

Calgary Resource Guide

Compiled by Mobile Response Team - Revised March 18, 2016

Crisis Services

*(Unless otherwise noted all numbers are in the 403 area code)

Emergency	911
Distress Center	
• (24 hr Crisis Line)	266-4357
Mobile Response Team (MRT)	266-4357
• 9:30 a.m. – 9:30 p.m.	
South Health Campus Psychiatric Outreach Response Team (PORT)	
• South of Anderson Rd.	266-4357
Community Resource Team (CRT)	
• Child & Adolescent Crisis	299-9699
Police (Non emergency)	266-1234
Ambulance (Non emergency)	261-4000
Health Link	943-5465
Poison Information	944-1414
Red Cross	541-6100
Calgary and Area Child and Family Services (24 hr)	297-2995
Alberta Works	297-2094
After Hours:	1-866-644-5135
SPCA-Safe Keeping Program	403-723-6025 or 403-205-4455(Emergency)
Connect: www.connectnetwork.ca	
Sexual Abuse/Sexual Assault	237-5888
Domestic and Relationship Abuse	234-7233
Children's Cottage	233-2273
(Family emergency respite)	

Counseling Services

Access Mental Health	943-1500
Calgary Counseling Centre	691-5991(intake)
#200, 940 – 6 th Ave S.W.	
Calgary Women's Health Collective	265-9590
Carya (Calgary Family Services)	269-9888
-Functional Family Therapy	205-5899
-Post Partum support	205-5177
Catholic Family Services	233-2360
CCASA Calgary Communities	
Against Sexual Abuse	237-5888
Credit Counseling Services	265-2201
Distress Centre Counseling	266-4357
#300, 1010 – 8 th Ave S.W.	
Eastside Family Center (Mon-Sat)	
#255, 495 – 36 th St N.E.	299-9696
Calgary Family Therapy Centre	802-1680
Grief Support Program	955-8011
Jewish Family Services	287-3510
Native Counseling Services	237-7850
Alberta Association of Social Work	
www.acsw.ab.ca/public	1-800-661-3089
Psychologists' Association of Alberta	
www.psychologistsassociation.ab.ca	246-TALK (8255)

Hospitals and Medical Clinics

Sheldon M. Chumir Health Centre	955-6200
1213 4 th St SW	
Alberta Children's Hospital	955-7211
Claresholm Care Centre	625-8500
CUPS	221-8780
Foothills Medical Center	944-1110
Peter Lougheed Center	943-4555
Rockyview General Hospital	943-3000
South Health Campus	956-1111
South Calgary Health Centre	943-9300
31 Sunpark Plaza S.E.	
STI Clinic	955-6700

Shelters

Avenue 15 (Youth 12-17)	938-15 th Ave S.W.	543-9651
Awo Taan Native Women's Shelter		531-1972
Alpha House		234-7388
Brenda's House		242-8575
Calgary Drop-In Society		266-3600
Calgary Women's Emergency Shelter	234-SAFE(7233)	
Discovery House		277-0718
Exit Youth Shelter (Wood's- Youth 12-17)		509-2323
Inn from the Cold		263-8384
Kerby Rotary House (Seniors)		265-0661
Kerby- 24 hr line		705-3250
Sheriff King Home		266-0707
The Mustard Seed	102-11 th Ave S.E.	269-1319
The Salvation Army (Center of Hope)	420-9 th Ave S.E.	410-1111
Wheat Land Shelter, Strathmore (Abuse)		934-6634

Mental Health

Aboriginal Mental Health	955-6645
ACCESS Mental Health	943-1500
Bridging the Gap (16-24yr)	216-0660
Canadian Mental Health Association	297-1700
Family Support Program	297-1704
Calgary Association of Self Help	
1019 – 7 th Ave S.W.	266-8711
Children & Adults with ADHD (CHADD)	225-8512
Community Geriatric MH Services	955-6155
Community Disaster Outreach Team (CDOT)	955-6019
Developmental Disabilities - PDD	297-5011
Emotions Anonymous	247-5381
Mental Health Help Line (24 hours)	1- 877-303-2642
Men's Line	266-4357
Operational Stress Injury Clinic (Carewest)	216-9860
Organization for Bipolar Affective Disorder	263-7408
Potential Place	216-9250
Schizophrenia Society	264-5161
Suicide Services	297-1744
Street Outreach & Stabilization Team (SOS)	297-1700
Support Works	http://supportworks.ca/

Calgary Addiction Resources

1835 House/Recovery Acres (men)	245-1196
Youth Addiction Services	297-4664
Adult Addiction Services (AADAC)	297-3071
Addictions Center	944-2025
Al-Anon / Al-Ateen	266-5850
Alberta Adolescent Recovery Centre	253-5250
Alcoholics Anonymous	777-1212
Alpha House 203 – 15 th Ave S.E.	234-7388
Aventa (Villa for Women)	245-9050
Cocaine Anonymous	568-8008
DOAP Team	998-7388
Dream Center	243 5598
Fresh Start (men)	387-6266
Gambling Help Line	1-866-332-2322
Narcotics Anonymous	569-3427
Opiate Dependence Program	297-5118
Oxford House Intake	287-8771
Renfrew Recovery Center	297-3337
Safeworks (Needle exchange)	232-3838
Salvation Army (Addiction Treatment)	410-1150
Servants Anonymous Society (Women)	237-8477
Simon House (Men)	247-2050
Smart Recovery	619-4210
Sunrise Native Addiction Services	261-7921
Victory Outreach Foundation (Women)	264-0598
Women for Sobriety	253-9063
Youville Residence	242-0244

Housing

Accessible Housing Society	282-1872
Calgary Housing	221-9100
Calgary Drop-In Society	266-3600
http://www.thedi.ca/services/affordable-housing/	
East Village Place	264-3455
Forest Lawn (working only)	248-0213
Giammarco and Company	269-4897
Holy Cross	209-4780
Kerby Center (seniors)	265-0661
Lamda Apartments	242-7740
Landlord & Tenant service	1-877-427-4088
Langin Place (men)	237-5435
Murdoch Manor	234-9311
Métis Housing (native)	569-9030
Off Campus Housing (students)	220-6553
Peter Coyle Place Housing	252-6000
Potential Place Housing	216-9254
Salvation Army (men only)	410-1184
Transitional & Supportive Housing (Canadian Mental Health)	297-1700
URSA Universal Rehab Service Agency for Dependant Handicap	272-7722
YWCA Mary Dover House	263-1550
SORCe (Safe Communities Opportunity and Resource Centre) http://www.sorce.ca/	316 – 7 Ave. SE
Low cost rent:	http://www.lowcostrent.org

Community Services

Information	211
AIDS Calgary	508-2500
AISH Office	297-8511
Alberta Youth Care and Custody Network	474-1344
Aspen Family Services	219-3477
Calgary Immigrant Women Assoc	263-4414
Calgary Outlink (Center for Gender and Sexual Diversity)	
www.calgaryoutlink.ca	234-8973
Calgary Urban Project (CUPS) 1001 10 AVE SW	221-8780
Calgary Workers' Resource Centre	264-8100
Centre For Newcomers	569-3325
Champions Career Center	265-5374
Child Abuse Hotline	1-800-387-5437
Children's Cottage	233-2273
City of Calgary Information Line	311
Early Start (24hr)	244-8351
Elder Abuse Resource Line	705-3250
Employmentcalgary.ca	1-888-388-4217
Exit Community Outreach	262-9953
Families Matter (Postpartum Support)	205-5178
Family Caregiver Centre (Support for Caregiver)	303-6027
Government Services	310-0000
Home Care	943-1600
Immigrant Aid Society	265-1120
Infant Essentials	220-0432
Inform Alberta	informalberta.ca
Interfaith Food Bank	253-2055
Interfaith Thrift Association	235-6881
Kerby Center (Seniors)	265-0661
Living Well with a Chronic Condition	943-2584
Louise Dean Center	777-7630
Neighbour Link	209-1930
North of McKnight Community Resource Centre	293-0424
PDD (Developmental Disabilities)	297-5011
CHR Patient Representatives	944-2080/944-2077
Public Health	943-2288
Pregnancy Care Center	269-3110
Prospect (Employment)	273-2822
SABIS (Brain Injury Society)	521-5212
SIDS Calgary Society	265-7437
Self Help	266-8711
Seniors Resource Society	266-6200
Servants Anonymous	237-8477
Sexual and Reproductive Health Clinic	955-6500
Sleep Disturbance Centre	944-2404
The Doorway (Youth)	269-6658
The Way Inn (403-SENIORS)	736-4677
Victims Assistance - V.A.S.T.	428-8398
Women's Center (Various drop in supports)	264-1155
Doctors accepting new patients : http://www.cpsa.ab.ca www.calgaryareadocs.com	

Legal Support

Mental Health Warrant – Family Court 7 th Floor, 601 – 5 th Street S.W.	297-3471
Calgary Legal Guidance	234-9266
Calgary Diversion Service	410-1132
Calgary Workers' Resource Centre	264-8117
Dial-A-Law	234-9022
Elizabeth Fry Society	294-0737
John Howard Society	266-4566
Legal Aid Society of Alberta	297-2260
Student Legal Assistance Society	220-6637