

Food Resources

Broxburn Vegetables (regular prices)

Every Tuesday, 10 am – 1 pm at Kingsland Community Hall, 505 -78 Ave SW

The Calgary Food Bank

Once every 10 days self-referral online or by phone

You need to show ID's & be on low- income as specified by the fair entry cut-off line. Pick-up option at St Andrew's Presbyterian Church Sat. 2 – 4 pm 403 253-2055, info@calgaryfoodbank.com calgaryfoodbank.com/needfood/

Monthly Good Food Box (affordable veggies & fruit)

A depot at the ARC, in Acadia

\$30, \$35, \$40. goodfoodbox@acadia.com or get more information at the Acadia community association website

Fresh Routes Mobile Food Market (Low cost)- in Manchester

Wednesdays, 6:15-8:15pm. Purchase fresh produce at low cost. Cost is comparable (or lower in some cases) to that of Superstore. Manchester Tower Community Space, 5757 - 2nd Street SW. christine.lee2@calgary.ca

Pay What You Want Food Market

All products have "suggested prices," their regular retail prices. You can pay less, nothing, or more if you want to pay it forward for your community. Thursdays 5 – 8 pm at Meadowlark Community Association, 623 58 Ave, SW.

St Vincent de Paul- Free Hampers

403 252-2790 if in Acadia or nearby. Otherwise, call the central line 403 250-0319. They can deliver.

The Alex Community Food Centre

Offers a number of food programs, including affordable produce market, a free, drop-in family dinner, cooking classes, peer advocacy office, etc. 4920 17 Ave SE. 403 455-5792.

Acadia Food Pantry (free food for anyone who needs it)

This is a community-based initiative operating the 3rd Tues. of the month at McDougall United Church, 8516 Athabasca St. SE. 12 noon – 12:45 pm. No need to register; just drop-in.

Information, Support & Referrals on Basic Needs

The Family Enrichment Program at Jewish Family Services provides information and referrals regarding basic needs. They may also provide hampers for up to 3 months. 403 287-3511. For anyone, regardless of faith or culture.

Cornerstone Chapel Free Christmas Hampers

Registration online (opens at the end of November): christmaslunchonjesus.ca

Calgary Food Map

A virtual map listing free & low-cost food in Calgary. Search for "access to food" at www.calgary.ca to find the map.

Grocery Delivery

Bag-Half-Full- Grocery delivery

Free grocery shopping, prescription pickup and delivery of grocery orders due to health, medical reasons, seniors with disabilities.

Fill out online request at baghalffull.com/Calgary

1-587-982-3804 or 403-660-8266

Grocery Link

Pick up and deliver for a cost when you order online <https://thegrocerylink.com>

Kerby Centre (55+)

Grocery and prescriptions pick up at Co-op, and delivery. 403-234-6571 or 403-705-3222

Employment

Employment Help Line (Momentum)

If you have lost your job due to the economy or COVID-19. **403-204-6194**

Employment Info/Bulletin

<https://www.alberta.ca/calgary-employment-services.aspx>

Kibbi

Find local jobs in 60 different languages.

Find jobs wherever is convenient for you (e.g near home, daycare or English School) easily on map.

www.wmykibbi.com

Prospect Human Services

Help everyone and anyone around employment. **403-273-2822**

Trellis- (Youth Employment)

Employment support and Stampede (for ages 12 + yrs.)

<https://www.growwithtrellis.ca/youth-programs/education-employment-support>

Tailored Support

Trellis Homestay Program

For families (with minor children & renters) at risk of homelessness. Can provide financial support.

403 219-3477 (#1); homestay@growwithtrellis.ca

Dress for Success

Free clothing & accessories for women going to work, school or volunteer. Women get a consultant to help them pick items. They also have a program for teens.

403 262-5776 ext.2; 6516 – 1 A St. SW

WINS Warehouse Ready & Retail Ready Programs

403 852-1075 255-5102 winsyyc.ca/programs

Momentum Programs

Employment Helpline & Coaching: 403- 204-6194; Tech. training for Women- momentum.org

Retail Training Program for Immigrant Women- CIWA

workplaceserives@ciwa-online.com

My First Bicycle

<https://myfirstbicycle.ca/our-program> ; Applications open January 1, 2023

The Way In Network Seniors Line

Help filling out forms, information. 403-736-4677

Aboriginal Friendship Centre- 403 270-7379

Support for your Pet's Needs

Parachutes for Pets: help before turning to shelters.

Facebook group "Free Pet Food, pet resources & more..."

Dental Clinic for people on Low-Income

403 955-6888

The Women's Centre

Information, referrals and different educational programs. Fresh produce Mon. & Tues. Register 403-264-1155. They also offer a Christmas toy program.

Al-Qaim Charity Foundation, a charity organization

Contact Safdar: 403 998-1538

Calgary Immigrant Women's Association (CIWA)

403-263-4414

Alpha House Information

The DOAP Team 403 998-7388

24/7 mobile, non-emergency assistance for vulnerable individuals under the influence of alcohol or other substances

Needle Response team 403 796-5334

Mobile response unit for safe clean up and disposal of needle debris on public or private properties

Encampment Team 403 805-7388

Mobile assistance for individuals living on encampments or “rough-sleeping”

Who to call? DOAP Team or 911?

Please call the DOAP Team when:

A non-emergent concern regarding intoxicated, unhoused individuals arises

An unhoused individual requires a ride to a safe place to sleep

A vulnerable individual who is intoxicated, but not in distress, may need assistance

An individual or group are consuming alcohol or substances in public spaces

Please call 911 when:

An individual is in medical distress, is in an unresponsive state (not just sleeping), has blue lips, or is experiencing a suspected overdose

A significant physical injury has occurred and requires medical attention

A crime or act of violence has happened or is currently in progress

A weapon or threat of weapon is present

Crisis Support

911

**Police
emergency line**

211

Social Service Assistance
Access to a network of community, social, health & government services

311

403 310-1818
City of Calgary Information & Bylaw
Access to city information, non-emergency and non-law enforcement related services

811

Health Link
Access to free 24/7 nurse advice and general health information.

AHS Mental Health Support

Text 'CONNECT' to 741741
or dial 1-877-303-2642 (Toll Free)

Distress Centre

403 266-4357
24 hours a day, 365 days a year

Suicide Prevention Hotline

1-800-SUICIDE
(1-800-784-2433)
Toll free in Southern Alberta

AHS Addiction Helpline

1-866-332-2322 (Toll Free)

Connecteen Phone

(403) 264-TEEN (8336)
Chat: CalgaryConnecteen.com
Mon. Fri: 5pm - 10pm
Sa. – Sun.: 12pm - 10pm

Family Violence Support

(403) 310-1818

EMERGENCY SHELTER FOR ADULTS

Alpha House Society

(403) 234-7388 203 15th Avenue SE; www.alphahousecalgary.com

Calgary Drop In & Rehab Centre

(403) 266-3600 1 Dermot Baldwin Way SE; www.thedi.ca

The Mustard Seed Shelter

(403) 723-9422 7025 44th Street SE; www.theseed.ca

Salvation Army

(403) 410-1111 420 9th Avenue SE; www.ab.salvationarmy.ca

YWCA Mary Dover House

(403) 263-1550 320 5th Avenue SE; www.ywcaofcalgary.com

Women's Integrated Supportive Housing (WISH)

(403) 930-2711; www.ab.salvationarmy.ca.com

EMERGENCY SHELTER FOR FAMILIES

Inn From the Cold

(403) 263-8384; 110, 706 7th Avenue SW, www.innfromthecold.org

Awo Taan Healing Lodge

(403) 531-1972 OR (403) 531-1976, www.awotaan.org

Calgary Women's Emergency Shelter

(403) 723-9422, www.calgarywomensshelter.com

YWCA Sheriff King Home

(403) 266-4111, 2003 16th Street SE, www.ywcaofcalgary.com

EMERGENCY SHELTER FOR YOUTH

Avenue 15 Shelter (Ages 12-17)

(403) 543-9651 938 15th Avenue SW; www.boysandgirlsclubofcalgary.ca

EXIT Youth Shelter (Ages 12-17)

(403) 509-2323 112 16th Avenue NE, www.woodshomes.ca

SUPPORT FOR WOMEN AND GIRLS

Safe Haven Foundation

(403) 230-2613 7620 Elbow Drive SW, www.safehavenfoundation.ca

Reset Society of Calgary

(403) 237-8477 260 7220 Fisher Street SE, www.resetcalgary.ca

Women In Need Society (WINS)

(403) 235-6448 137 7007 54th Street SE, www.winsyyc.ca

Places to get equipment for people with limited mobility (such as walkers)

[Alberta Aids to Daily Living \(AADL\) | Alberta.ca](https://www.alberta.ca/alberta-aids-to-daily-living.aspx)
<https://www.alberta.ca/alberta-aids-to-daily-living.aspx>

[Getting Funding for Accessibility Equipment in Canada | Silver Cross](#)

If a veteran [Home - Veterans Affairs Canada](#)

For short-term rentals only [Health Equipment Loan Program - Canadian Red Cross](#)

<https://www.redcross.ca/in-your-community/alberta/health-equipment-loans/short-term-loan-program/calgary-help-depot-short-term-loan-program>

Resources compiled by Viviana Reinberg, Community Social Worker, The City of Calgary (Oct. 2023)
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