

InnoTech College

RESOURCES IN CALGARY

DISTRESS CENTRE – 24/7, FREE & CONFIDENTIAL	403-266-4357(HELP)
Some emergency and evening appointments for in-person crises counselling if needed distresscentre.com	
211 ALBERTA - 24/7, FREE & CONFIDENTIAL REFERRAL TO COMMUNITY SERVICES	Dial 211
Available in English, Spanish, Punjabi, Russian & Chinese	
INFORMALBERTA	
informalberta.ca	
Alberta Mental Health Line	1-877-303-2642 (24/7)
Calgary Mental Health Crises (Mobile Unit)	403-242-7740 (24/7)
Calgary Communities Against Sexual Abuse	403-237-5888 (24/7)

CALGARY COUNCELLING AGENCIES AND RESOURCES

Community Mental Health

403-955-6200

Sheldon M. Chumir Health Centre
7th floor, 1213 4 Street SW

abertahealthservices.ca

Intake on drop-in basis, daily; some appointments. **FREE** short-term counselling.

Calgary Counselling Centre

403-265-4980

#200, 940 6 Ave SW Intake

403-691-5991

Intake by phone, **SLIDING SCALE FEE (\$1-90/session)** counselling.

calgarycounselling.com

Catholic Family Service

403-233-2360

#250, 707 10 Ave SW

info@cfs-ab.org

SLIDING SCALE FEE (\$1-80/session) counselling cfs-ab.org

Awo Taan Healing Lodge

403-531-1972 (24/7)

awotaan.org

Family violence prevention program and **FREE** short-term counselling for **single women and women with children**.

YWCA Family Violence Prevention Centre

Sheriff King Home

403-266-0707 (24/7)

2003 16 St SE

ywcaofcalgary.com

Family violence prevention programs and **FREE** short-term counselling for **men, women and children**.

Jewish Family Services

403-287-3510

#420, 5920 1A St SW

info@jfsc.org

SLIDING SCALE FEE counselling

jfsc.org

Calgary Women's Emergency Shelter

403-234-7233 (24/7)

calgarywomensshelter.com

FREE Short-term counselling for **men, single women and women with children** in abusive relationships

FOOD HAMPERS & OTHER RESOURCES

The Alex Community Health Centre

Thursdays 10:00 AM to register
Golden Age Club, 610 8 Ave, SE

403- 513-7405
info@thealex.ca
thealex.ca

Spinz-a-round emergency food hampers for **pick-up** by **men, women and families** can be picked up every Thursday morning. Also partner in Good Food Box.

Salvation Army Centre of Hope

Mon-Sat 4:30 PM – 8:30 PM After Hours
420 9 Ave SE

403-651-3076
ab.salvationarmy.ca

Provides after-hours emergency food hampers for **men, women and families**.

Calgary Food Bank

Mon-Thurs 1:00 PM – 7:15 PM
5000 11 St. SE

403-253-2055
calgaryfoodbank.com

Provides emergency food hampers for **pick-up** by **men, women and families**, must call first.

Good Food Box administered by SAITSA

Monthly Pickup Schedule
MC107, Heart Building

403-210-4323
saitsa.com

Provides low-cost assortment of fruit & vegetables monthly. In partnership with the Community Kitchen Program.