

Community Resources

Crisis Services:

- Distress Centre: 403-266-4357
 - (Crisis and suicide line 24/7); Crisis intervention and support to services or referral to other agencies
 - Online Crisis Chat: Chat is available from 3pm – 10:00pm weekdays and from noon-10:00pm on weekends.
 - ConnectTeen Online Chat: Is available from 3:00pm – 10:00pm weekdays and noon-10:00pm on weekends at www.CalgaryConnectTeen.com
- Kids Help Phone: 403-1-800-668-6868; <https://kidshelpphone.ca/>
 - 24/7 support for children and adolescents
 - Text, chat, Facebook messenger or call options available
- Calgary Communities Against Sexual Abuse: 403-237-5888
 - Crisis and information line is available 9AM-9PM 7 days a week
- Suicide Prevention Line: Toll free 24 hour support line
 - 1-800-784-2433
- National Child Abuse Hotline: 1-800-422-4453 Call or text at any time or day
- Call 911 if you are ever in any immediate danger to yourself, someone else, or if you are at risk of being harmed by someone else

Housing Resources:

- SORCe: Helping with referrals, assessments and housing information; mental health and addiction supports; justice system supports; social services information and referrals
 - Taking phone inquiries only at this time. Leave a message at 403-617-4183 or 403-608-5559
 - Open 9AM-4:15PM Monday to Friday

Employment Resources:

- Youth Employment Lab through Trellis (previously Boys and Girls Clubs of Calgary)
 - DM on Instagram @trellisyouthemployment for support
 - Often post about places hiring around Calgary
 - Assist with resume and cover letter development, interview skills and practice, and job search. Meeting virtually at this time. See their bio for the link to book 1 to 1 support
- Youth Employment Centre: closed for now but can call to talk to an Employment Counsellor online, via phone call or video call
 - Visit website for more details for how to book an appointment!
<https://www.calgary.ca/csps/cns/children-and-youth/youth-employment-centre.html>

Mental Health/ Addiction Resources:

- Access Mental Health
 - Will provide support to individuals with addiction or mental health concerns and refer individuals to appropriate resources
 - Please call: 403-943-1500 to access their support
- Indigenous Mental Health
 - Will provide support to the Indigenous community and work to provide appropriate cultural services
 - Visit website for more details:
<https://www.albertahealthservices.ca/info/page7628.aspx>
- Eastside Community Mental Health Services with Woods Homes
 - Offers mental health system navigation by phone text or chat
 - Single session or extended services via phone or video. Call 403-299-9699 for more information or visit their website:
<https://www.woodshomes.ca/programs/eastside-community-mental-health-services/>
- Wellness Desk at Calgary Public Library w/ Woods Homes
 - Call 403-299-9699 from 8AM- 11PM for mental health support, referrals and information

Basic Needs Resources:

- Brown Bagging for kids
 - They will provide gift cards for groceries if this a need in your home
 - Get a guardian to fill out the following form online:
<https://josh028470.typeform.com/to/SMpuLvDH>
 - www.bb4ck.org for more information
- Food Bank emergency hamper
 - Call 403-253-2055 to request a hamper. They will tell you the information you need to provide them with!
- Muslim Families Network Society
 - Halal Food bank: accessible through appointment only→ call 403-466-6367 to book an appointment
- Holiday Meal Kit – The Alex Community Food Centre
 - Happening **Friday December 18, 2020 10:00 AM-12:00 PM OR 4:00 PM-6:00 PM**
 - Call 403-455-5792 or email goodfood@thealex.ca
 - Everyone is welcome!

General Resources:

- Call **211** for information and community resources support- ie. Mental health and basic need support.
- Telus Internet for low income families
 - Internet for Good
 - Visit website for how to apply: <https://www.telus.com/en/about/low-income-families/application>
- 2020 Property Tax Hailstorm Relief Program
 - Deferral program for those impacted by the storm on June 13, 2020
 - Visit website for more details: <https://www.calgary.ca/cfod/finance/property-tax/2020-Property-Tax-Hailstorm-Relief-Program.html?redirect=/taxrelief>
- Emergency Financial Assistance
 - 24-hour Emergency Income Support Contact Centre
 - Get emergency financial assistance to help with basic needs like shelter, food, clothing and transportation.
 - Toll free: 1-866-644-5135
 - Email: css.iscc@gov.ab.ca
- Facebook group called "YYC COVID- 19 Volunteers"
 - Resources
 - Offering free services (eg. Tutoring)
- Low Income Bus Pass (Fair Entry Program)

Educational Resources

- Calgary Public Library
 - Sign up for a library card for free online
 - Offering tutoring supports 2PM- 11PM daily through Brainfuse. Visit website for how to access this: <https://calgarylibrary.ca/read-learn-and-explore/digital-library/brainfuse-helpnow/>
 - Access to the online library
- Raising the Grade Tutoring with Trellis (previously known as Boys and Girls Clubs of Calgary)- FREE!
 - Virtual tutoring with U of C volunteers for any subject
 - DM on Instagram for more information on how to get involved @trellis.youth, email at sditchfield@bgcc.ab.ca or by calling 403.470.2220
 - Trellis.youth on Instagram also offers other free programming to youth- be sure to check it out!
- Youth programming online through BYC with Trellis (closed starting the 21st)- FREE!
 - Mondays- Employment Support, Tuesdays- Among Us, Wednesday- No program, Thursday- assorted activity (baking, art, etc.), Fridays- virtual challenge
 - Follow on Instagram for all details @buildingyouthconnections
 - DM, email aplantinga@bgcc.ab.ca or call/ text 403-671-7257 for how to get signed up