

Low-Cost Family Resources in Calgary

In the city of Calgary you may call the 24 hr **2-1-1** telephone service to speak to their referral specialists for questions about any referral needs

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General:

Fair Entry Program - City of Calgary

Municipal Building 3rd Floor
800 Macleod Trail SE
Ph. 3-1-1

<https://goo.gl/Ydda3f>

- Offers one application to access five city-subsidized programs based on income
- Calgary transit low income pass
- Fee Assistance for recreation programs and facilities
- No cost spay/neuter
- Property tax assistance program

CUPS

1001 10 Ave SW
cupscalgary.com
Ph. 403-221-8780
info@cupscalgary.com

- Resources to support health (including dental), housing and education
- Parenting classes and support

SORCe (Safe Communities Opportunity and Resource Centre)

Located at the City Hall LRT

316 7th Ave SE

www.sorce.ca

Ph. 403-428-3300

- Location where people can access programs and services that address their current situation

Pregnancy, Family, and Child Services:

Best Beginnings Program

4715 8 Ave SE

Ph. 403-228-8221

www.birthandbabies.com/best-beginning-program

(<https://goo.gl/gfwgtN>)

- Prenatal information and support to pregnant women living on a low income or teens of any income
- Services include consultations with social workers, registered nurses, dieticians and multicultural outreach workers
- First language support offered in several other languages
- Group prenatal and cooking classes scheduled around the city, childcare offered
- Bus tickets, vitamins, milk and grocery vouchers offered
- Referrals to other agencies and programs

Children's Cottage Society

Crisis Nursery

845 McDougall Road NE

24/7 Crisis line 403-233-2273

www.childrencottage.ab.ca/main/crisis-nursery

(<https://goo.gl/v6KcJj>)

- Offers free childcare in times of crisis
- Confidential, supportive, nonjudgmental help
- Offers referrals to other agencies and services as appropriate
- Affiliate programs Brenda's House and Healthy Families offer temporary family housing and in-home parenting support and education

Mosaic Centre, Immigrant Services Calgary

Immigrant Services Calgary

#1200, 910 7th Ave SW

www.immigrantservicescalgary.ca/how-can-we-help/family-support

(<https://goo.gl/tcqctv>)

Ph. 403-265-6093

info@immigrantservicescalgary.ca

- For immigrant and refugee families
- Support programs for expecting parents and families with young children
- Preschool service

Families Matter

Transcanada Centre

#158, 1440 52 St. NE

Ph. 403-205-5178

www.familiesmatter.ca

- Offers programs geared toward parenting education and family support at several locations around the city
- In-home, telephone and group support for those dealing with postpartum depression and their partners
- Free-of-cost parenting programs and mom-and-tot groups

Alberta Children's Services Child Care Subsidy

Ph. 1-877-644-9992

www.humanservices.alberta.ca/financial-support/15104.html

(<https://goo.gl/opaekS>)

- Financial assistance to lower-income families for childcare through approved centers and programs

Food and Infant Supplies:

Good Food Box Program

Community Kitchen Program of Calgary

3751 21 St NE

Ph. 403-275-0258

gfb@ckpcalgary.ca

www.gfbcalgary.com

- Provides boxes of affordable, high-quality, fresh produce in several sizes

- Pickup locations available around the city

Calgary Food Bank

Ph. 403-253-2055

www.calgaryfoodbank.com/

- Clients may self-refer 3 times per year; 4 more hampers available with referral
- Various depots around the city for hamper pickup
- Prenatal hampers provided to women accessing participating prenatal services- by referral only (hampers counted separate from regular hampers)
- Milk program for pregnant/nursing mothers and children

Salvation Army Community Support Services

1826 36 St NE

Ph. 403-220-0432

- Provides essentials for infants including diapers, wipes, baby cereal

NeighbourLink ICU2 Program

Ph. 403-209-1930

- Provides food, diapers and baby supplies/furniture based on need and availability

Financial:

Money Mentors

#150, 1200 59 Ave SE

Ph. 1-888-294-0076

www.moneymentors.ca/our-services/credit-counselling

- Non-profit organization offering financial advice to manage and repay debt
- Phone, Skype on in person help available

Housing:

Calgary Housing Company

West District Office

1701 Centre St NW

Ph. 587-390-1200

<http://calgaryhousingcompany.org/>

- Offers affordable housing to eligible families and individuals in many communities around Calgary

Red Cross Community Housing Support Program

1305 11 Ave SW

Ph. 403-541-6119

www.redcross.ca/crc/documents/community-housing-support-program.pdf

(<https://goo.gl/rqVzk2>)

- One-time financial assistance towards security deposits, eviction notices or utilities
- Offer advocacy on behalf of clients
- Offer referrals to other programs and services

Recreation:

City of Calgary Fee Assistance Program- See Fair Entry Program in General section on p. 1

Boys & Girls Clubs of Calgary

Ph. 403-276-9981

www.boysandgirlsclubsofcalgary.ca

- Mission to offer support to children, youth and families living in communities affected by complex social and economic issues
- Locations around the city
- Offer numerous programs and activities including summer camps and day camps
- Subsidies available

YMCA Financial Assistance

Main Office

101 3 St SW

Ph. 403-237-9622

www.ymca.org/membership-benefits/financial-assistance/

(<https://goo.gl/1ZqBXS>)

- Subsidy available for membership and/or programs fees at YMCA facilities
- Subsidy available for Camp Chief Hector summer camps and day camps

Health Care:

The Alex

Community Health Centre
#101, 1318 Centre St NE
Ph. 403-266-2622
info@thealex.ca
www.thealex.ca

- Offers health and housing programs for youth, adults and families
- Health programs: breastfeeding clinic, nutrition support, chiropractic, physiotherapy, massage, youth and senior programs and more
- Two housing support programs to help clients in the ways they best benefit from

Alberta Adult Health Benefit

Ph. 1-877-469-5437
www.humanservices.alberta.ca/financial-support/2085.html
(<https://goo.gl/9WLHzd>)

- A health plan that pays for health services including eyeglasses, prescription drugs and dental care not covered through standard Alberta Health Care Insurance

Alberta Child Health Benefit

Ph. 1-877-469-5437
www.humanservices.alberta.ca/financial-support/2076.html
(<https://goo.gl/Z6KpoE>)

- A plan that provides free eyeglasses, prescriptions and dental visits for children of lower-income families

Alberta Blue Cross Subsidy

Toll-free Ph. Dial 310-000, then 780-427-1432
www.health.alberta.ca/services/drugs-non-group-premium-rates.html
(<https://goo.gl/TPfrjt>)

- Offers a subsidy for extended health benefits for those who are lower-income and don't have access to a group health plan

Oral Health- Dental Treatment Services

Chumir Dental Clinic Location
1213 4th St SW
Ph. 403-955-6888
www.albertahealthservices.ca/info/service.aspx?id=1670

- Offers reduced fees for dental care for qualified low income clients (approximately 20% of standard fees)

- Two locations in Calgary

Mental Health Services:

Families Matter- please see information in [Pregnancy, Family and Child](#) section

ACCESS Mental Health

Ph. 403-943-1500 Ext 2 (adult services)
mental.health@albertahealthservices.ca
www.albertahealthservices.ca

- for triaging clients with any mental health concern to AHS programs and facilities
- priority given to pregnant and postpartum clients
- triaged based on acuity and need to psychiatrists, psychologists and support programs around the city that specialize in pregnancy and the postpartum period

Distress Centre Calgary

#300, 1010 8 Ave SW
Ph. 403-266-HELP (4357)
Suicide Prevention Hotline: 1-800-784-2433
help@distresscentre.com
www.distresscentre.com

- for urgent concerns, open 24hr/day, 7 days/week
- online chat is available from 5-10 pm
- emails are responded to within 24-48 hours

South Calgary Health Centre

31 Sunpark Plaza SE
Ph. 403-943-9300
Hours: 8:00 am to 10:00 pm

- Offers no fee, single session walk-in counselling

Calgary Women's Health Collective

Ph. 403-265-9590
www.calgarywhc.com/wordpress

- Offers counselling services from skilled female counsellors to women
- Sliding scale fee schedule available

Sexual Abuse/Assault Support:

Calgary Communities Against Sexual Abuse

Northland Building
#700, 910 7 Ave SW
Ph. 403-237-5888
info@calgarycasa.com
www.calgarycasa.com

- Provides individualized services to address the needs of sexual abuse/assault survivors and their loved ones.
- Provides inclusive and indiscriminate service to all people

Legal Support:

Calgary Legal Guidance

#100, 840 7 Ave SW
Ph. 403-234-9266
clg@clg.ab.ca
www.clg.ab.ca

- Provides legal advice and assistance to people with low incomes

Family Justice Services

601 5 St SW
Ph. 403-297-6981

www.albertacourts.ca/resolution-and-court-administration-serv/family-justice-services

- Provides no-cost or low-cost support to lower-income families dealing with family law issues
- Programs include educational seminars and parenting courses, the Family Law Information Centre, and Family Court Counsellors which provides mediation services and document preparation amongst others

Immigrant Services:

Calgary Immigrant Women's Association

Ph. 403-263-4414

- A non-profit organisation that helps immigrant women transition to life in Canada
- Offers a youth program focusing on community involvement and skill development

Calgary Immigrant Educational Society

Ph. 403-235-3666
www.immigrant-education.ca

- A non-profit organisation that assist newcomers in improving their English language skills and employment skills

Aboriginal Services:

Calgary Aboriginal Services Guide

Ph. 2-1-1 for more information

www.calgary.ca/CSPS/CNS/Documents/aboriginal_services_guide.pdf

- Offers a comprehensive list of resources for aboriginal individuals and families