

RESOURCES IN CALGARY

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

CALGARY COUNSELLING AGENCIES AND RESOURCES

<u>Community Mental Health</u> Sheldon M. Chumir Health Centre 7 th floor, 1213 4 Street SW Intake on drop-in basis, daily; some appointments. FREE short-term counselling.	403-955-6200 abertahealthservices.ca
<u>Calgary Counselling Centre</u> #200, 940 6 Ave SW Intake by phone, SLIDING SCALE FEE (\$1-90/session) counselling.	403-265-4980 Intake 403-691-5991 calgarycounselling.com
<u>Catholic Family Service</u> #250, 707 10 Ave SW ab.org SLIDING SCALE FEE (\$1-80/session) counselling	403-233-2360 info@cfs- cfs-ab.org
<u>Awo Taan Healing Lodge</u> Family violence prevention program and FREE short-term counselling for single women and women with children.	403-531-1972 (24/7) awotaan.org
<u>YWCA Family Violence Prevention Centre</u> Sheriff King Home 2003 16 St SE Family violence prevention programs and FREE short-term counselling for men, women and children.	403-266-0707 (24/7) ywcaofcalgary.com
<u>Jewish Family Services</u> #420, 5920 1A St SW SLIDING SCALE FEE counselling	403-287-3510 info@jfsc.org jfsc.org
<u>Calgary Women's Emergency Shelter</u> FREE Short-term counselling for men, single women and women with children in abusive relationships.	403-234-7233 (24/7) calgarywomensshelter.com

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
420 9 Ave SE

After Hours 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.