreational activities, as well as educational initiatives.

Native Counselling Services of Alberta

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

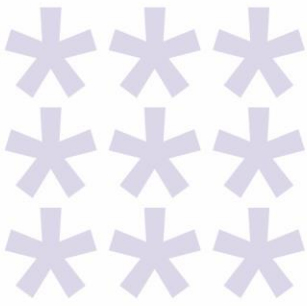
NCSA has been providing programs and services designed and delivered for Indigenous people, by Indigenous people in Alberta for over 50 years. They deliver holistic services through an Indigenous lens.

Treaty 7 Urban Indian Housing Authority

Website: <https://t7housing.com>

Phone: (587) 952-0280

Treaty 7 Urban Indian Housing is a Native operated not-for-profit organization which provides subsidized rental units for low to moderate income native families seeking accommodations in the urban areas.



Developments consist of self-contained units ranging in size from two to four bedroom units. Accommodations are available in Lethbridge, Cardston, and Calgary and in various styles such as townhouses, duplexes, and single family dwellings. Applicants are approved for a specific size of unit based on the family composition of the household.

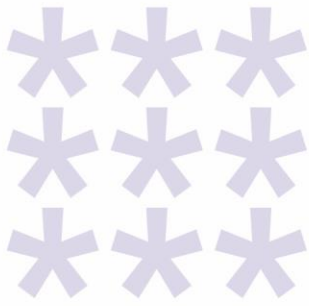
Legal/Justice Supports

- Calgary Legal Guidance: <https://clg.ab.ca/>
- Legal Aid Alberta: <https://www.legalaid.ab.ca/>
- The Alex Justice Navigation: <https://thealex.ca/program/justice-navigation/>
 - We will help you move forward by working together to create a plan that suits your needs. Our justice support is offered at no cost to anyone ages 12 and up.

What they offer includes:

- Legal information and referrals
 - Help obtaining a lawyer
 - Court accompaniment
 - Legal paperwork and application assistance
 - Help understanding your rights
-
- Student Legal Assistance: <https://slacalgary.com>
Phone: (403) 220-6637
Student Legal Assistance (SLA) is a pro-bono legal clinic that provides legal information and representation to low-income residents of Calgary and the surrounding area. SLA assists with a variety of matters including Landlord-Tenant, Family, Traffic, Civil, and Criminal.

2SLGBTQIA+ Resources



Calgary Outlink: Centre for Gender and Sexual Diversity

Website: <http://www.calgaryoutlink.ca>

Calgary Outlink is a community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the 2SLGBTQIA+ and allied communities in Calgary. They provide peer support groups, as well as additional resources.

Centre for Sexuality

Website: <https://www.centreforsexuality.ca/>

Phone: (403) 283-3054

- Enhancing Natural Supports Program: support for LGBTQ2S+ youth (under 25) with questions around identity, coming out, family acceptance, social connection, or transition. Support for families and caregivers needing more information and resources to support their 2SLGBTQIA+ children. There is no cost for these services.
- LGBTQ2S+ Counselling: Short term counselling support for LGBTQ2S+ adults related to identity, coming out, relationships, and family acceptance.

For additional 2SLGBTQIA+ resources, please refer to
<https://www.centreforsexuality.ca/learning-centre/resource-list/>

Skipping Stone Foundation

Website: <https://www.skippingstone.ca/>

Phone: (587) 333-4342

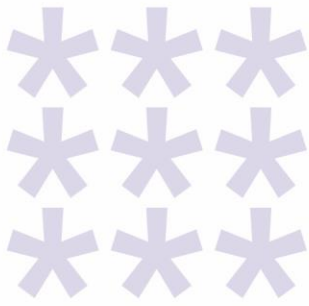
Skipping Stone provides peer groups, counselling, events, and resources for transgender individuals looking for connections to the transgender community.

The Alex Youth Health Centre

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

Phone: (403) 520-2260

2SLGBTQIA+ friendly youth health services for ages 12-24 (including HRT and psychological supports) and drop-in Centre (contains social space and free computers).



Mental Health

Urgent Mental Health in Urgent care

Sheldon M. Chumir Health Centre: 1213 – 4th Street SW

Crisis mental health assessment and support is available at the Sheldon M. Chumir urgent care centre in Calgary. It is open 24/7, every day of the year, with mental health assistance available at all hours as well.

Access Mental Health – Calgary Zone

Website: <https://www.albertahealthservices.ca/services/page11443.aspx>

Phone: 403-943-1500

It can be difficult to navigate all the community resources available to help with mental health – that's where Access Mental Health comes in. Its clinicians offer information, advice and referrals to Alberta Health Services programs. Access Mental Health is a non-urgent resource and is available during regular business hours.

Click on the website for a list of links, numbers, wellness toolkits, and other resources to help depending on your specific situation.

Alberta Health Services – Community Addiction and Mental Health Clinics

Location: Foothills Professional Building

Phone: (403)-944-2288 Main Reception

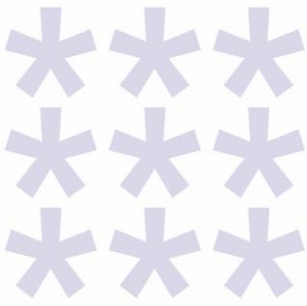
Provides community-based treatment for people with a moderate to severe mental illness.

Services may include: Intake assessment, psychiatric consultation, individual/group therapy, managing medication, transition services (e.g. Independent Living Support), case management.

Alpha House

Website: <https://alphahousecalgary.com/>

Phone: (403) 234-7388



Alpha House's work is based off a direct intersection of homelessness, mental health, and addiction. All of their clients' lives have been impacted by alcohol and other drug tendencies. They help clients by providing shelter to get off the street, detox/transitional programs to assist with coming off substances, housing as well as outreach.

- **HELP (formerly DOAP) Team**
Phone: (403) 998-7388
Ran through Alpha House, HELP provides 24/7 mobile, non-emergency assistance serving vulnerable individuals under the influence of alcohol or other substances. They help individuals connect with other resources such as shelters.
- **Needle Response Team**
Phone: (403) 796-5334
Mobile response unit for safe clean up and disposal of needle debris on public or private properties.

Calgary Communities Against Sexual Abuse

Website: www.calgarycasa.com.

Phone: (403) 237-6905

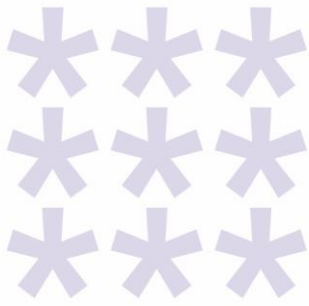
For more than 25 years, the CCASA group has supported Calgarians and provided educational services to those affected by sexual abuse and sexual assault. Whether it happened in the distant past or it is a recent occurrence, they lead the people of Calgary to the right resources that can help them overcome the trauma. They are especially focused on the first week – 168 hours – after a sexual assault, with a dedicated team responding to such calls.

They also offer free educational training and workshops, helping people of all backgrounds and experience to better handle and prevent sexual violence.

Calgary Drop-In Centre

Website: calgarydropin.ca

Calgary Drop-In Centre provides emergency shelter for those experiencing homelessness. The Drop-In Centre can help serve as an entry point into housing and reconnection. They also help offer housing resources to support those that are on the verge of homelessness, as well as those who don't understand their rights as a tenant



or landlord. They also offer a “Free Goods Program & Donation Centre” for those low-income to access essential items for their home.

Canadian Mental Health Association (CMHA) – Calgary Region

Website: <http://cmha.calgary.ab.ca>

Phone: 403-297-1700

The CMHA is a non-profit organization that builds awareness about mental health and provides individuals dealing with mental health issues with advocacy, education, housing, counselling and a variety of programs.

Whether you or a family member are dealing with substance abuse, mental health challenges or even the loss of a loved one, the CMHA Calgary chapter can help with emotional support, life coaching and programming, as well as referrals to other community resources.

The Calgary CMHA is more than just a help line, as their downtown location has support groups, in-person sessions, and other useful offerings. This makes it great for people who prefer to connect face-to-face.

Elements

Website: <https://elementscmhc.ca/>

Telephone: (403)-266-8711

Element – Calgary Mental Health Centre is a non-profit located downtown. They operate on the belief that, with access to adequate supports, individuals experiencing a mental illness has the capacity to learn, grow and advance their lives. Eligibility for services from Element is that you must have a prior mental health diagnosis. Their programming falls under 3 categories:

- Mental Health and support services
- Recreation services
- Education and skill development programs



TogetherAll

Website: <https://togetherall.com/en-ca/>

Togetherall is a safe online community for anonymous support. It is available not only in Calgary, but across Canada as well, with millions of people gaining free access through their schools and workplaces.

It's monitored 24/7 by licensed clinicians, ensuring a safe and supportive environment that can reach major demographics as well as more marginalized groups that may not be comfortable reaching out through more traditional avenues.

Wellness Together

Website: www.wellnesstogether.ca.

Wellness Together is a free, Canada-wide initiative created in response to the COVID-19 pandemic, funded by the federal government and available 24/7. Collaborating with many other organizations, it is a wellness-focused, ongoing resource available to all Canadians wherever they may be.

More recently, they introduced PocketWell, a companion app that helps track your mood, complete emotional self-assessments, and reflect on your overall mood and well-being.

Help in Tough Times

Website: <https://www.albertahealthservices.ca/amh/page16759.aspx>

More a listing of resources than a helpline, the Help in Tough Times page is an excellent place to get links, phone numbers, and guidance for a wide variety of stressful situations.

Many of the links listed above are on this page, as well as many others to cover things like disaster assistance, employment loss, residential school survivor support, finding shelter, and much more.