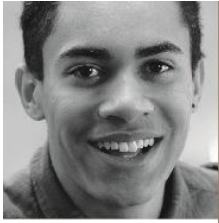


Family Resource Guide



Community Resources January, 2017



**Calgary Board
of Education**

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Superintendent |

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Calgary Services

Inform Alberta (211)

- www.informalberta.ca
Dialling 211 will connect you to a full range of community, social and government services information. 211 is free, confidential, available in many languages and operates 24-hours a day, 7 days a week.

Calgary Aboriginal Agencies and Services Guide (311)

- www.calgary.ca
- Produced by the City of Calgary, this resource lists programs and services specific to the Aboriginal community as well as those that are open to the general population. May be of special interest to Aboriginal community.

Calgary Police Service

- Emergency: 9-1-1
- Non Emergency 403-266-1234

Calgary Public Library

- www.calgarylibrary.ca
- Internet access is available at any branch; visit the website for locations.

Street Survival Guide (311)

- This City of Calgary resource lists agencies, health and human services in the Calgary region.

The Women's Center

- 403-264-1155
- Assists women with accessing community supports and provides programming.

Clothing

My Best Friend's Closet

- 403-262-5776
- Provides teenage girls from low income homes (ages 12-18) with fashionable and functional clothes.



Once Upon a Child

- 403-543-1066
- Two locations in Calgary to find gently used baby and children's clothing.

Salvation Army Calgary Community Support Services

- 403-220-0432
- www.salvationarmy.ca
- The Salvation Army gives work boots free to clients with a job confirmation.

Walk in Closet

- 403-262-5776 ext. 1
- Provides business attire to women, facing financial barriers, who want to join the workforce, return to school or engage in volunteer activities.

Women in Need Thrift Store

- 403-255-5102
- www.womeninneed.net/frc
- The website provides a list of locations within Calgary.

Domestic Violence Services

Awo Taan Healing Lodge Society

- 403-531-1972 24-hour Crisis Line
- Provides Shelter and community services, guided by Aboriginal traditional teaching, to anyone affected by family violence and abuse.

Calgary Women's Emergency Shelter

- 403-234-7233 24-hour Crisis Line
- www.calgarywomenshelter.com
- Provides safe, secure housing, food, clothing, referrals and counselling for women and children fleeing domestic violence.

Educational Services

Calgary Board of Education

- www.cbe.ab.ca
- provides school fee waivers. The information is available at your child's school or on the CBE web site.

Calgary Catholic School District

- www.cssd.ab.ca
- Calgary Catholic School District makes provisions for families who are unable to pay school fees. Speak with the principal at your child's school for more information.

Financial Services

My Alberta Supports

- 1-877-644-9992
- www.myalbertasupports.ca
- Find and apply for services and benefits for work or training, low income, disabilities, personal safety, homelessness and more.

Family Supports For Children With Disabilities

- 403-297-7971
- www.humanservices.alberta.ca/disability-services
- Provides a wide range of family-centred supports and services to help strengthen families' and encourage their child's participation in activities at home and in the community.

Food

Access to Food in Alberta

- www.albertahealthservices.ca/assets/infofor/hp/if-hp-sn-access-to-food-in-alberta.pdf
- Lists information about where to find emergency, low cost food and community food programs.

The Alex Community Food Centre

- 403-455-5792
- www.goodfood@thealex.ca
- Offers food access, food skills, and education and engagement programs to low-income community members.

Community Kitchen Program of Calgary

- 403-275-0258
- Families meet at 45 kitchens throughout Calgary to plan and prepare meals.
- Community Kitchen Program processes food orders and delivers food to the kitchens.
- Everyone is eligible.

Good Food Box

- 403- 275-0258
- Provides fresh fruits and vegetables at lower cost with 60 locations throughout Calgary.

NeighbourLink Calgary

- 403-209-1930
- Emergency food hampers are available.
- Volunteers deliver food hampers from the Calgary Inter-Faith Food Bank.

Additional Food Resources | Alberta Health Services

- For more resources see [Appendix A](#)

Furniture

Calgary Inter-Faith Furniture Society

- 403-276-3173
- www.interfaithfurniture.ca

Feed-A-Need

- 403-280-1232
- A city-wide charitable initiative that seeks to connect those who wish to give with those who need their help. They do this by picking up furniture and household items from donors and delivering them to those in need across Calgary.

Women in Need Society

- 403-255-5102
- Visit this website for a list of locations within Calgary www.womeninneed.net/frc

Housing | Rent and Utilities Services

Alberta Works Housing and Utility Support

- 1-866-644-5135 toll free

Calgary Housing Company

- 587-390-1200
- The Calgary Housing Company provides subsidized rent.

Calgary Urban Project Society (CUPS)

- 403-717-0922
- Provides free basic health care and dental clinics.

The Distress Centre

- 403-266-1605

The Red Cross

- 403-541-6100
- The Red Cross provides a Community Housing Project for low-income people living in Calgary.

Salvation Army Calgary Community Support Services

- 403-410-1111
- www.salvationarmy.ca

YWCA

- 403-263-1550
- YWCA provides support for women and their children towards finding affordable housing.

Health Services

Alberta Association of Optometrists

- Eye See, Eye Learn
- www.optometrist.ab.ca
- Optometrists detect, diagnose and treat eye health problems in children as they enter the school system. Alberta Health Care covers the cost of comprehensive eye exams for all children in the province. This program takes that one step further and provides free prescription eyeglasses to kindergarten students.

Alberta Child Health Benefit

- 1-877-469-5437
- ACHB provides premium-free: dental, optical, diabetic and prescription drug coverage, and emergency ambulance to children.

Alberta Health Services – Dental Treatment

- 403-955-6888 or 403-944-9999
- Information about dental services available to low-income clients.
- For additional dental information see [Appendix B](#)

The Alex Community Health Centre

- 403-266-2622
- Provides free basic health care and dental clinics.

Calgary Urban Project Society (CUPS)

- 403-221-8780
- Provides free basic health care and dental clinics.

Health Link

- 811
- Talk to a public health nurse about health related questions; 24 hours a day, 7 days a week.

Primary Care Network (PCN)

- www.calgaryareadocs.com
- Most family doctors are part of a Primary Care Network (groups of health professionals working together to coordinate your health care). PCNs have tools to help you find a family doctor.

Infant Care

Best Beginning

- 403-228-8221
- Best Beginning is a Calgary Health Region program that provides free information, support and referrals for pregnant women. Milk, vitamins and food are available as well.

Children's Milk Program

- 403-253-2059

Healthy Babies Network

- 403-777-7635
- www.cfs-ab.org
- Support for low income women, food/vitamin supplements and pre/post-natal support and information.

NeighbourLink

- 403-209-1930

Salvation Army Community Support Services

- 403-220-0432

Mental Health and Counselling Services

Access Mental Health

- 403-943-1500 Ext 2
- Email | mental.health@albertahealthservices.ca
- www.calgaryhealthregion.ca/mh/sites/access/index.htm
information about wait times, locations, service fees, etc. Phone lines are open Monday to Friday 7:30am – 7:00pm. This is not a crisis service. Callers in crisis will be connected with a crisis service provider.

Calgary Counselling Centre

- 403-691-5991
- www.calgarycounselling.com
- Offers affordable individual and group counselling.

CARYA

- 403-269-9888
- www.caryacalgary.ca
- Building strength in Calgary's diverse population through counselling, collaboration, community development, homecare and individual and family support.

Catholic Family Service of Calgary

- 403-233-2360
- www.cfs-ab.org
- Individual and family services help strengthen children, youth, adults and families.

Jewish Family Service Calgary

- 403-287-3510
- www.jfsc.org
- Strengthens the Calgary community by helping people in the spirit of Jewish tradition and values.

Mental Health Help Line

- 1-877-303-2642 24-hour Crisis Line
- A mental health crisis could arise from any number of issues, like losing a job, financial difficulties, the death of loved one, or untreated mental health problems. Knowing what resources are in your area is crucial to helping yourself and those you care about.

Newcomers to Canada

Calgary Catholic Immigration Society

- 403-262-2006
- Business and employment training services are available.

Calgary Immigrant Women's Association

- 403-263-4414
- CIWA offers services for immigrant and refugee women, youth, children and families.

Centre for Newcomers

- 403-569-3325
- English language training for adults, supports for finding and retaining employment, and settlement supports for individuals and families

Immigrant Services Calgary

- 403-265-1120
- Services include language assistance and vocational assessment.

Parenting Services

Calgary Immigrant Women's Association

- 403-263-4414
- www.ciwa-online.com
- Cross-cultural parenting and educational programs for parents of children 0-6 and teenagers.

- Free childcare and first language support available

Calgary Urban Project Society (CUPS)

- 403-717-0922
- Free Parenting Programs for families with children 0-5 years.
- Family Resource Centre on premises that can provide referrals

Children and Adults with Attention Deficit Hyperactivity Disorder

- 403-403-225-8512 (leave a message)
- www.members.shaw.ca/chaddcalgary/
- CHADD holds monthly Support Group meetings for parents of children and adults with ADHD, attention deficit hyperactivity disorder.

The Children's Link Society

- 403-230-9158
- www.childrenslink.ca
- Provides resources, child care information, parent-to-parent connections and hope to families and professionals who care for and work with children and youth with special needs.

Community Parenting Education Program (CPEP)

- 403-542-0870
- Is a family strengthening program open to all families with children ages 5-17 years. CPEP is particular helpful to parents of children with disruptive behaviour disorders such as Attention Deficit Disorder (ADHD), Oppositional Defiance Disorder (ODD) and Conduct Disorder (CD).

Families Matter

- 403-205-5178
- Provides parenting education resulting in healthy child development and confident and competent parents who are connected within their communities.

Family and Community Resource Center

- 403-955-3272
- Provides information, resources and supports to families.

Foothills Academy Society

- 403-270-9400
- www.foothillsacademy.org/parent-online-workshop/

Heart of South Calgary Family Resource Centre

- 403-452-1124
- www.aspenfamily.org
- Provides parent education, family support and child development programs for families with children 0-18 and live in a south community of Calgary.

In-Sync Program

- 403-269-9888
- A free, play-based, multi-sensory program aimed at building, enhancing, and strengthening the parent-child relationship.

Parent Support Association of Calgary

- 403-270-1809
- www.helpforparents.ca
- We are peer support groups for parents experiencing problems with their youth/teens ages 10 to 18.

Parents and Children Together

- 403- 671-1710
- A non-profit preschool/playgroup for children ages 0 - 5. Parents participate in two program components, a parent education/discussion group and in the children's program.

Triple P Positive Parenting Program

- 403-262-0497
- Is designed to prevent and treat behavioural and emotional difficulties in children and teenagers.

We Connect You

- 403-275-6666
- www.weconnectyou.ca
- Parent Link centre, resources, referrals, workshops and individual supports.

Sports and Recreational Services

Boys & Girls Clubs of Calgary

- 403-276-9981
- The Boys & Girls Club offer various recreation programs.

Calgary Parks & Recreation

- 403-268-2489
- Fee assistance, subsidies for programs, pools, leisure centres, golf clubs are available.

Community and Neighbourhood Services (311)

- Information on active living programs, Park & Play and Stay & Play program and Youth drop-in open gyms.

Girl Guides of Canada: Calgary Area

- 403-283-8348
- Encourages girls to reach their potential. Financial assistance is available.

Kids Up Front

- 403-444-4318
- www.kidsport.ca
- Become referred by one of their partners to receive free tickets to various events in Calgary.

Scouts Canada: Calgary

- 403-283-4993
- Adventure and the outdoors combined with educational activities. Financial assistance is available.

YMCA Calgary

- 403-237-9622
- Recreational programs, camps, and child care.

Youth Can Fish 2 Society

- 403-719-0723
- Teaches outdoor skills (fishing, camping, cooking, and fish conservation) to boys and girls ages 8 - 14 as part of a week long summer camp.

Funding for Sports and Recreation

City of Calgary Fee Assistance (311)

- Pay less for access to City of Calgary pools, recreation facilities, and many fun activities in the City Call to find out how to apply

Family Supports For Children With Disabilities

- 403-297-7971
- www.humanservices.alberta.ca/disability-services

Jumpstart

- 1-877-616-6600
- www.canadiantire.ca/jumpstart

KidSport Calgary

- 403-202-0251
- Financial assistance and/or equipment for kids to participate in organized sports.

YMCA Calgary

- 403-237-9622
- Fee assistance is available.

Transportation Services

Access Calgary

- 403-537-7770
- Door-to-door service, shared rides on Calgary handi-Bus or taxi, for people unable to take a bus, must have an application completed by a doctor or other professional and cost is one bus ticket.

Calgary Transit

- 403-262-1000
- Low-Income monthly transit pass available

Crisis | Agency's Contact Information

Name of Agency	Contact / Information
Alberta Health Services Addiction Helpline	1-866-332-2322
Alberta Mental Health Mobile Response Team	403-266-1605 Provides mobile mental health services, including: crisis intervention, prevention, urgent psychiatric assessments, trauma response, mental health education, professional consultations
Boys & Girls Club of Calgary	403-828-HOPE (4673) Shelter for homeless youth that connects teens to vital support programs in the community. The Boys and Girls Club services recognize and respond to the emerging needs of kids and families; particularly those most affected by complex social and economic issues
Bullying Helpline	1-888-456-2323
Calgary Youth Drug Line	403-269-3784
Child Abuse Hotline	1-800-387-5437
Connect Family and Sexual Abuse Network (Alberta)	1-877-237-5888 Connect is a service for people who have big and small questions about relationships and experiences. Their goal is to help people recognize unhealthy relationships and abusive relationships in all its forms.
ConnectTeen 24-hr Peer Support Line	403-264-TEEN (8336) Text 587-333-2724 Monday to Friday 5pm–10pm, Sat and Sun 12pm – 10pm) Non-urgent questions - Email: connectteen@distresscentre.com A program by the Distress Centre offering confidential phone support for teens. Peer support (teen to teen) is available online and over the phone between 5pm – 10pm daily
Distress Centre	403-266-HELP (4357)
Distress Centre TTY (hearing impaired)	403-543-1967
Eating Disorder Helpline	1-866-633-4220
Kerby Elder Abuse Line	403-705-3250 24-hour crisis line
Kids Help Phone (24/7 support line)	1-800-668-6868 If you need to talk to someone about anything you might be struggling with, call the Kids Help Phone. Available 24/7.
Police Emergency	9 1 1
Police non-emergency calls	403-266-1234
Social Service Response Team (SSRT)	403-297-2995
The Doorway	403-269-4688 Provides young people, ages 17-24, living on the streets with resources and supports to help these young people leave them.
Woods Homes Crisis Line (CRT)	403-299-9699 / Toll-free 1-800-563-6106 Text 587-315-5000 (9am – 10pm) Online Chat Counselling (9am – 10pm, 7 days a week) The Community Resource Team (CRT) is a 24/7 telephone and mobile support service. Each of their team of professionals represents the psychology, social work, marriage and family therapy disciplines, and provides service to all individuals and families

Appendix A: Alberta Health Services | Free Food in Calgary



Free Food in Calgary

This is a list of services in Calgary that offer free food. **Always call to make sure the details are still correct.**

Food Hampers: Southeast Calgary

Calgary Food Bank

Address: 5000 - 11th Street SE | Phone: (403) 253-2055

How can they help?

- They give food hampers that have at least 7 days of food.
- They can provide special hampers to people who are vegetarian or pregnant and to people who have celiac disease.
- They have depots in other areas so you can arrange to pick up a hamper closer to your home.

Who can use it?

- Anyone who meets the low income level set by the food bank.

When can you go?

- Monday 1:00 pm to 3:30 pm AND 6:30 pm to 7:30 pm.
- Tuesday - Thursday 10:30 am to 3:30 pm AND 6:30 pm to 7:30 pm.
- Friday 10:30 am to 3:30 pm.
- Call (403) 253-2055 to book your hamper before you pick it up.

How often can you go?

- Once every 30 days and up to 7 times a year.
- You can go 3 times each year without a referral and 4 more times each year with a referral.
- If you are pregnant, you can go every 30 days if you have a referral.

Other things you need to know:

- Bring a big bag, backpack or suitcase to carry the food.
- Bring ID for each person in your home who needs food.

South East Community Resource Centre

Address: 2734 -76th Avenue SE | Phone: (403) 720-3322

How can they help?

- They give food hampers that last about 3 days.

Who can use it?

- Anyone who lives south of Peigan Trail and east of Macleod Trail.
- You do not need a referral, but you must be a client of the Calgary Food Bank.
- You must meet the low income level set by the centre.

When can you go?

- Call to set up a time to go.

How often can you go?

- Once per month.

Other things you need to know:

- Bring ID for each person in your home who needs food.
- Bring proof of your address and proof of income for all adults in your home.

Salvation Army Community Support Services

Address: 1826 36 Street SE | Phone: (403) 220-0432

How can they help?

- They give food hampers based on family size.

Who can use it?

- Anyone.
- You do not need a referral.

When can you go?

- Friday 3:30 pm to 4:40 pm.
- Call if you want to set up another time to pick up a hamper.

How often can you go?

- Once every 30 days.

Other things you need to know:

- Bring ID for each person in your home who needs food.

Salvation Army Centre of Hope

Address: 420 9th Ave SE | Phone: (403) 410-1111

How can they help?

- They give food hampers.

Who can use it?

- Anyone.
- You do not need a referral.

When can you go?

- Monday 1:00 pm to 3:00 pm.

How often can you go?

- 3 times a year.

Other things you need to know:

- Bring ID for the person who picks up the hamper.

Sunrise Community Link

Address: 3303 - 17 Avenue SE | Phone: (403) 204-8280

How can they help?

- They can give you a food hamper if you cannot get to the Calgary Food Bank.
- They give baked goods on Monday | Wednesday | Friday.
- They give fruit and vegetables on the days when they can get some from the Calgary Food Bank.

Who can use it?

- Anyone who lives in the Greater Forest Lawn area.
- You do not need a referral.
- You must have children younger than 18 years old living in your home.

When can you go?

- Monday | Tuesday | Wednesday | Friday 10:00 am to 4:00 pm.
- Thursday 5:00 pm to 8:00 pm.

How often can you go?

- New clients need to create a file the first time they come for a hamper.
- Once you have a file, you can go as often as you need.

Other things you need to know:

- Bring ID for each person in your home who needs food.
- New clients must come at least 1 hour before closing time.

Aboriginal Friendship Centre

Address: 101, 427 - 51 Avenue SE | Phone: (403) 270-7379 x 221

How can they help?

- They give food hampers.

Who can use it?

- Anyone who is Aboriginal.
- You do not need a referral.

When can you go?

- Thursday 10:30 am to 4:00 pm.
- Come early because they run out of hampers sometimes.

How often can you go?

- As often as you need.

Bonavista Church Food Pantry

Address: 1509 Lake Ontario Drive SE | Phone: (403) 278-4518

How can they help?

- You choose from the food items and fruit and vegetables they have, but every week the food is different.

Who can use it?

- Anyone who lives in Bonavista Downs, Queensland, Deer Run or Acadia.
- You do not need a referral.

When can you go?

- 2nd Thursday of each month 1:00 pm to 2:00 pm.
- They can deliver if those times do not work for you.

How often can you go?

- As often as you need.

Other things you need to know:

- Call the week you wish to come to the pantry so they can make sure they have enough food.
- Leave a message if no one answers the phone.
- You do not need to bring ID.

Calgary Drop-in and Rehab Centre

Address: 1 Dermot Baldwin Way SE | Phone: (403) 266-3600

How can they help?

- They have meals and snacks every day.
- They can give you lunch in a bag if you cannot stay for the meal.
- They give food hampers.

Who can use it?

- Anyone can go to the meals and snacks.
- You need to have a permanent home address to get a hamper.
- You do not need a referral.

When can you go?

- Breakfast 7:00 to 8:00 am | Lunch 12:00 to 1:00 pm | Supper 6:00 to 7:00 pm | Snacks 9:30 am and 3:30 pm
- Hampers Friday 3:30 pm until they run out. Come early.

How often can you go?

- As often as you need for the meals and snacks.
- 1 serving of food per person at each meal or snack.
- 3 times per year for a hamper.

Other things you need to know:

- Bring ID and proof of your permanent home address to get a hamper.

Deer Park United Church Food Pantry

Address: 77 Deerpoint Rd SE | Phone: (403) 278-8263

How can they help?

- You choose from the food items they have, but every week the food is different.

Who can use it?

- Anyone who lives in the SE quadrant of Calgary.
- You do not need a referral.

When can you go?

- During the summer: Monday to Thursday 9:00 am to 12:00 noon.
- During the fall, winter and spring: Monday to Thursday 9:00 am to 12:00 noon and 1:00 pm to 4:00 pm.

How often can you go?

- Once a month.

Other things you need to know:

- You need to fill out a short form.
 - You do not need to bring ID.
-

Abbeydale Christian Fellowship Community Cupboard

Address: 1352 Abbeydale Drive SE | Phone: (403) 273-6222

How can they help?

- You choose from the food items they have, but every week the food is different.

Who can use it?

- Anyone who lives in Abbeydale, Applewood or Penbrooke.
- You do not need a referral.

When can you go?

- Tuesday 5:00 pm to 5:30 pm.

How often can you go?

- As often as you need.

Other things you need to know:

- Bring bags.
 - Bring ID to confirm your name and address.
-

Victory Foundation Eastside Victory Outreach

Address: 1840 - 38 Street SE | Phone: (403) 273-1050

How can they help?

- They have lunch every Sunday.
- They give food hampers.

Who can use it?

- Anyone can go to the lunch.
- The hampers are for anyone who lives in Forest Lawn, Forest Heights, Penbrook, Dover, Southview, or Albert Park.
- You do not need a referral for the lunch or the hamper.

When can you go?

- Sunday lunch 12:00 pm.
- Hampers every Tuesday 10:00 am to 12:00 pm.
- Call ahead to leave your name and phone number to ask for a hamper. They will call you back on Monday to let you know if you can come on Tuesday to get a hamper.

How often can you go?

- Every week for lunch.
- Every 12 weeks for a hamper.
- You do not need to bring ID.

Food Hampers: Southwest Calgary

St James Catholic Parish Food Bank

Address: 5504 - 20 Street SW | Phone: (403) 243-2680

How can they help?

- They give food hampers.

Who can use it?

- Anyone who lives in Altadore, Currie, Elbow Park, Garrison Woods, Lakeview or Lincoln Park.
- You do not need a referral.

When can you go?

- 2nd, 3rd, or 4th Friday of each month. The time varies.
- Call to ask for a hamper by 4:00 pm on Wednesday for pick up on Friday.

How often can you go?

- Once every two months.

Other things you need to know:

- Bring picture ID for the person who picks up the hamper
- Bring ID for all the other people in the home who need food (such as an Alberta health care card).
- Bring proof of your address.
- There are no hampers in January.

West Central Community Resource Centre

Address: 3507A – 17 Avenue SW | Phone: (403) 543-0555

How can they help?

- They give food hampers that last 1 day.

Who can use it?

- Anyone who lives in Aspen Ridge, Christie Park, Coach Hill, Cougar Ridge, Discovery Ridge, East Springbank, Glamorgan, Glenbrook and Glendale, Killarney, Lincoln Park, Patterson Hill, Shaganappi, Signal Hill, Springbank Hill, Spruce Cliff, Strathcona, Westgate, West Spring, Wildwood.
- You do not need a referral.

When can you go?

- Monday | Tuesday | Thursday | Friday 10:00 am to 4:00 pm.
- Wednesday 10:00 am to 3:00 pm.

How often can you go?

- Once every 3 months.

Other things you need to know:

- Call before you go to make sure they have hampers.
- Bring bags to carry the food.
- You do not have to bring ID.

Society St. Vincent De Paul

Phone: (403) 250-0319

How can they help?

- They are a group of churches. Many give food hampers.

Who can use it?

- Call to find the church nearest to your home. You can only get a hamper from that church.

When can you go? How often can you go?

- This is different for each church. Ask the church in your area.

Salvation Army Family Resource Centre

Address: 1731 29th Street SW | Phone: (403) 930-2700

How can they help?

- They give food hampers based on family size that last 2 to 3 days.

Who can use it?

- Anyone.
- You do not need a referral.

When can you go?

- Call to set up a time to pick up a hamper.

How often can you go?

- Once every 30 days, up to 6 times per year.

Other things you need to know:

- Bring ID for each person in your home who needs food.

Abundant Life Church Bread Basket

Address: 3325 - 49th Street SW | Phone: (403) 246-1804

How can they help?

- They give out food hampers.

Who can use it?

- Anyone who lives west of Crowchild Trail, north of Glenmore Trail and south of Bow Trail.
- You do not need a referral.

When can you go?

- September to June: Tuesday 1:00 pm.
- July and August: every second Tuesday 1:00 pm. Call to get the dates before you go.

How often can you go?

- As often as you need.

Other things you need to know:

- Bring a big bag, backpack or suitcase.
- Bring ID for each person in your home who needs food.

Emmanuel Christian Reformed Church

Address: 3020 - 51 St. SW | Phone: (403) 246-0795

How can they help?

- They have a community dinner once a month.
- They have a food pantry once a month where you can get 2 grocery bags of food.

Who can use it?

- Anyone who lives west of Crowchild Trail, north of Glenmore Trail and south of Bow Trail.
- You do not need a referral.

When can you go?

- Dinner last Friday of each month 6:00 pm.
- Food pantry second Wednesday of each month 9:00 am to 11:00 am.

How often can you go?

- As often as you need.

Other things you need to know:

- Bring proof of current address and your ID for the pantry.

EXIT Community Outreach & Resource Centre Address: 117 - 7 Avenue SW | Phone: (403) 262-9953

How can they help?

- They have snacks, sandwiches and coffee.
- They give small food hampers.

Who can use it?

- Youth ages 12-24 years old who are not staying at a shelter.
- You do not need a referral.

When can you go?

- Monday | Friday | Saturday 9:00 am to 5:00 pm.
- Tuesday | Thursday 9:00 am to 7:00 pm.
- Wednesday 11:00 am to 7:00 pm.

How often can you go?

- Every day for snacks and sandwiches.
- 1 sandwich for each person each day.
- Once a month for a hamper.

Other things you need to know:

- Call to ask if they still have any hampers before you go.
- No sandwiches in July and August.
- Need to show proof of your age.

Food Hampers: Northwest Calgary

St. Edmund's Anglican Church

Address: 8336 - 34 Avenue NW | Phone: (403) 288-6330

How can they help?

- They give out small food hampers.

Who can use it?

- Anyone, except only people living in northwest Calgary can use it in December.
- You do not need a referral.

When can you go?

- Monday | Thursday 9:00 am to 12:00 pm.
- If you can, please call and leave a message so they can make a hamper for you ahead of time.

How often can you go?

- 4 times a year.

Other things you need to know:

- Bring ID and your Alberta Health Card.

Food Hampers: Northeast Calgary

Calgary Chinese Baptist Church

Address: 3907 44 Ave NE | Phone: (403) 590-4349

How can they help?

- They give out food hampers.

Who can use it?

- Anyone who lives in the NE quadrant of Calgary.
- You do not need a referral.

When can you go?

- Every 2nd and 4th Wednesday 6:30 pm.

How often can you go?

- As often as you need.

Other things you need to know:

- Bring ID that has your current address.

Calgary Poppy Fund & Veterans Food Bank

Address: 4539 - 6th Street NE | Phone: (403) 265-6304

How can they help?

- They give food hampers and grocery store gift cards.

Who can use it?

- Veterans, a dependant of a veteran or a widow or widower of a veteran.

When can you go?

- Monday to Friday 10:00 am to 3:00 pm.

How often can you go?

- Once every 2 months.

Other things you need to know:

- They can deliver to your home if you cannot pick up the hamper.

Robert McClure United Church Food Pantry

Address: 5510 -26 Avenue NE | Phone: (403) 280-9500

How can they help?

- You choose your own food from the items they have, and every week the food is different.

Who can use it?

- Anyone.
- You do not need a referral.

When can you go?

- Thursday 10:30 am to 11:30 am.

How often can you go?

- As often as you need.

Other things you need to know:

- It is not possible to pick up food at other times.
- They do not deliver to your home.
- You do not need ID.

Halal Food Hampers

Muslim Families Network Society Halal Food Bank

Address: Unit 1129 3961 52 Avenue NE (Building 1000) | **Phone:** (403) 466-6367

How can they help?

- They give out hampers that have halal foods.

Who can use it?

- Anyone who has a religious need to eat halal foods.
- You do not need a referral.

When can you go?

- Call to set a time to go.

How often can you go?

- 6 times a year.

Other things you need to know:

- Bring all of these items:
 1. Proof of government assistance if you receive it (Income Support, AISH).
 2. Proof of Child Tax Benefit, if you receive it.
 3. 2 months of current bank statements.
 4. Proof of your income.
 5. Proof of your rent.
 6. ID for each person in your home who needs food.

Kosher Food Hampers

Jewish Family Service Calgary Kosher Food Bank

Address: 420-5920 1A ST SW | **Phone:** (403) 287-3510

How can they help?

- They give small hampers that have kosher foods.

Who can use it?

- Anyone who has a religious need to eat kosher foods.

When can you go?

- Call to set a time to go.

How often can you go?

- Once a month.

Other things you need to know:

- Bring ID.
- Bring proof of your income and expenses if you need long-term support.

Food Hampers for Students

University of Calgary: Students' Union Campus Food Bank & Free Breakfast

Address: Room 225 MacEwan Student Centre, 2500 University Drive NW | **Phone:** (403) 220-8599

How can they help?

- They give food hampers that have 7 days of food. They offer a free breakfast (Room 210).

Who can use it?

- U of C staff, current students or past students (up to 2 years ago) for the hampers. You do not need a referral.
- Current students at U of C for the free breakfast.

When can you go?

September to April: Monday to Friday 9:00 am to 4:00 pm for a hamper. Call 24 hours before you pick it up.
Tuesday | Wednesday 8:30 am to 9:45 am for the free breakfast.

May to August: Call for the hours to pick up a hamper. There is no free breakfast.

How often can you go?

- Every 30 days for a total of 8 hampers a year.
- 3 hampers September to December, 3 hampers January to April, 1 hamper May to June, 1 hamper July to August.
- Free breakfast once a day.

Other things you need to know:

- Bring your university ID.

SAIT Students' Association Food Bank

Address: SAITSA Resource Centre, MC107, Stan Grad Centre | **Phone:** (403) 210-4323

How can they help?

- They give out small bags of food that last 3 to 4 days.

Who can use it?

- Current students at SAIT. You do not need a referral.

When can you go?

- Monday to Friday 8:30 am to 4:30 pm.

How often can you go?

- Depends on your needs.

Other things you need to know:

- Bring your SAIT student ID.

Mount Royal University Students' Association Food Bank Depot

Address: Z210 Wyckham House, 4825 Mount Royal Gate SW | **Phone:** (403) 440-8601

How can they help?

- They have a food cupboard. You choose items from the cupboard as needed.

Who can use it?

- Current students at Mount Royal University. You do not need a referral.

When can you go?

- Monday to Friday 9:00 am to 3:00 pm fall and winter | 9:30 am to 3:30 pm spring and summer.

How often can you go?

- As often as you need.

Other things you need to know:

- Bring your university ID.

Free Meals

St. Mary's Cathedral Hall Feed the Hungry Address: 221 – 18th Avenue SW | Phone: (403) 218-5532

How can they help?

- They serve dinner on Sundays.
- Each person can have salad, 2 plates of food, and a dessert.

Who can use it?

- Anyone.

When can you go?

- Sunday 3:30 pm to 5:00 pm.

How often can you go?

- As often as you need.

Youth Unlimited: Streetlight

Phone: (403) 291-3179

Address: Downtown - 10th Avenue & Macleod Trail SE | Bowness - 77th Street & 41st Avenue NW

How can they help?

- They serve hot dinner from a food truck.
- They can also give you food to take away and eat later.

Who can use it?

- Youth ages 12 to 24 years old.
- You do not need a referral.

When can you go?

- Monday | Thursday 7:00 pm to 9:00 pm at the Downtown site for 12 to 24 year olds.
- Tuesday 7:45 pm to 9:30 pm at the Bowness site for 12 to 18 year olds.

How often can you go?

- As often as you need.

Shepherd of the Hill Weekly Meals

Address: 8007 Bowness Road NW | **Phone:** (403) 288-4646

How can they help?

- They have a free dinner every Wednesday and a free lunch every Saturday.

Who can use it?

- Anyone.

When can you go?

- Wednesday 6:00 pm to 7:30 pm.
- Saturday 12:00 pm to 1:00 pm.

How often can you go?

- As often as you need.

Please contact Nutrition Services at (403) 943-6753 if you would like to have a copy of this handout sent to you.

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Appendix B: Alberta Health Services | Dental Care

HOW TO GET DENTAL CARE IN THE CALGARY ZONE

PROGRAM	WHO IS ELIGIBLE	COVERAGE
Alberta Child Health Benefit (ACHB) Phone: 1-877-469-5437 Web: http://employment.alberta.ca/FCH/2076.html E-mail: achb@gov.ab.ca	- Children under the age of 18 (19 if attending high school) in low-income families. - Eligibility based on income and number of eligible children in the family. - Must apply. Call for an application or download from website.	- Free basic health benefits and routine dental services. - Show benefit card to a dental provider.
Alberta Health Services - Calgary Zone Community Dental Clinics Chumir 403-955-6888 Northeast 403-944-9999 Airdrie 403-912-8484	- Children and adults with limited income that do not have a dental plan. - Eligibility based on income and family size. - Families must apply. Call for application or download from website.	- Reduced fee dental care. - Routine and basic services including cleanings, x-rays, fillings and removal of teeth.
Alberta Health Services - Calgary Zone Oral Health Education Phone: 403-22-TEETH (228-3384)	- Infants, children, families, adults and seniors. - Targeted communities and groups.	- Services vary according to client group. - Visit the website for details.
Alberta Health Services - Calgary Zone Alberta Children's Hospital Dental Clinic Phone: 403-955-7836 Fax: 403-955-5000 Web:	- Children, infants and teens with medical, physical and/or mental health conditions. - Healthy children under 3 years of age with significant dental needs. - Referral letter required and can be faxed.	- Involved with Cleft Palate and Craniofacial clinic. - There is a fee for dental services provided. - The dental clinic will complete and submit insurance/benefit forms as required.
Alberta Health Services - Calgary Zone Foothills Medical Centre Dental Clinic Phone: 403-944-2401 Fax: 403-283-5260 Address: 1403 29th St NW Calgary AB	- People with medical, physical and/or mental health conditions. - Referral required and can be faxed or mailed.	- There is a fee for dental services provided. - The dental clinic will complete and submit insurance/benefit forms as required.
Non-Insured Health Benefits Program (NIHB) Phone: 1-888-495-2516 Website: www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php	All registered First Nations and Inuit persons that are residents in Canada.	- Routine services and comprehensive (with pre-approval) dental services. - Show status registry card to a dental provider.
Care for a Smile Dental Program Phone: Morley 403-881-2111 Siksika 403-734-3959 T'suu Tina 403-251-7575 Eden Valley 403-881-2111	For infants and children of First Nations Communities in Alberta.	Free services including fluoride varnish, sealants, fillings and teaching about tooth brushing and flossing.
Cleft Palate Dental Indemnity Program Phone: 403-943-7308	- Alberta residents, under the age of 25 and covered under Alberta Health Care Insurance Plan. - Have a congenital cleft affecting the hard palate. - Registered at a Cleft Palate Clinic in Alberta.	- Funding for dental treatment directly related to the cleft site. - Must use all 3rd party insurance coverage and all other government programs first.
Burns Memorial Fund Phone: 403-234-9396 Web: http://www.burnsfund.com	- Must be under the age of 21 and lived in Calgary for at least 6 months. - No dental insurance/benefits. - Referral letter and treatment plan needed.	- Payment or cost-sharing for dental or orthodontic treatment. - Payments are not given for services already provided in a dental office before applying to the Burns Fund.



HOW TO GET DENTAL CARE IN ALBERTA HEALTH SERVICES - CALGARY ZONE A GUIDE FOR PROFESSIONALS

PROGRAM	WHO IS ELIGIBLE	COVERAGE
Dental Assistance Program for Seniors (DASP) Phone: 1-800-642-3853 Web: www.seniors.gov.ab.ca/financial_assistance/DASP/index.asp	- Residents of Alberta who are 65 years of age and older (Canadian citizens or landed immigrants) - Eligibility based on income. - Must apply if not already enrolled in the Alberta Seniors Benefit Program or Optical Assistance for Seniors Program. Call for an application or download from website.	- Coverage dependant upon annual income. - Checkups, cleanings, fillings, extractions, root canals and basic dentures. - Must pay for any amounts above the maximum amount covered by this program. - Advise the dental provider of coverage (no benefit card).
Interim Federal Health Program (IFHP) Phone: 1-800-770-2998 Web: www.servicecanada.gc.ca/eng/qoc/interim_health.shtml	People with refugee status during first year in Canada.	- Emergency dental services only (pain, infection, bleeding or trauma). - Call a dental provider <u>or Calgary Health Zone Community Dental Clinic.</u>
Department of Veterans Affairs (DVA) Phone: 1-866-522-2122 Web: www.vac-acc.gc.ca/general	- Veterans must be assessed for eligibility. - Coverage specific to each individual program.	- Basic dental care, dentures and comprehensive dental services provided with pre-approval. - Show healthcare identification card to dental provider.
Alberta Works Phone: 1-866-644-5135 or 403-310-0000 Web: www.employment.alberta.ca/hb	People and their dependants who are receiving income support (social assistance).	- People who cannot work are eligible for supplemental coverage (basic dental services and dentures). People who can work are eligible for standard coverage (limited to pain and oral infection relief, and dentures). - The health benefits card will indicate level of coverage (standard or supplemental dental) - Show health benefit card to a dental provider.
Assured Income for the Severely Handicapped (AISH) Phone: 1-866-644-5135 Web: http://www.seniors.gov.ab.ca/AISH	AISH clients and their dependants.	- Routine dental services and dentures. - Show health benefit card to a dental provider.
Alberta Adult Health Benefit (AAHB) Phone: 1-866-644-5135 or 403-310-0000 Web: www.employment.alberta.ca/ahb	- People who leave income support or AISH and have employment or Canada Pension Plan Disability program - Pregnant women - People with ongoing prescription drug needs - Eligibility also based on income	- Basic services (extractions, fillings, etc.) and in some cases teeth cleaning. - See on-line policy manual for details on who has what coverage. - Client must show benefit card to dental provider.
Calgary Urban Project Society (CUPS) Phone: (403) 221-8780 Web: www.cupshealthcentre.com	- People with no access to dental services can apply based on income. - Referral needed through CUPS nurse.	- Limited, free dental services for teeth removal and some fillings. - Services are provided on specific days only.
Dental Assistant Schools Phone: SAIT 403-284-8380 Columbia College 403-235-9314	- Adults and children who do not require scaling of teeth. - People with or without dental insurance.	- Low-fee services. - Services include teeth polishing, fluoride treatment, and x-rays. - Services are not offered year round.