



**Calgary**



2016

**Calgary**

**Youth Services**

**Guide**



# Calgary Youth Services Guide

Calgary has a lot of great youth services and organizations, but it's not always easy to find them.

That's why we've created the Calgary Youth Services Guide. Published by Calgary Neighbourhoods, it contains a listing of agencies and organizations that provide programs and services for youth. It's another way to connect youth to the programs and people they need.

The resources in this guide can help youth, parents and those who work with youth with everything from social connections and employment to support services, health and recreation.

The information was obtained from **informalberta.ca**, an online database of community, government, health and social services.

While many of the resources are designed for young people between the ages of 15 and 24, some services and programs are for those outside this age range as well. You can check with the organization to see what age groups they offer service to.

Have more questions? Call 211. It's a free, confidential and multilingual service that connects you to many other programs and services not listed in this guide.

\*The listing of an organizations in this guide does not indicate its endorsement, nor does the exclusion imply a lack of approval.



# Youth Employment Centre

**At no cost, YEC helps Calgary youth ages 15-24:**

- connect with a career advisor
- explore career and educational options
- make resumes
- learn to ace interviews
- complete industry training
- use our computer lab
- join our youth programs
- attend hiring fairs

## LOCATION

Second Floor, 315 – 10th Ave. S.E.

## PHONE

403-268-2490

## ONLINE

[nextsteps.org](http://nextsteps.org)

## HOURS OF OPERATION

Monday to Friday 8 a.m. – 5 p.m.

## Youth Employment Centre

**Earn skills, find a job.**

Employment is an important part of our youth's future. In collaboration with local businesses and other youth-serving agencies, The City of Calgary Youth Employment Centre offers career development opportunities, including everything from career advising, interview preparation and resume critiquing to computer lab time, job postings, hiring fairs and career exploration opportunities. Plus, it's free and YEC works with youth from all backgrounds.

YEC is funded by The City of Calgary, The Government of Alberta and Family and Community Support Services and is a partner in the Calgary Achievement Centre for Youth.

## Interact with YEC



yec\_calgary



youthemploymentcentre



yeccalgary



nextstepsorg



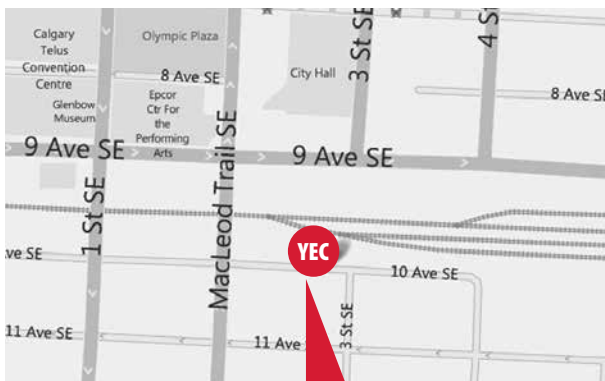
City of Calgary Youth  
Employment Centre

**Browse our job board**  
[jobboard.nextsteps.ca](http://jobboard.nextsteps.ca)

YEC is located on the second floor of 315 – 10th Ave. S.E.

Appointments are not required. Drop-in registration hours are Monday through Friday 8 a.m. – 4 p.m.

YEC is open year-round 8 a.m. – 5 p.m.





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## LISTINGS

**1** **Aboriginal Friendship Centre of Calgary** **403-270-7379**  
101, 427 – 51st Ave. S.E.  
afccalgary.org

- Cultural Reconnection – Youth Traditional Naming Ceremony, sweats on Fridays, drumming, singing, Elder support.
- Referrals for clothing, food, and housing for homeless individuals.
- Legal guidance last Wednesday of each month.

**2** **Aboriginal Futures Career and Training Centre** **403-253-5311**  
200, 6011 – 1a St. S.W.  
aboriginalfutures.com

- Education, employment and training services.
- Computer access, fax, phone, and photocopier.
- Career planning and employment counselling.
- Interview coaching, job search preparation, resume and cover letter writing assistance.
- Employment training workshops, job fairs, career and employer information sessions and job club.

**3** **Adoption By Choice** **403-245-8854**  
250, 3115 – 12th St. N.E. **1-800-570-2835**  
adoptionbychoice.ca **(text) 403-681-9630**

- Open adoptions where the birth parents select the adoptive family.
- Adoption issues counselling for birth parents and adoptive parents.
- International adoptions.



**Adoption Options**

207, 5940 Macleod Tr. S.

adoptionoptions.com

403-270-8228

1-888-277-8228

(text/birthparent line) 403-519-7927

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- Support in exploring options.
- Counselling through professional social workers.
- Opportunity to choose the adoptive family and maintain contact.

**Al-Anon Family Groups – Calgary (24 hour) 403-266-5850**

al-anon.ab.ca

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- A self-help recovery program for people who believe their lives may have been affected by someone else's addiction.
- Alateen group for youth 13 to 19 whose lives are affected by the drinking problems of relatives or friends.

**Alberta Adolescent Recovery Centre (AARC) 403-253-5250**

303 Forge Rd. S.E.

aarc.ab.ca

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- Non residential long term treatment program for youth ages 12 – 21 years suffering from substance dependency and their families.
- Comprehensive assessment, treatment, and aftercare programs.
- Integrated Family Treatment with parents and siblings.

**7 Alberta Civil Liberties Research Centre****403-220-2505**

2350 Murray Fraser Hall  
 2500 University Dr. N.W.  
 youthsafe.net

**Youthsafe – LGBT Resources**

- Website of resources and services for LGBT youth.
- Workshops and resources for community groups and service providers on homophobic youth bullying.

**8 Alberta Health – Addiction and Mental Health****albertahealthservices.ca**

**Addiction help line:** (toll free 24 hour) 1-866-332-2322

- Alcohol, drug, gambling and tobacco addiction information and referral to services.

**Adult Outpatient Addiction****403-297-3071****Counselling Services****Second floor, 1177 – 11th Ave. S.W.**

- Counselling services for individuals and families with alcohol, drug, sex addiction and/or gambling problems.
- Prevention and treatment services.

Monday and Friday 8 a.m. – 5 p.m.

Tuesday, Wednesday and Thursday 8 a.m. – 9 p.m.

Drop-in intake 12:45 p.m. daily on weekdays

**Youth Addiction Services****403-297-4664****1005 – 17th St. N.W.**

Monday and Tuesday 8:15 a.m. – 5 p.m.

Wednesday 8:15 a.m. – 9 p.m.

Thursday and Friday 8:15 a.m. – 4:30 p.m.

## LISTINGS

- Assessment, counselling, referral and aftercare services for youth 12 to 17 and their families.
- Day treatment program for up to 12 weeks
- 6 – 10 day social Detox and Stabilization program; planned intakes only.
- 12 week Wilderness Residential Program
- Protection of Children Abusing Drugs (PChad), court mandated program.
- Information, health promotion, and capacity building services for the community.
- Adolescent information series – 4 session after school program.
- Parent skill shop – 6 session evening program.

Drop-in intake counselling:

Monday, Wednesday, Friday 8:30 a.m. – 10 a.m.

### **Alberta Health Services**

**403-955-6200**

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[albertahealthservices.ca](http://albertahealthservices.ca)

**Sheldon M. Chumir Health Centre**

**1213 Fourth St. S.W.**

- Inner-city health centre including 24-hour emergency, urgent care, community health and mental health.

### **Access Mental Health**

**403-943-1500**

**press 1 for child/adolescent services;**

**press 2 for adult services.**

- Telephone based service staffed by mental health clinicians.
- Information and referral options for addiction and mental health resources and services.
- Connection to services for children, adolescents and adults.

## LISTINGS

### Best Beginning

403-228-8221

- One to one and group support.
- Cooking groups.
- Facilitated discussions of prenatal topics.
- Referrals to community support agencies.
- Milk coupons, bus tickets, and referrals for food hampers.
- Dental referrals and family planning counselling.

### Elbow River Healing Lodge

403-955-6600

**Seventh floor, 1213 Fourth St. S.W.  
(Sheldon M. Chumir Health Centre)**

- Triage, assessment, health examinations, service coordination and limited medical procedures.
- Treatment and assessment of chronic illness, ongoing care of injuries and disabilities and curative care for acute episodic minor or complex illness or injury
- Coaching for self-care and prevention activities.
- Specialized services for general internal medicine, nephrology, neurology, paediatrics, nutrition, rheumatology and child oral health.
- Traditional wellness services, cultural and spiritual supports.

### Health Link Alberta

811

- 24-hour nurse telephone advice and health information.
- Locations of walk-in clinics or Community Health Centres.

### Mental Health Help Line

1-877-303-2642

- Anonymous and confidential service.
- Crisis intervention if needed.
- Information about mental health programs and services.
- Referrals to other agencies if needed.

## LISTINGS

### Sexual and Reproductive Health Clinic

- Free confidential help including birth control, STI testing, pap test, pregnancy testing, morning-after pill and condoms at low cost.
- Drop-in services for male and female youth up to 24 and males older than 24 if their partner is attending or has attended the Clinic.
- Appointments needed for HPV vaccinations (cervical cancer prevention) and IUD insertions (requires two appointments).

**East Calgary Health Centre** **403-955-1431**  
**Main floor, 4715 Eighth Ave. S.E.**  
Tuesday and Thursday 1 p.m. – 5:15 p.m.

**Sheldon M. Chumir Health Centre** **403-955-6500**  
**Fifth floor, 1213 Fourth St. S.W.**  
Monday to Thursday 1 p.m. – 5:15 p.m.  
Friday and Saturday noon – 3:30 p.m.

**South Calgary Health Centre** **403-943-9510**  
**31 Sunpark Plaza S.E.**  
Monday 1 p.m. – 5:15 p.m.  
Tuesday 4 p.m. – 7:30 p.m.  
Friday 1 p.m. – 4:30 p.m.

**Sunridge** **403-944-7666**  
**406, 2675 – 36th St. N.E.**  
Monday to Thursday 1 p.m. – 5:15 p.m.  
Friday noon – 3:30 p.m.

## LISTINGS

**Sexually Transmitted Infections (STI) Clinic** 403-955-6700  
**Fifth floor, 1213 Fourth St. S.W.**  
**(Sheldon M. Chumir Health Centre)**

- Phone-in advice line.
- Counselling and client education.
- Diagnosis and treatment of sexually transmitted infections, private HIV testing and hepatitis A and B vaccine program.
- Notifying past sexual partners about their risk of infection.
- Referrals to other services.

Monday to Wednesday 9 a.m. – 5 p.m.

Thursday 10:30 a.m. – 5 p.m.

Friday and Saturday 8:30 a.m. – 4 p.m.

**STI/HIV info line** (24 hour) 811

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**Alberta Human Services** 403-310-0000  
**humanservices.alberta.ca**

**Alberta Job Corps** 403-297-7667  
**3805 – 29th St. N.E.** (intake referrals) 403-297-7300

- Full-time and part-time employment initiative for individuals having difficulty in finding or maintaining employment.
- Employment counselling, essential skills, life management skills and paid work experience.
- Occupational training in a variety of areas and opportunity for certification including CPR, First Aid, Forklift, and WHMIS.
- Job placement assistance and follow-up.

## LISTINGS

### **Alberta Supports Contact Centre** **1-877-644-9992**

- General information on income support programs and services

### **Alberta Works Centres**

- Career resources, employment services and training supports.
- Career counselling, job search workshops, resume writing, and self assessment print resources.
- Funding for approved occupational programs less than 12 weeks.
- Assistance to low income individuals with covering the basic costs of living, obtaining child support agreements or court orders and receiving health benefits.

### **10th and 10th** **403-297-2094**

1021 – 10th Ave. S.W.

### **Century Park Place** **403-297-6344**

(employment services only)  
Fifth floor, 855 Eighth Ave. S.W.

### **Fisher Park** **403-297-2020**

100, 6712 Fisher St. S.E.

### **Marlborough** **403-297-7570**

1502, 515 Marlborough Way N.E.  
(Marlborough Mall)

### **One Executive Place** **403-297-7200**

1816 Crowchild Tr. N.W.

### **Radisson** **403-297-1907**

Main floor, 525 – 28th St. S.E.

## LISTINGS

### Career Information Hotline

1-800-661-3753

[alis.alberta.ca/hotline](http://alis.alberta.ca/hotline)

- Career information and referral service.
- Consultation on educational programs, career planning, job descriptions and training programs.
- Referrals to community, educational, government, and social agencies.
- E-resumé review service on website.

### Employment Standards

1-877-427-3731

150, 717 Seventh Ave. S.W. (Elveden Centre)

- Information for employers and employees on minimum standards of employment.
- Investigation of complaints when employees cannot resolve differences with employers.
- Answers to questions about filing a complaint, general holiday and vacation pay, hours of work, minimum wage, payment of earnings, overtime, termination of employment and other work-related concerns.

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### Alcoholics Anonymous

(24 hour) 403-777-1212

[calgaryaa.org](http://calgaryaa.org)

- Daily meetings at a variety of locations.



**Alex Community Health Centre****403-520-2260****101, 1318 Centre St. N.****thealex.ca****12****The Alex Youth Health Bus (YHB)****403-689-9196**

Brings health care to youth, visiting eight partner high schools on school days, including exams, Monday through Thursday.

Doctors, nurses and youth workers offer:

- STI testing and treatment, as well as pregnancy testing and support.
- Birth control education, prescription and supplies.
- Referrals to community resources and services.
- Mental health support and general medical care.
- Someone to talk to who can answer your questions.

**Youth Health Centre****403-520-6270****1116 Centre St. N.E.****(text) 403-680-9627**

Monday to Friday, noon - 6 p.m.

Services for youth aged 12 – 24

- Family physicians and medical resources
- Counselling
- Basic necessities (i.e. food, hygiene items, condoms)
- Community kitchen
- On-site high school
- Computer access, resume writing and job search support
- Harm and risk reduction materials
- Substance use groups
- Pregnancy testing
- Parenting support
- Anonymous STI testing

## LISTINGS

- Referrals to community resources
- Outreach services such as client visits for one-on-one support, court support, accompaniment to other social services, and assistance securing ID documents.

**Queermunity:** LGBTQ+ youth group for ages 12 -24.

Monday evenings from 6:30 p.m. – 8:00 p.m. at the Alex Youth Health Centre.

- Friendship, information, resources, community and connection.

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### **Antyx Community Arts Society**

**403-444-0500**

205, 4202 – 17th Ave. S.E.

[antyx.org](http://antyx.org)

- Collaborative community arts projects engaging youth 13 to 18 in making positive change in their communities.
- Activities including drawing, music, painting (murals), animation, photography, plays and video projects.

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### **Aspen Family and Community Network Society**

**403-219-3477**

200, 2609 – 15th St. N.E.

[aspenfamily.org](http://aspenfamily.org)

- Youth Matters program helping youth 13 to 21 make informed decisions on issues such as employment, family and peer relationships, housing and school through group and one to one support.
- *HeadSpace* bus equipped with art supplies, books, educational materials, games, laptops, music, and sports equipment.

**AVENTA****403-245-9050****15****Addiction Treatment for Women****610 – 25th Ave. S.W.****aventa.org**

- Education and support for women with alcohol, drug and gambling addictions
- Provides concurrent capable, trauma informed, gender specific addiction treatment programs to meet the unique needs of women.
- Offers a short-term 6 week residential program for women 18 and older, or a 3 month young adult treatment program for women ages 18 – 24 (requires an AHS referral).

**BGS Enterprises****403-234-9119****16****100, 910 Seventh Ave. S.W. (Northland Building)****bgsenterprises.com**

- NetWORX employment program for youth 15 to 30 facing challenges in finding and keeping employment.
- 10 week training program and 12 weeks of paid work experience.
- Applicants must be out of school, unemployed and not receiving Employment Insurance.
- Certifications including First Aid/CPR and WHMIS.
- Opportunity to discover options, explore careers and gain skills.
- Career planning and one-to-one guidance.

## LISTINGS

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### **Between Friends Club**

**403-269-9133**

**205, 8989 Macleod Trail S.**

**[betweenfriends.ab.ca](http://betweenfriends.ab.ca)**

- Recreational, social and self-development opportunities for children, youth and adults with disabilities.
- Evening and weekend recreation programs throughout the year.
- Camp Bonaventure summer day camp for children and youth 4 to 17 with or without disabilities.
- Camp Fun'zAmust residential summer camp for children and youth 7 to 17 with or without disabilities. Young adult camp 18+ is also available.
- Day trips and vacation trips for adults 18+.

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### **Big Brothers Big Sisters of Calgary and Area**

**403-777-3535**

**5945 Centre St. S.W.**

**[bbbscalgary.com](http://bbbscalgary.com)**

- Youth mentoring programs for ensuring resiliency, future orientation and social support.
- Services offered in Calgary, Airdrie, Cochrane, High River, Okotoks and surrounding areas.

**Bow Valley College**

345 Sixth Ave. S.E.

[bowvalleycollege.ca](http://bowvalleycollege.ca)**403-410-1400**  
**1-866-428-2669**

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- One-year certificates or two-year diplomas in the areas of administration, business, health care, human services and justice.
- Part-time, full time, classroom or online studies.
- Counselling and health services.
- A wide variety of ESL classes.
- Academic upgrading.

**Bridge Program**

- Life skills and literacy program for immigrant youth 18 to 25 with interrupted education and who are no longer able to study in a high school setting.
- Language skills and learning strategies with a focus on numeracy, pronunciation, reading, spelling, vocabulary and writing.

**Boys and Girls Clubs of Calgary****403-276-9981**

731 – 13th Ave. N.E.

boysandgirlsclubsofcalgary.ca

**Aboriginal Services****403-235-5722**

- Aboriginal Youth Leadership (Neechi program).
- Arts and crafts including regalia making.
- One-on-one youth mentorship and support.
- Educational supports.
- Annual Culture Camp.

**Avenue 15****403-543-9651****938 – 15th Ave. S.W.**

- Shelter for homeless and runaway youth 12 to 17.
- *Link and Launch*: 24-hour short and medium-term shelter, food, clothing and support in reconnecting with family, school, work etc. and/or gaining the resources and skills for independence.
- *Loft*: basic needs shelter program open nightly from 10 p.m. – 7 a.m.

**Beltline Youth Centre****403-263-7934****223 – 12th Ave. S.W.**

- Creative, recreational and social opportunities for immigrant and refugee youth 12 to 24.
- Educational support and tutoring.
- Pre-employment and employment resources.
- Free classes and workshops.
- Gymnasium, swimming pool and weight room.

Monday to Thursday 1:30 p.m. – 9 p.m.

Friday to Sunday 2 p.m. – 10:00 p.m.

## LISTINGS

### Camp Adventure

403-276-9981

- Residential summer camp (Kananaskis Country) providing camping and outdoor experiences for children and youth 6 to 17.
- A variety of indoor and outdoor recreational and social activities.

### Community Clubs

- Community locations with arts, sports and recreational activities.

#### **Bowness Club**

403-571-0517

36, 7930 Bowness Rd. N.W.

#### **Falconridge Club**

403-543-9672

95 Falshire Dr. N.E.

#### **Forest Lawn Club**

403-543-9669

1717 – 41st St. S.E.

#### **Penbrooke Meadows Club**

403-543- 9675

6098 Penbrooke Dr. S.E.

#### **Pineridge Club**

403-543-9678

6012 Rundlehorn Dr. N.E.

#### **Thornccliffe Club**

403-543-9681

6625 Fourth St. N.E.

### Eleanor's House

403-276-9981

- Safe and supportive housing for young people at risk of, or involved in sexual exploitation.
- Providing a safe environment and the necessary supports to help youth stabilize and prepare for healthy adult living.
- Support to end involvement in sexual exploitation, advocacy and assistance in accessing resources.
- Gain skills to independent living.
- Build positive relationships.

## LISTINGS

### Grimmon House

1-866-335-4415

- Voluntary residential treatment program for female youth who are at risk or involved in sexual exploitation.
- Opportunity to work with a treatment team to address issues surrounding sexual exploitation and addiction.
- On-site schooling through Chinook's Edge School Division.
- Education and support that help with healing, recovery and getting back to living in the community.

### Haven's Way

(call or text) 403-828-4673 (HOPE)

- Residence for females 14 to 24 who are homeless or at risk of homelessness while developing their education and employment skills.
- House parents encouraging, modelling and teaching healthy choices and lifestyles.

### HERA Program

403-777-6990

728 – 32nd St. N.W.

- Specialized education program for female youth 13 to 17 at risk of, or involved in sexual exploitation.
- Academic classroom with learning supports.
- In-home family support.
- Connection to community resources.

### Hope

(call or text) 403-828-4673 (HOPE)

- Connection of youth under 24 to resources for basic needs, community connection, education, employment and family support.



### Safe House (Youth Shelter)

403-269-1997

102 – 14th Ave. S.E.

- 24-hour short and medium-term shelter for youth 15 to 17 with Child Welfare status.
- Food, clothing and support in reconnecting with family, placements, school, work etc. and/or gaining the resources and skills for independence.

### Script

(call or text) 403-828-4673 (HOPE)

- Outreach program for youth 12 to 24 who are experiencing homelessness, are at risk of homelessness, or are involved in street life.
- Case management, coaching, crisis support, and assistance in system navigation.
- Support in accessing basic needs and housing.
- Connection to education and employment options.
- Life skill development to leave street life behind.

### The Lodge

403-207-0961

258, 3359 – 27th St. N.E.

- A variety of activities for Aboriginal youth.
- Connection to community resources and cultural supports.

### Bullying Helpline

(24 hour) 1- 888-456-2323

[humanservices.alberta.ca/abuse-bullying](https://humanservices.alberta.ca/abuse-bullying)

- Advice, information and support telephone helpline.
- Website with information and strategies on bullying as well as a chat feature.

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**Burns Memorial Fund****403-234-9396**

1120, 105 – 12th Ave. S.E.

[burnsfund.com](http://burnsfund.com)

- Diploma preparation and tutoring program funding for high school students in financial need.
- High school bursaries providing living allowances for graduating grade 12 students who would otherwise be forced by financial situations to leave school.
- Oral health assistance to youth under 21 with limited resources for treatment not covered by other benefit or insurance plans.

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**Calgary AfterSchool****311**[calgary.ca/afterschool](http://calgary.ca/afterschool)

- After school activities and programs for children and youth 6 to 16.
- Activities including arts, crafts, drama, music, sports and recreation.
- Program locations throughout the city.

Monday to Friday 3 p.m. – 6 p.m

**Calgary Alternative Support Services****403-283-0611****24**

2335 – 30th Ave. N.E.

[c-a-s-s.org](http://c-a-s-s.org)

- Employment placement program for individuals who have barriers and/or disabilities and require support in finding and maintaining employment.
- Career counselling and exploration.
- Assistance with resumes and cover letters.
- Job search coaching and support.

**Calgary Association of Self Help****403-266-8711****25**

1019 Seventh Ave. S.W.

[calgaryselfhelp.com](http://calgaryselfhelp.com)

Providing life skills programs and counselling for adults 18 years and older who have a diagnosed mental illness.

- Resource/Activity centre, Activities of Daily Living program, Mental Health support group, Life Skills and Initiatives program, Occupational and Leisure Skills, Creative Arts, and Visual Arts.
- Volunteer program provides volunteer opportunities assisting in the day to day activities for both the clientele and community members.
- Recycling program provides skill development opportunities for individuals who volunteer helping in the recycling program.

**Calgary Board of Education**  
cbe.ab.ca

**403-817-4000**

**Chinook Learning Services**  
2519 Richmond Rd. S.W.  
chinooklearningservices.com

**403-777-7200**

- High school credit upgrading courses.
- Classroom (full-time or part-time) or self-directed study.

### **Discovering Choices/Outreach High School**

- Structured environment for youth 16 to 19 in developing academic and social skills when mainstream high school is no longer a choice.
- Community and educational resources to youth needing alternative academic options.
- High school credits earned through self-directed learning (Alberta Distance Learning Courses) and/or work experience.

#### **Discovering Choices I**

**403-268-3265**

315 – 10th Ave. S.E.

#### **Discovering Choices II**

**403-777-8384**

92, 116 – 3800 Memorial Dr. N.E. (Marlborough Mall)

#### **Westbrook Outreach**

**403-777-8020**

3, 1002 – 37th St. S.W.

#### **Start Outreach at Bowness**

**403-777-6107**

4110 – 79th St. N.W.

### **Encore CBE Return to School**

**403-817-7820**

**Main floor, 1221 Eighth St. S.W.**  
encorecbe.ca

- Assistance to youth who want to reconnect with school and learning.

## LISTINGS

- Help with developing a plan to explore interests, passions and possibilities for completing school.

Appointments available daily.

Drop-in: Monday to Friday 1 p.m. – 4 p.m.

**Louise Dean Centre** (health and school program) 403-777-7630  
120 – 23rd St. N.W. (community support) 403-777-7635  
cbe.ab.ca/b418

- Full academic program for pregnant and parenting students (grades 9 to 12).
- Child care, child development, health, life skills, parenting and pre and post-natal classes.
- Public health nurse for health services to registered students and their children.

**Young Adult LINC Program** 403-268-3824  
315 – 10th Ave. S.E.

- Basic and intermediate ESL classes for immigrant youth 18 to 24.

**Calgary Catholic Immigration Society** 403-262-2006  
Fifth floor, 1111 – 11th Ave. S.W.  
ccisab.ca

**ethos Youth and Family** 403-298-8577  
23 McDougall Court N.E.

- Support for immigrant and refugee children and youth 3 to 18 with a history of trauma including a migration history marked by political or civil conflict, war, stressful resettlement or acculturation.

**Immigrant Youth Outreach Project** 403-268-8131  
**Main floor, 315 – 10th Ave. S.E.**

- Education, employment and life skills support to immigrant and refugee youth 15 to 24.
- Drop-in homework assistance, summer math program, Saturday self-study tutoring, art and music projects.
- Employment support including career planning, interview preparation, job search support, and resume writing.

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**Calgary Catholic School District** 403-500-2000  
**cssd.ab.ca**

**Kara Life Program** 403-500-2012 (ext 252)  
**St. Anne Academic Centre**

- Designed to support, guide and educate pregnant and parenting female and male students with a team consisting of a teacher/counsellor, social worker, and a health care professional in the areas of academic achievement, social/emotional wellness and family support, including knowledge and skills related to child development, positive parenting skills, and healthy lifestyle choices.
- Focus on helping pregnant and parenting students remain in school with on-going intake through the school year.
- Access to other supports as needed such as medical care, career development and financial assistance.

**Calgary Communities Against Sexual Abuse (CCASA)** (24 hour) 403-237-5888  
1-877-237-5888  
(administration) 403-237-6905

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910 Seventh Ave. S.W. (Northland Building)  
calgarycasa.com  
ccasayourworld.com

- Support to anyone who is dealing with or has been affected by the various forms of sexual assault or sexual abuse including survivors and their support persons.
- 24 hour support and information line available 24/7, 365 days a year for anyone dealing with, or who has been affected by any form of sexual violence.
- Counselling, crisis intervention, emotional support, problem solving and referrals.
- 24-hour emergency accompaniment to hospital or police facility from the Sexual Assault Response Team (SART).
- Police and Court Education and Support (PACES) program.

**Calgary Construction Association** 403-291-3350  
2725 – 12th St. N.E.  
yepcca.cc

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- Helps those ages 16 and up work toward an apprenticeship by finding them paid full time placements in the construction trade of their choice.

## LISTINGS

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### **Calgary Counselling Centre**

200, 940 Sixth Ave. S.W.

[calgarycounselling.com](http://calgarycounselling.com)

**403-265-4980**

**(Call Centre) 403-691-5991**

- Youth counselling for concerns including abuse, bullying, depression, eating disorders, family conflict, relationships and separation/divorce.

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### **Calgary Drop-In & Rehab Centre**

1 Dermot Baldwin Way S.E.

[thedi.ca](http://thedi.ca)

**403-266-3600**

#### **Employment Services Staffing**

**403-263-6217**

- Day labour employment opportunities.
- Full time placement opportunities.
- Guaranteed fair wages.
- Bag lunches and work gear if required.
- Initial transportation assistance and directions to worksites.

#### **Employment Services Training**

**403-699-8283**

- Three-week employment preparation program for low income and homeless individuals.
- Industry certifications including Forklift Operator, Standard First Aid/CPR, Construction Safety, WHMIS and more.
- Computer training.
- Employment strategies including career planning, continuing education seminar, interview preparation and resume building.
- Life skills including constructive thinking, money management, self esteem and stress management.



### WoodWorks

[thedi.ca/woodworks](http://thedi.ca/woodworks)

- Employment support program for ages 16 to 30.
- Wood shop producing quality custom woodwork.
- Three week unpaid Employment Services Training component followed by a twelve week paid WoodWorks Skills Development component.

### Calgary Humane Society

403-205-4455

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4455 – 110th Ave. S.E.

[calgaryhumane.ca](http://calgaryhumane.ca)

- Youth Ambassador Club providing youth 13 to 17 with participation in designated shelter activities, animal interactions and fundraising projects.

### Calgary Immigrant Educational Society

403-235-3666

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1723 – 40th St. S.E.

[immigrant-education.ca](http://immigrant-education.ca)

- Employment services for youth 16 to 28.
- Assistance with applications, interview skills, job search and resume writing.
- Internet access for academic projects and on-line job searches.

**Calgary Immigrant Women's Association (CIWA)****403-263-4414****200, 138 Fourth Ave. S.E. (First Street Plaza)  
ciwa-online.com**

- Girls Culture Club addressing issues faced in balancing own culture with expectations of Canadian society.
- Youth Standing Committee providing organizational and leadership skills in coordinating community projects.
- Youth Cultural Summer Camp offering indoor and outdoor activities focusing on emotional and physical health and self-esteem.

**Links to Success Program**

- Available to immigrant mothers (age 15 – 30) who are permanent residents or refugees, having a Canadian Language Benchmark (CLB) 5 or higher.
- 14 weeks of paid pre-employment training.
- 10 weeks of paid Canadian work experience.
- Computer skills enhancement.
- Canadian workplace preparation and job search support.
- Canadian pronunciation enhancement.
- One-to-one career planning and mentoring support.
- Two intakes per year, October to March and April to September.
- Participants are reimbursed for childcare and transportation costs.
- Follow up support after program completion, including referrals to other CIWA programs for additional support services.

**Calgary Inter-Faith Food Bank** (hamper request line) 403-253-2055  
(administration) 403-253-2059

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5000 – 11th St. S.E.  
calgaryfoodbank.com

- Emergency food hampers for individuals and families in crisis with need based on income and situation.

Hamper request telephone hours:

Monday 10:30 a.m. – 7:15 p.m.

Tuesday to Thursday 1:00 p.m. – 7:15 p.m.

**Calgary Inter-Faith Furniture Society** 403-276-3173  
635 – 35th Ave. N.E.

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- Bedding, furniture, household goods, kitchenware, small appliances, and other assorted items at reasonable prices.

**Calgary John Howard Society** 403-266-4566  
917 Ninth Ave. S.E.  
cjhs.ca

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**Youth Advocate Team** 403-266-4566

Assists youth to assess needs and work towards positive change by:

- Creating alternatives to crime.
- Counselling and one to one support.
- Family support and mediation.
- Individual and systems advocacy.
- Community collaboration and outreach.

## LISTINGS

### Youth Advocacy and Support Program (YAS) 403-543-7826

- Advocacy and support for youth ages 12 – 17 including accessing services and resources for basic needs, housing, employment, education, financial support, child welfare assistance, criminal justice system assistance, legal rights and services, education and recreation.
- One to one support, family support and mediation, building healthy peer relationships, substance issues and school success.

### Aboriginal Youth Outreach Program 403-462-9149

- Advocacy and support for Aboriginal youth age 12 – 24 to prevent involvement in crime; to promote a positive lifestyle, and to re-unite youth with their Aboriginal culture and families.
- One to one support, family mediation, crisis resolution, counselling, goal setting, assistance with securing affordable and safe housing, advocating on behalf of the youth for funding with bands, assistance finding and maintaining employment, and/or further education.

### Immigrant Youth Advocate 403-462-3972

- Support and advocacy for immigrant youth aged 12 – 24 including accessing community services and resources, Canadian cultural awareness resources and participation in community recreation, social and cultural activities.
- One to one support in the development and implementation of goal setting, and building positive relationships with school staff, family members and peers.

### Homelessness Prevention and Diversion Advocate

403-437-8598

- Support and advocacy for youth ages 12 – 24 at risk of homelessness including resources for basic needs, financial support and resource information about employment and education.
- One to one support, crisis resolution, family support and mediation and healthy relationships and addresses underlying issues to homelessness.

### Raido House

403-265-4566

- Transitional housing residence for homeless youth 14 – 17.
- Assistance with employment, life skills, recreation, schooling and volunteer activities.

### Windsor Park

403-668-5230

- Supported independent living program for youth 18 – 24.
- Assistance with employment, life skills, recreation, schooling and volunteer activities.

### Calgary Legal Guidance 100, 840 Seventh Ave. S.W. clg.ab.ca

403-234-9266

- Legal advice and information to low-income individuals.
- Assistance with identification documents.

### Dial-A-Law/Lawyer Referral

403-234-9022

- Recorded legal information on many topics.

**Calgary Police Service****403-266-1234**

5111 – 47th St. N.E.

calgarypolice.ca

**About Face****(registration line) 403-428-8288**

- Free interactive workshop for youth 12 to 18 providing the tools needed to avoid conflict with authority figures such as parents, teachers or police officers.
- Education on the effect of crime on one's life, helping youth to discover their own identity and guiding youth through the process of better decision-making.
- Workshops on the last Saturday of each month (except December) from 9 a.m. – 1 p.m.

**Police Recreational Youth****Mentorship Experience (PRYME)****403-909-3170**

- This program is run by Big Brothers Big Sisters of Calgary and Area, the Calgary Police Service and the YMCA Calgary, offering a unique opportunity for local youth ages 12 to 15 to be mentored by police officers.

**School Resource Officers****403-428-8399**

- School Resource Officers (SROs) in elementary, junior and senior high schools providing assistance, guidance and support with issues including bullying, crime, drugs, gangs and peer pressure.
- Law related education, enforcement and intervention.

**Calgary Police Cadet Corps.****403-801-0861**

- Ages 12 to 18 years.

**Calgary Police Junior Police Academy**

- Ages 12 to 16 years.

## LISTINGS

### Calgary Police Auxiliary Cadet Program

- Age 18 and over.

### ReDirect

403-428-8200

- Prevention and education program aimed at youth and young adults vulnerable to becoming radicalized, before they develop extremist ideologies or intentions.

### Youth at Risk Development (YARD)

403-428-8409

- Community based early intervention initiative that supports youth (10 – 17 years) who are at risk of gang involvement.

### Multi Agency School Support Team (MASST)

403-428-5808

- Teams of a police officer and a social worker working closely with the city of Calgary school boards to decrease the likelihood of children under the age of 12 years becoming involved in a criminal lifestyle or pattern of victimization.
- Referrals through the Calgary Board of Education and Calgary Catholic School District.

### YouthLink

403-428-4566

### Calgary Police Interpretive Centre

[youthlinkcalgary.com](http://youthlinkcalgary.com)

- Education for youth about crime and its consequences.
- Education on issues such as bullying, online safety, drugs, gangs, and healthy relationships.

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**Calgary Pregnancy Care Centre****403-269-3110****205, 925 Seventh Ave. S.W.****pregcare.com**

- Pregnancy tests, options counselling, advocacy, referrals, prenatal classes, maternity and baby resources.
- Parenting classes for parents, support groups for birth mothers and those experiencing post-abortion grief.
- Abortion referral not offered.

**Calgary Pregnancy Care Centre at Encompass** **587-480-0128****101, 3851 – 54 Ave. N.E.**

- Pregnancy tests, options counselling, advocacy, and referrals.

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**Calgary Public Library****403-260-2600****calgarylibrary.ca**

- Free library cards.
- Books, CDs, magazines, DVDs, GRAPHIX novels.
- Internet access and free wifi.
- Homework help through electronic databases; free online tutoring from 2 p.m. – 11 p.m. daily.
- ESL materials in numerous languages.
- Resume and job search programs.
- Gaming clubs and recreational programs.

**Alexander Calhoun** 3223 – 14th St. S.W.**Bowness** 7930 Bowness Rd. N.W.**Central** 616 Macleod Tr. S.E.**Country Hills** 11950 Country Village Link N.E.**Crowfoot** 8665 Nosehill Dr. N.W.**Fish Creek** 11161 Bonaventure Dr. S.E.**Forest Lawn** 4807 Eighth Ave. S.E.



## LISTINGS

**Glenmore Square** 7740 – 18th St. S.E.  
**Judith Umbach** 6617 Centre St. North  
**Louise Riley** 1904 – 14th Ave. N.W.  
**Memorial Park** 1221 Second St. S.W.  
**Nose Hill** 1530 Northmount Dr. N.W.  
**Saddletowne** 7555 Falconridge Blvd. N.E.  
**Shaganappi** 3415 Eighth Ave. S.W.  
**Shawnessy** 333 Shawville Boulevard S.E.  
**Signal Hill** 5994 Signal Hill Centre S.W.  
**Southwood** 924 Southland Dr. S.W.  
**Village Square** 2623 – 56th St. N.E.

Check website for library hours.

Youth volunteer opportunities for junior or senior high school students:

- Computer Buddies to help children to explore computer technology.
- Reading Buddies to help young students experience the magic of reading.
- Numeracy programs to help elementary students learn to love math.
- Library mascot 'Curious the Chameleon' (in costume or as support handler) at community events.

## LISTINGS

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### **Calgary Sexual Health Centre**

**403-283-5580**

**304, 301 – 14th St. N.W.**

**calgarysexualhealth.ca**

- Pregnancy testing and pregnancy options counselling including abortion, adoption and parenting.
- Birth control information and referrals.
- Sexually transmitted infections (STIs) information and referrals.
- Post abortion counselling.
- Sexual orientation information, support and referrals.
- Gender identity information, support and referrals.
- Healthy sexuality information.
- Individuals and couples are welcome.
- Counselling services are non-judgemental and free of charge.

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### **Calgary Transit**

#### **General Inquiries**

**403-262-1000**

**calgarytransit.com**

**Lost Property**

**403-262-1600**

**Access Calgary**

**403-537-7777**

**Customer Service Centre**

**Centre Street Platform**

**125 Seventh Ave. S.E.**

Monday to Friday 10 am to 5:30 pm.

**Bow Parkade**

**234 Seventh Ave. S.W.**

Monday to Friday 10 am to 5:30 pm.

- Information, sale of tickets and passes for seniors, adults and youth, including low income passes based on eligibility.

**Calgary Youth Justice Society****403-261-9861****45**

900, 620 Seventh Ave. S.W.

calgaryyouthjustice.ca

- Appropriate and meaningful consequences and solutions for youth (12 – 18 years) involved in criminal activity who have accepted responsibility for their actions; typically for first or second time offenders.
- 23 Youth Justice Committees serving 180 Calgary communities as an alternative to court.

**Canadian Mental Health Association****403-297-1700****46**

400, 105 – 12th Ave. S.E.

cmha.calgary.ab.ca

- Services including resources to maintain and improve mental health, community integration, resiliency, support for recovery of mental illness and addiction.
- Client-centric model delivery programs in the areas of housing, outreach, peer support and education.

**Suicide Bereavement****403-297-1744**

- Support for individuals who have experienced a loss by suicide through one on one counselling and indirect service
- Host of the annual Survivors of Suicide Loss Day.

**CNIB Alberta****403-266-8831****47**

15 Colonel Baker Pl. N.E.

**1-800-376-2642**

cnib.ca

- Counselling, referrals and support to assist youth living with vision loss.

## LISTINGS

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### **Canadian Red Cross Society**

**1-877-356-3226**

1305 – 11th Ave. S.W.

[redcross.ca](http://redcross.ca)

- Babysitter's course teaching youth 11 to 15 the babysitting basics such as babysitter and parent rights and responsibilities, skills for caring, skills for getting along, safety and some simple first aid.

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### **Carya**

**403-269-9888**

200, 1000 Eighth Ave. S.W.

[caryacalgary.ca](http://caryacalgary.ca)

- Services to actively parenting families of children ages 0 – 24 years.
- Supporting caregivers to understand child social and emotional development, build knowledge and skills to create stable and responsive relationships and environments that will buffer stressors, develop positive social connections and resilience, prevent family disruption and breakdown, and foster the contributions of all family members.
- Support with issues around mental health, depression and anxiety, grief, loss, trauma, attachment, relationship challenges and isolation.

**Catholic Family Service**  
250, 707 – 10th Ave. S.W.  
cfs-ab.org

403-233-2360

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### Motherhood Matters

- Program for pregnant or parenting moms 24 and under.
- Initial nine week Belong Stage in a group setting with other moms and mentors to discuss real-life issues.
- Extended six to eight month Befriend Stage match up with a mentor focusing on ongoing issues of importance to moms.
- Become Stage for parent mom to become a peer coach and receive leadership development training to help run the groups in the Belong Stage.

**Centre for Newcomers**  
1010, 999 – 36th St. N.E.  
centrefornewcomers.ca

403-569-3325

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### Ethnicity Catering Program

- Ten week part-time paid work experience program for unemployed or underemployed immigrants or refugees.
- Training in essential and life skills.
- Hands-on training in cooking multicultural ethnic food in a commercial kitchen.

### Real Me Program

- Aimed at gang reduction and prevention for 1st and 2nd generation Canadians between the ages of 12 and 24.
- Provides an individualized plan, psycho-social support, academic support, life skills and employability skills training, family support and pro-social activities.

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**Champions Career Centre****403-265-5374**

650, 839 Fifth Ave. S.W.

[championscareercentre.org](http://championscareercentre.org)

- Employment training assistance to individuals, 18 years and older, with a wide range of disabilities including anxiety, arthritis, chronic pain, depression, diabetes, hearing/vision loss, learning difficulties and mobility issues.
- Workshops on disclosure, interviewing, job retention, job search strategies, resumes, and workplace rights and responsibilities.
- Computer lab and resource centre.

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**Children's Cottage Society of Calgary****403-283-4200**

845 McDougall Rd. N.E.

[childrenscottage.ab.ca](http://childrenscottage.ab.ca)**Brenda's House****403-242-8575**

- Emergency family homeless shelter for parents over 18 with children.
- Follow up services and housing locator on site.

**Crisis Nursery****403-233-2273**

- Childcare for children (up to age 8) in times of family crisis or emergency situations.
- Maximum three day stay.
- Follow-up assistance through the Family Liaison program.

**Children's Legal and Educational  
Resource Centre (CLERC)****403-207-9029****54**

1010 – 14th Ave. S.W.  
youthlaw.ca

Provides free legal information, advice, representation and referrals to young people 19 and under in civil law matters related to:

- Family issues (including custody and access, pregnancy, parenting, guardianship, visitation, child support, adoption, independent living, forced marriage and divorce).
- Personal identification.
- Immigration and cross-cultural issues.
- Employment, school and landlord/tenant questions.
- Estates and inheritances, personal property and privacy.

**Christian Adoption Services****403-256-3224****55**

201, Building B, 9705 Horton Rd. S.W.  
christianadoption.ab.ca

**1-877-256-3224**

- Counselling for unplanned pregnancy and adoption plan support in choosing a suitable adoptive family.

**Cornerstone of Hope**  
cornerstoneofhope.ca**403-289-8555****56**

- Spectrum support group for children 4 – 9 years old and youth 10 – 18 years old who are dealing with death, divorce, separation or abandonment.

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**CUPS****403-221-8780**

1001 – 10th Ave. S.W.

cupscalgary.com

**Supports****403-717-0922**

- Community resource referrals.
- One-time assistance in rental and utility situations depending upon need and situation.
- One-time assistance with getting various forms of identification.

**One World Child Development Centre****403-221-8799**

- Early intervention education with multi-disciplinary and family supports.
- Parent education program.
- Counselling and family support workers.

**Parent Education****403-221-8799**

- Educational and recreational opportunities to parents and their children to support positive change and improve parent-child relationships.

**Primary Care Clinic****403-221-8797**

- Walk-in clinic with doctors and nurses.
- Dental, eye and foot care.
- Hepatitis C clinic.
- Diabetes management.
- Mental health care.



### Women's Health Clinic

403- 221-8790

- Medical and health care for women and children.
- Pregnancy care.
- Well Baby Clinic.
- Pediatric care.
- Mental health care.

### Deaf and Hear Alberta

63 Cornell Rd. N.W.

[deafandhearalberta.ca](http://deafandhearalberta.ca)

403-284-6200

(TTY) 403-284-6201

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- Support and referrals for families affected by deafness or hearing loss.
- Interpreting services (English-ASL) for access to community or government services.
- Assistive equipment for deaf or hard of hearing of all ages.

**Distress Centre**

300, 1010 Eighth Ave. S.W.  
distresscentre.com

**403-266-4357 (HELP)**  
**(administration) 403-266-1601**

**211 (24 hour)**

- Connection to a full range of community, government, and human services information.

**Crisis line**

**distresscentre.com**

**(24 hour) 403-266-4357 (HELP)**

- Information and support.
- Access to referrals and counselling services.
- Chat available from 3 pm – 10 pm weekdays and noon – 10 pm on weekends.

**ConnecTeen Line**

**calgaryconnecteen.com**

**(24 hour) 403-264-8336 (TEEN)**  
**(text) 587-333-2724**

- Peer support and online chat from 3 p.m. – 10 p.m. on weekdays and noon – 10 p.m. on weekends.

**Suicide Prevention Line**

**(24 hour) 1-800-784-2433**

- Crisis line for those thinking about suicide or concerned about others who may be considering suicide.

**Elizabeth Fry Society**

1731 – 10th Ave. S.W.

elizabethfry.ab.ca

**403-294-0737****(Youth court worker) 403-297-4548****(Adult court worker) 403-297-6043****60****Youth Court**

- Support to youth on first and subsequent hearings with legal information on plea options, legal resources and referrals.
- Assistance with forms.

**Legal Information and Mentorship Program**

- Individual case management supports for adolescent girls.
- Supports to Aboriginal and Immigrant youth.

**Elizabeth House**

elizabethhousecalgary.ca

**403-228-9724****61**

- Non-denominational residential program for pregnant or parenting youth (13 – 24 years) and their babies (up to 18 months) with little or no supports and needing a safe place to live.
- Youth must be attending a day program such as school, employment, life skills, volunteer involvement or a combination, or be open to making these plans.
- Life skills program and community referrals as required.
- Room and board fees apply, however this is not a barrier to acceptance into the program.

## LISTINGS

**62** **EmployMe Calgary** **403-235-4740**  
229, 495 – 36 St. N.E.  
[employmecalgary.ca](http://employmecalgary.ca)

- Full time five month training program for individuals 18 and older who would like to work in retail or customer service.
- Life and work skills workshops.
- Industry certificate programs.
- Job placement help and four week work experience program.

**63** **Fairy Tales Presentation Society** **403-244-1956**  
319, 223 – 12th Ave. S.W.  
[fairytalesfilmfest.com](http://fairytalesfilmfest.com)

- Youth Queer Media program mentoring youth 16 to 24 in the creation of a short film which is premiered at the annual Fairy Tales Queer Film Festival.

**64** **Family Violence Info Line** **(24 hours) 403-310-1818**  
[humanservices.alberta.ca/abuse](http://humanservices.alberta.ca/abuse)

- Trained information specialists discuss family abuse.

**65** **Families Matter** **403-205-5178**  
158, 1440 – 52nd St. N.E.  
[familiesmatter.ca](http://familiesmatter.ca)

- Parenting classes, support and education for families experiencing postpartum depression; resource centre for children 0 – 5 years, infant drop-in groups.
- Be A Great Dad education/support group, and Successful Young Parents program offering groups and individualized support to parents 23 years and under.

**Ghost River Rediscovery Society****403-270-9351****66**

107, 1640 – 16th Ave. N.W.

[ghostriverrediscovery.com](http://ghostriverrediscovery.com)

- Outdoor cultural education summer camps for children and youth 8 to 19 including ceremonies, council fires, Elders, games, hiking, rediscovery activities and tipi living.
- Urban Rediscovery program for youth 8 to 18 providing cultural and recreational activities, outings and outdoor programs.

**HIV Community Link****403-508-2500****67**

110, 1603 – 10th Ave. S.W.

[hivcl.org](http://hivcl.org)

- Confidential services for people living with HIV/AIDS, their friends, family and individuals at risk for HIV.
- Information and education on how HIV is transmitted and where to go for testing and treatment.
- Confidential one-on-one support, advocacy and referrals, emergency financial assistance and nutritional programs for individuals living with HIV/AIDS.
- Drop-in lounge with coffee, Internet access and snacks.

### Shift Program

403-237-8171

[shiftcalgary.org](http://shiftcalgary.org)

- Support for people (18+) of all genders currently or previously involved in sex work.
- In-office and community outreach support.
- Case management, counselling, advocacy, community referrals and resource coordination.
- Safer working resources and “Bad Date” reporting.
- Support with leaving the industry.
- Free safer sex supplies and information.
- Drop-in lounge with computer access, food, laundry facilities.

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### Highbanks Independent Living for Parenting Youth Society

403-521-0082

317 – 19th St. N.W.

[highbanksociety.ca](http://highbanksociety.ca)

- Housing and support services for single mothers 16 to 24.
- Safe, affordable residences for up to two plus years.
- Access to education and community resources.
- Parenting support and encouragement.

**Hospice Calgary Sage Centre****403-263-4525****69**

1245 – 70th Ave. S.E.

[hospicecalgary.com](http://hospicecalgary.com)

- Grief support and counselling for children, youth and families when they face a life-threatening illness and death of a loved one.
- Kids Club: grief support for children, ages 5 to 12 and their parent or guardian.
- Dream Catchers grief support group for youth, ages 13 to 18.

**Hull Services****403-251-8000****70**

2266 Woodpark Ave. S.W.

[hullservices.ca](http://hullservices.ca)**Bridging the Gap****403-216-0660**

800, 1520 Fourth St. S.W.

- Flexible one-to-one support for youth 16 to 24 who have mental health concerns (no diagnosis required) and have difficulty in accessing the services they need.
- Advocacy, information, emotional and practical support and referrals to other community services.

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**Immigrant Services Calgary****403-265-1120****1200, 910 Seventh Ave. S.W.****immigrantservicescalgary.ca**

- Counsellor assistance with information on various issues such as finding a place to live, applying for benefits, registering for daycare or school, finding a job, opening a bank account, obtaining a driver's licence, finding a family doctor, etc.
- Citizenship classes.
- Language and vocational assessment including information on and referral to ESL and LINC classes.

**Youth Volunteer Program**

- Opportunity for immigrant youth 14 to 20 to get involved in the community through volunteering.
- Integration and settlement program for youth.
- Training and workshop sessions in communication, employment and leadership skills.
- Recreational, social, and team building activities.

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**Inn From the Cold****403-263-8384****106, 110 – 11th Ave. S.E.****innfromthecold.org**

- Temporary emergency shelter, basic essentials, programs and supports to homeless families and others in need.
- Breakfast, bagged or hot lunch and hot supper for those staying in the emergency shelter program.



**Kids Cancer Care Foundation of Alberta** 403-216-9210  
302, 609 – 14th St. N.W.  
[kidscancercare.ab.ca](http://kidscancercare.ab.ca)

73

- SunHaven five-day residential summer camp for children and youth 7 to 17 who have a parent with cancer.
- SunMaker one-week residential camp for children and youth 7 to 17.
- SunSeeker outdoor leadership program for youth in grades 9 to 12.
- Counsellor in Training program for youth in grades 11 to 12 to become camp counsellors and leaders.
- Teen Leadership Program offering teens a chance to be involved in local Kids Cancer and community events before engaging in a travel project involving building homes for low-income families.

**Kids Help Phone** (24 hour) 1-800-668-6868  
[kidshelpphone.ca](http://kidshelpphone.ca)

74

- Free anonymous, confidential telephone, live chat and web counselling for young people ages 5 to 20.

**KidSport Calgary** 403-202-0251  
[kidsport.ca/calgary](http://kidsport.ca/calgary)

75

- Funding of sport registration fees for children and youth up to 18 for qualified low-income families.

**Legal Aid Alberta****legalaid.ab.ca****(toll free) 1-866-845-3425**

To speak to a Legal Services Officer regarding services provided by Legal Aid Alberta, call the toll free line.

**Family Law Office****400, 665 Eighth St. S.W.**

- Specializing in assisting clients who have a family law legal problem and who have been referred through the Legal Services Centre.

**Youth Criminal Defence Office****1101, 665 Eighth St. S.W.**

- Services are available to young persons facing charges in the Youth Courts and are referred through Legal Aid Alberta's Legal Service Centre.
- Assists young persons who may not have criminal charges, but who have hearings for traffic matters or have appearances before school attendance boards or expulsion hearings.
- All youth (12 to 18 years) are eligible to receive representation by a lawyer when charged with a criminal offence, as mandated under the Youth Criminal Justice Act.

**Making Changes Association**

6516 – 1a St. S.W.

makingchangesassociation.ca

403-262-5776 (ext. 1)

77

**My Best Friend's Closet**

- For teen girls aged 12 to 18 from low-income households.
- Appointments to receive a broad selection of fashionable and functional clothing for school and recreational needs, at no cost.
- Referrals from service agencies and schools are recommended.

**The Walk-In Closet**

- For women of all ages facing financial barriers.
- Individual consultations on professional business attire for women who want to transition into the work force, attend school, or engage in volunteer opportunities.
- Gently used professional clothing and accessories at no cost.
- Information on business culture and appropriate dress.
- Referrals from service agencies and schools are recommended.

**McMan Youth, Family and Community Services Association**

1, 4004 – 19th St. N.W.

mcmancalgary.ca

403-508-6259

78

**Hope Homes and Aboriginal Hope Homes**

403-508-7756

- Housing options and one-to-one advocacy and support for youth 15 to 24 experiencing homelessness while completing high school.

## LISTINGS

### Triwood Place

403-209-1429

- Affordable apartment housing for youth 18 to 24 who are experiencing homelessness, are at risk of homelessness and have exhausted all other resources.
- Youth must be attending school or working and have demonstrated an ability to live independently.

### Youth Alternative Program

403-209-1407

- Support to high risk youth 12 to 24 who do not have child protection intervention and have exhausted all other resources.
- Assistance with accessing education, employment, financial aid and housing.

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### Metis Calgary Family Services

403-240-4642 (Ext. 302)

352 Sunvale Dr. S.E.

[mcfs.ca](http://mcfs.ca)

### Aboriginal Student Program

- Cultural, educational and recreational activities for Aboriginal and Metis youth in grades 9 and up.
- Educational workshops, mentors, tutoring.
- Elder, youth and family consultation, guidance and traditional teachings.

**Momentum****403-272-9323****80**

16, 2936 Radcliffe Dr. S.E.

momentum.org

**Youth Fair Gains**

- Matched savings program for low-income youth 16 to 24 to save money.
- Saved assets can go toward education, career development or starting a business.
- Savings are matched at a three-to-one ratio.

**Money Mentors****1-888-294-0076****81**

150, 1200 – 59th Ave. S.E.

moneymentors.ca

- Exclusive provider of the Orderly Payment of Debts (OPD) in Alberta (an option to bankruptcy).
- Free credit counselling and money coaching.

**Motive-Action****403-287-3132****82****Training Foundation**

1201A – 42nd Ave. S.E.

motiveaction.com

- Trades training centre providing youth 18 to 30 with the work skills, attitudes and confidence needed to be productive members of the work force.
- Six-month program providing three months of work experience (with employers) and three months of entry level training in the auto body, auto service, heavy duty and welding trades.
- Placement service to assist graduates with securing full-time employment.

## LISTINGS

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### **Narcotics Anonymous**

**403-991-3427**

**chinookna.org**

- Daily meetings at various locations.

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### **Native Counselling Services of Alberta**

**403-237-7850**

**1010, 910 Seventh Ave. SW.**

**nca.ca**

- Assistance to Aboriginal adults and youth involved with the legal system.
- Court workers for assistance in criminal, family and youth courts to help clients understand their charges and speak on their behalf.

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### **Pathways Community Services Association**

**403-247-5003**

**pathwaysca.org**

- RAYS: After hours support team via Social Service Response Team (SSRT).
- Youth Transitions to Adulthood program to support youth in independent living in an individualized accommodation.
- Aboriginal Mentor Home program that offers family-based housing, youth support workers, and cultural advisors through referral from Children's Services.
- Miskanawah Resources: access to cultural advisors, traditional activities, and ceremony to assist youth in building a solid foundation for healthy lifestyles and positive cultural identity.

## LISTINGS

### **Potential Place Society**

**403-216-9250**

110, 999 Eighth St. S.W.

[potentialplace.org](http://potentialplace.org)

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### **Young Adults of Potential Place**

**403-216-9444**

- Peer to peer engagement between young adults living with mental illness who are transitioning from youth into adult programming.
- Age appropriate daily responsibilities and social recreation activities.
- Opportunities to discover strengths in areas including education, employment, independence, self advocacy and wellness.

### **Propellus**

**403-265-5633**

1170, 105 – 12 Ave. S.E.

[propellus.org](http://propellus.org)

**87**

- Database with volunteer opportunities in the not for profit sector.
- Management custom consulting, training workshops, and peer learning for non-profit organizations.
- Non-profit events, news and resources.

### **Prospect Human Services**

**403-273-2822**

915 – 33rd St. N.E.

[prospectnow.ca](http://prospectnow.ca)

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- Services for individuals who face barriers in locating, securing or maintaining employment.

### Career Links

- Provides fast-track employment placement and retention services for people with mental health issues, including those who may have concurrent substance abuse disorders.

### The Worx

- Provides career and employment services to job seekers with disabilities.
- Helps individuals achieve their employment goals through a fully accessible business centre and resources, career coaching and planning support, employment related workshops, Disability Related Employment Support applications, access to training and education, job placement and job retentions services.

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**Riel Institute for  
Education and Learning**  
103, 2710 Third Ave. N.E.  
[rielinstitute.com](http://rielinstitute.com)

**403-248-0824**

### Aboriginal Family & Youth Support Certificate

- Entry level human services certificate for ages 18+.
- Nine month program; 6 months in classroom, 3 month work placement.
- Funding provided to qualified applicants.

### Office Specialist Certificate (Bow Valley Partnership)

- Entry level office admin certificate for ages 18+.
- Eight month program; 6 months in classroom, 2 month work placement.
- Funding provided to qualified applicants.



### Aboriginal Youth Connections

- Transitional employment program for Aboriginal youth 15 – 30 years old.
- 3 months in classroom, life enhancement, employability's, workplace essential skills.
- 3 month supported work placement.
- Funding provided to qualified applicants.
- Student supports include cultural programming, tutoring, assistance with daycare and transportation, counselling, Elder sharing circles, resource assistance.

### Aboriginal Head Start

- Fully funded Aboriginal pre-school ages 3 – 5.
- Transportation may be available.
- Focus on culture and language, education, nutrition, health, social support, parental involvement.

**Rupert'sland Institute**  
**Metis Training to Employment**  
540, 1000 Seventh Ave. S.W.  
rupertsland.org  
metisemployment.ca

**403-250-8902**

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Youth Employment Programs provide career exposure, work experience and support to Metis youth between the ages of 15 and 30.

- Summer student program.
- Resume writing/cover letter assistance.
- Access to job search tools; computers, copiers, fax machine.
- Post-secondary funding, scholarships.

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**Servants Anonymous  
Society of Calgary****403-237-8477****1008 – 14th St. S.E.  
servantsanon.com**

- Long term recovery for females 16 and older who are either involved in or are at risk of becoming involved in sexual exploitation.
- Support while dealing with alcohol and/or drug recovery.
- Support during pregnancy.
- Life skills day program (child care provided).
- Assistance with job seeking or returning to school.
- Housing for those attending day program.

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**Service Alberta  
(Customer Contact Centre)****1-877-427-4088**

- Information on the provincial Residential Tenancies Act for landlords and tenants.

**Residential Tenancy Dispute Resolution Service  
615 Macleod Tr. S.E. (Rocky Mountain Plaza)**

- Out of court process where tenancy dispute officers make binding decisions on matters such as evictions, damage, repairs and security deposits.

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**Sonshine Community Services  
sonshine.ca****403-243-2002**

- Support for women with or without children who experienced family violence and abuse.
- Residential program providing counselling, low cost housing and support services.

**Southern Alberta (24 hour crisis line) 403-297-2995**  
**Child Intervention Services**  
**(Child Abuse Hotline) 1-800-387-5437 (KIDS)**  
**hs.calareacfsalInfo@gov.ab.ca**

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- Intake/investigation services when there are allegations or evidence that children may be in need of protection under the provisions of the *Child, Youth and Family Enhancement Act*.
- Emergency investigation and/or care for children in need of immediate protection.
- Repatriation to assist runaway children in getting back to their families.
- Assistance may be extended until their 22nd birthday.

**SORCe 403-428-3300**  
**316 Seventh Ave. S.E. (westbound City Hall LRT station)**  
**score.ca**

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- Information and referral point to addictions/mental health, employment/training and housing supports.

**Stardale Women's Group 403-243-6615**  
**Sun Life Plaza West Tower**  
**2600, 144 Fourth Ave. S.W.**  
**stardale.org**

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### Aboriginal Female Youth Program

Drama productions created to increase the girl's awareness regarding suicide prevention and to inform the community through drama pieces at numerous venues on the prevention of adolescent suicide.

- Community based outreach program for Aboriginal girls 10 to 17.

## LISTINGS

- Poise and personal development through modeling and dance.
- Development of leadership skills and self-esteem.
- Learning of anger management, boundaries, co-dependency, communication skills, and relationships.
- Understanding of family dynamics, harm reduction, health and wellness, nutrition, residential schools, violence and abuse.

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### **Sunrise Native Addictions Services**

**403-261-7921**

**1231 – 34th Ave. N.E.**

**nass.ca**

- Six week inpatient residential treatment program.
- Twelve week inpatient residential program for clients who have previously completed a drug and alcohol treatment program.
- Outpatient services including individual counselling and group sessions.

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### **Supported Lifestyles**

**403-207- 5115**

**210, 495 – 36th St. N.E.**

**supportedlifestyles.com**

- Day program support to individuals with developmental disabilities in developing and pursuing career related goals.
- Combination of career planning, educational classes, paid employment, self employment, volunteer work, work experience and leisure and social activities.

**The Calgary Bridge Foundation for Youth 403-230-7745****201, 1112 – 40th Ave. N.E.****cbfy.ca****99**

- Afterschool program helping immigrant youth improve their sense of belonging and understanding of Canadian culture.
- In-school settlement program supporting newly arrived immigrant families to help them make a seamless transition to life in Canada.
- Mentorship program matching immigrant youth with older students who were once newcomers for friendship and translation support.
- RBC Youth Empowerment program providing academic support through one-on-one and small group tutoring in literacy, math, science and writing.

**The City of Calgary, Fair Entry**

Third Floor, 800 Macleod Trail S.E. (Municipal Building)  
2623 – 56 St. N.E. (Village Square Library)  
[calgary.ca/fairentry](http://calgary.ca/fairentry)

**Subsidy Application**

City programs and services at reduced prices to households that meet the low income criteria in one application form.

- **Calgary Transit Low Income Transit Pass** – reduced price of monthly pass for eligible adults (18+) and/or youth (6-17 years) allowing access to all regular Calgary Transit services.
- **Recreation Fee Assistance** – offers low income Calgarians subsidized access to registered programs and admissions to Aquatics & Fitness Centres, Leisure Centres, Art Centres, Golf Courses and local Fee Assistance program partners.
- **Property Tax Assistance** – available to low income homeowners who experience an increase in their property tax. If approved, homeowners also receive a rebate on City waste and recycle fees.
- **No Cost Spay/Neuter Program** – free spay/neuter for eligible companion cats and dogs offered by Animal & Bylaw Services for adult (18+) pet owners.
- **Seniors Services Home Maintenance** – basic yard care, snow removal, house cleaning, painting and minor repairs for low-income seniors to help them live securely in their home.

**Municipal Building:**

Monday – Friday 8 a.m. – 6 p.m.

**Village Square Library:**

Monday – Thurs 9 a.m. – 9 p.m.

Friday 9 a.m. – 6 p.m.

Saturday 10 a.m. – 5 p.m.

**The City of Calgary, Recreation**  
calgary.ca/recreation**Aquatic and Fitness Centres:****Acadia**

9009 Fairmount Dr. S.E.

**Beltline**

221 – 12th Ave. S.W.

**Bob Bahan**

4812 – 14th Ave. S.E.

**Canyon Meadows**

89 Canova Rd. S.W.

**Foothills**

2915 – 24th Ave. N.W.

**Glenmore**

5330 – 19th St. S.W.

**Inglewood**

1527 – 17th Ave. S.E.

**Killarney**

1919 – 29th St. S.W.

**Renfrew**

810 – 13th Ave. N.E.

**Shouldice**

5303 Bowness Rd. N.W.

**Sir Winston Churchill**

1520 Northmount Dr. N.W.

**Thornhill**

6715 Centre St. N.

**Arenas:****Ed Whalen/Joseph Kryczka**

(Southland Leisure Centre)

2000 Southland Dr. S.W.

**Ernie Starr**

4808 – 14 Ave. S.E.

**Father David Bauer/  
Norma Bush**

2424 University Dr. N.W.

**Frank McCool**

1900 Lake Bonavista Dr. S.E.

**Max Bell Centre**

1001 Barlow Tr. S.E.

**Murray Copot**

6727 Centre St. N.

**Optimist/George Blundun**

5020 – 26 Ave. S.W.

**RoseKohn/Jimmy Condon**

502 Heritage Dr. S.W.

**Shouldice**

1515 Home Rd. N.W.

**Stew Hendry/Henry Viney**

814 – 13 Ave. N.E.

**Stu Peppard (Glenmore)**

5300 – 19th St. S.W.

**Village Square**

2623 – 56th St. N.E.

## LISTINGS

### Leisure Centres:

#### Southland

2000 Southland Dr. S.W.

#### Village Square

2623 – 56 St. N.E.

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#### The Doorway

10, 2808 Ogden Rd. S.E.

[thedorway.ca](http://thedorway.ca)

403-269-6658

- Program for youth 17 to 24 who have lived on the street a long time and feel stuck there.
- Safe daytime place away from downtown to write goals and plan steps off the street.
- Computer and phone access to other resources.
- Opportunity to succeed in maintaining goals, employment and a place to live.

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#### The Salvation Army

[ab.salvationarmy.ca](http://ab.salvationarmy.ca)

403-410-1111

#### Community Support Services

1826 – 36th St. S.E.

403-220-0432

- Basic needs assistance with clothing, food and infant essentials for low-income individuals.

#### Barbara Mitchell Family Resource Centre

1731 – 29th St. S.W.

403-930-2700

- Cover letter and resume writing assistance.
- Career exploration, job search and interviewing coaching.
- Assistance with referrals to education, employment, immigration and trade certification resources.
- Career and living skills workshops.
- Infant essentials for families with newborns.



**Thrift Stores****thriftstore.ca/alberta**

Affordable clothing, furniture and household articles.

**Forest Lane****403-235-3976**

3a, 3200 – 17th Ave. S.E.

**Glenmore****403-279-9035**

2840 Glenmore Tr. S.E.

**Horizon Heights****403-250-2110**

461, 3508 – 32nd Ave. N.E.

**Trade Winds to Success****403-205-3500****Training Society****1070, 2600 Portland St. S.E.****tradewindstosuccess.ca**

- Aboriginal pre-apprenticeship training program.
- Preparation for entering the boiler maker, carpentry, iron worker, plumber, steam/pipe fitter and welder trades.
- Training and living allowances.
- Housing for those attending day program.
- Safety equipment and work clothing.

**Urban Society for Aboriginal Youth (USAY) 403-233-8225****211, 811 Manning Rd. N.E.****usay.ca**

- Free programs and services to Aboriginal youth 12 to 29.
- Computer, fax, Internet, photocopier, telephone and scanner access.
- Resume and job search assistance.
- Information and referral to other agencies.

## LISTINGS

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### **Vecova**

**403-284-1121**

**3304 – 33 St. N.W.**

**vecova.ca**

- Wellness, community, employment, professional and residential living supports for adults with developmental disabilities.
- Barrier free public use recreational facility including classrooms, dance and studio spaces, gymnasium and a warm salt water pool.
- Non-profit bottle depot and pick-up recycling service with proceeds of donated beverage containers supporting Vecova programs and services.

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### **Women In Need Society of Calgary (WINS)**

**403-255-5102**

**womeninneed.net**

- Four stores selling affordable clothing and household goods.

#### **Bowness**

**403-288-4825**

6432 Bowness Rd. N.W.

#### **Dover\***

**403-235-6448**

3525 – 26th Ave. S.E.

#### **Fisher Park**

**403-255-7514**

134 – 71st Ave. S.E.

#### **Richmond/Killarney**

**403-242-4969**

2907 Richmond Rd. S.W.

\* Furniture only available at Dover location.

**Women's Centre****403-264-1155****108****39 Fourth St. N.E.****womenscentrecalgary.org**

- Information and referral to community agencies for food, clothing, furniture, housing, health, employment, education and recreation.
- Peer support.
- Drop-in coffee and conversation.
- Legal advice by appointment.
- Educational and social groups and workshops.
- Girl power summer camps for ages 10 – 12.

**Wood's Homes****403-270-4102****109****woodshomes.ca****Community Resource Team****(24 hour) 403-299-9699****1-800-563-6106**

- 24/7 crisis counselling for individuals and families.
- Mobile response within home, school and community settings.

**Culinary Youth Employment Program**

- Prepares at-risk / homeless youth (15 – 24) for employment in the culinary field.
- 6-8 weeks training for employment in the restaurant/food industry, with weekly stipend.
- Hands-on instruction in a commercial kitchen, including menu design.
- Skills in conflict management, professional conduct and teamwork in a supportive learning environment.
- Employment support and opportunities.
- A work placement opportunity with Starbucks.

## LISTINGS

**Eastside Family Centre** 403-299-9696  
**255, 495 – 36th St. N.E. (Northgate Village Mall)**

- Free walk-in counselling for individuals and families.
- Assistance with mental health concerns, life stressors, family stress and relationship issues.

Monday to Thursday 11 a.m. – 7 p.m.

Friday 11 a.m. – 6 p.m.

Saturday 11 a.m. – 4 p.m.

**Exit Community Outreach** 403-262-9953  
**117 Seventh Ave. S.W.**

- Downtown storefront, outreach and mobile van service for homeless or at-risk youth 12 to 24.
- Food, clothing, washing and laundry facilities.
- Onsite counselling and medical services.
- Referrals to educational, employment, housing, and legal resources.

Monday, Friday, Saturday 9 a.m. – 5 p.m.

Tuesday 9 a.m. – 7 p.m.

Wednesday 11 a.m. – 7 p.m.

Thursday 9 a.m. – 7 p.m.

**CATS walk-in medical services** 403-237-5492  
Monday, Tuesday, Thursday 9:15 a.m. – 4 p.m.

**Exit Youth Shelter**  
**112 – 16th Ave. N.E.**

**403-509-2323**

- Short-term safe shelter (up to 15 days) for youth 12 to 18.
- Food, clothing, washing and laundry facilities.
- Crisis counselling and family conflict resolution.
- Referrals to educational, employment, housing, and legal resources.
- Seven days a week, 4 p.m. – 9:30 a.m.

**YMCA Calgary**  
**101 Third St. S.W.**  
**[ymcacalgary.org](http://ymcacalgary.org)**

**403-237-9622**

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**Camp Chief Hector**

**403-269-6156**

- Residential camp facility for children, youth, adults and families.
- Outdoor education and camping programs.
- Activities including archery, arts and crafts, backpacking, canoeing, climbing, high ropes, hiking, horseback riding, swimming and wilderness expeditions.

**Community Programs**

- City wide programs including Aboriginal, after school, child care, health and wellness, newcomers to Canada, recreation and youth leadership.

## LISTINGS

### Fitness and Recreation Facilities

**Crowfoot** 403-547-6576

8100 John Laurie Blvd. N.W.

**Eau Claire** 403-269-6701

101 Third St. S.W

**Saddletowne** 403-237-2393

7556 Falconridge Blvd. N.E.

**Shawnessy** 403-256-5533

400, 333 Shawville Blvd. S.E.

**YMCA in the South Health Campus** 403-956-3900

4448 Front St. S.E.

**YMCA Achievement Program (YMAP)** 403-537-1718

- A life skills, career exploration and leadership program for high school youth 15 to 20 with an immigrant background.
- Support from mentors and peers.

**High School Math Tutoring** 403-537-2713

- Free high school math tutoring for those struggling in math and motivated to achieve.
- Application process, criteria for program includes demonstrating financial need.

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**Youth Central** 403-266-5448

820, 105 – 12th Ave. S.E.

[youthcentral.com](http://youthcentral.com)

A variety of programs for youth ages 12 to 18.

**Calgary Youth Foundation**

- Youth steering committee coordinating grants to youth-initiated projects and youth-serving agencies.

## LISTINGS

### Youth of Distinction Awards

- Annual recognition awards for youth focusing on community service, friendship, leadership and overcoming personal challenges.
- Award categories in Advocacy, Arts and Culture, Environmentalism, Leadership, Peer Support, Perseverance, Sportsmanship and Volunteerism.

### Mayor's Youth Council

- Advises on issues of importance to youth and provides youth perspective to The City of Calgary and a variety of organizations seeking youth input.
- Coordinates the annual Youth Volunteer Fair.

### Outreach

- Creative and social engagement with vulnerable youth at the Calgary Young Offender Centre, Discovering Choices Outreach schools and other community organizations.

### TD Youth Earth Ambassadors

- Brings together high school environment clubs and environmentally minded youth to create positive change.

### Youth Are Awesome

#### **youthareawesome.com**

- Blog-based site run by youth for youth, focusing on the things youth are doing and could be doing in Calgary.

### Youth Volunteer Corps

- Meaningful team-based volunteer opportunities in partnership with community agencies and events.

### Youth Volunteer Corps in Schools

- Opportunity for students to improve their local community or school through volunteerism.

### Youth Week

[youthcentral.com/youthweek](http://youthcentral.com/youthweek)

- Annual celebration of youth held in late April and early May.
- Business, community and youth agency activities and events.
- Free promotions and services.

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### Youth Unlimited

403-291-3179

Bay 15, 1725 – 30th Ave. N.E.

[youthunlimitedcalgary.ca](http://youthunlimitedcalgary.ca)

### StreetLight Mobile

(24 hour crisis line) 403-470-9322

### Drop-In Centre

(sexual exploitation line) 403-710-2879

- A safe place away from the pressures of the street for youth up to 24.
- Food, friendship, informal counselling, games, and music.
- StreetLight's mobile drop-in centre parks at 10th Ave. and Macleod Tr. S.E. Monday and Thursday 8 – 10 p.m. (for ages 24 and under)
- StreetLight's mobile drop-in centre parks at 41st Ave. and 77th St. N.W. Tuesday 7:45 p.m. – 9:30 p.m. (for ages 18 and under)

### Worth Unlimited

- Work training and work experience program for disadvantaged out-of- school youth 15 to 24.
- Supervised work experience in vehicle maintenance, repairs and tire sales at an automotive service centre with a certified mechanic.

### Youth Guidance

- One-to-one mentorship program matching 'at risk' youth with adult volunteers offering emotional and relational support.







## **Disclaimer**

The service information listed in the Calgary Youth Services Guide was provided by the agencies themselves. The accuracy of the information presented rests with them. The City of Calgary assumes no responsibility to any person or persons regarding the accuracy of the information contained in this publication or the quality of the services offered, nor shall it be held liable for any damage caused to any person, whether negligently or otherwise.

## **This guide was funded by:**

The City of Calgary  
Calgary Neighbourhoods  
Community Programs & Services  
Youth Employment Centre

