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

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
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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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.

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.

Adoption By Choice  403-245-8854
250, 3115 – 12th St. N.E.
adoptionbychoice.ca
• 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
• 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
• 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
• 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.
Youthsafe – LGBT Resources
• Website of resources and services for LGBT youth.
• Workshops and resources for community groups and service providers on homophobic youth bullying.

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 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.
• 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**

Alberta Health Services 403-955-6200
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.

Call 211 for additional information
**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.
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.
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

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

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

Call 211 for additional information
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.

Call 211 for additional information
Career Information Hotline  1-800-661-3753
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.

Alcoholics Anonymous  (24 hour) 403-777-1212
calgaryaa.org
• Daily meetings at a variety of locations.
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.  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

Call 211 for additional information
• 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.

### Antyx Community Arts Society
403-444-0500
205, 4202 – 17th Ave. S.E.
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.

### Aspen Family and Community Network Society
403-219-3477
200, 2609 – 15th St. N.E.
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.

Call 211 for additional information
AVENTA  403-245-9050
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
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.
Between Friends Club  403-269-9133
205, 8989 Macleod Trail S.
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+.

Big Brothers Big Sisters  403-777-3535
of Calgary and Area
5945 Centre St. S.W.
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

• 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**  
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**  
938 – 15th Ave. S.W.  
403-543-9651  
- 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**  
223 – 12th Ave. S.W.  
403-263-7934  
- 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.
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.

Thorncliffe 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.

Call 211 for additional information
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
• Advice, information and support telephone helpline.
• Website with information and strategies on bullying as well as a chat feature.
Burns Memorial Fund  403-234-9396
1120, 105 – 12th Ave. S.E.
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.

Calgary AfterSchool  311
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
2335 – 30th Ave. N.E.
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
1019 Seventh Ave. S.W.
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.

Call 211 for additional information
Calgary Board of Education  403-817-4000  
cbe.ab.ca

Chinook Learning Services  403-777-7200  
2519 Richmond Rd. S.W.  
chinooklearningservices.com

- 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.

Call 211 for additional information
• 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.

Call 211 for additional information
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.

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.

Call 211 for additional information
Calgary Communities Against Sexual Abuse (CCASA)  
(24 hour) 403-237-5888  
1-877-237-5888  
(administration) 403-237-6905  
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  
• Helps those ages 16 and up work toward an apprenticeship by finding them paid full time placements in the construction trade of their choice.

Call 211 for additional information
Calgary Counselling Centre  403-265-4980
200, 940 Sixth Ave. S.W.  (Call Centre) 403-691-5991
calgarycounselling.com

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

Calgary Drop-In & Rehab Centre  403-266-3600
1 Dermot Baldwin Way S.E.
thedi.ca

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.

Call 211 for additional information
WoodWorks
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
4455 – 110th Ave. S.E.
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
1723 – 40th St. S.E.
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.

Call 211 for additional information
Calgary Immigrant Women’s Association (CIWA)
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.

Call 211 for additional information
Calgary Inter-Faith Food Bank  403-253-2055
(administration) 403-253-2059
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.

- 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

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.

Call 211 for additional information
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 403-234-9266
100, 840 Seventh Ave. S.W.
clg.ab.ca

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

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.
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.

Call 211 for additional information
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.

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
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
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
1-800-376-2642
15 Colonel Baker Pl. N.E.
c nib.ca

• Counselling, referrals and support to assist youth living with vision loss.
Canadian Red Cross Society  
1305 – 11th Ave. S.W.  
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.

Carya  
200, 1000 Eighth Ave. S.W.  
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  403-233-2360
250, 707 – 10th Ave. S.W.
cfs-ab.org

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  403-569-3325
1010, 999 – 36th St. N.E.
centrefornewcomers.ca

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.

Call 211 for additional information
**Champions Career Centre**  
650, 839 Fifth Ave. S.W.  
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.

**Children’s Cottage Society of Calgary**  
845 McDougall Rd. N.E.  
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.

Call 211 for additional information
Children’s Legal and Educational Resource Centre (CLERC)  403-207-9029
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
201, Building B, 9705 Horton Rd. S.W.
christianadoption.ab.ca
• Counselling for unplanned pregnancy and adoption plan support in choosing a suitable adoptive family.

Cornerstone of Hope  403-289-8555
cornerstoneofhope.ca
• Spectrum support group for children 4 – 9 years old and youth 10 – 18 years old who are dealing with death, divorce, separation or abandonment.
CUPS  
1001 – 10th Ave. S.W.  
cupscalgary.com  

Supports  
• 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.  

Call 211 for additional information
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  403-284-6200
63 Cornell Rd. N.W.
deadandhearalberta.ca
(TTY) 403-284-6201
• 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

211 (24 hour)
• Connection to a full range of community, government, and human services information.

Crisis line (24 hour) 403-266-4357 (HELP)
distresscentre.com
• 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 (24 hour) 403-264-8336 (TEEN)
calgaryconnecteen.com (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  403-294-0737
1731 – 10th Ave. S.W.  (Youth court worker) 403-297-4548
elizabethfry.ab.ca  (Adult court worker) 403-297-6043

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  403-228-9724
elizabethhousecalgary.ca

• 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.

Call 211 for additional information
EmployMe Calgary  403-235-4740
229, 495 – 36 St. N.E.
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.

Fairy Tales Presentation Society  403-244-1956
319, 223 – 12th Ave. S.W.
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.

Family Violence Info Line  (24 hours) 403-310-1818
humanservices.alberta.ca/abuse
• Trained information specialists discuss family abuse.

Families Matter  403-205-5178
158, 1440 – 52nd St. N.E.
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
107, 1640 – 16th Ave. N.W.
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
110, 1603 – 10th Ave. S.W.
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.

Call 211 for additional information
**Shift Program**  
403-237-8171  
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.

**Highbanks Independent Living for Parenting Youth Society**  
403-521-0082  
317 – 19th St. N.W.  
highbankssociety.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.

Call 211 for additional information
**Hospice Calgary Sage Centre**  
1245 – 70th Ave. S.E.  
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**  
2266 Woodpark Ave. S.W.  
hullservices.ca  
- 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.

Call 211 for additional information
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.

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

• 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

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

KidSport Calgary  403-202-0251
kidsport.ca/calgary

• Funding of sport registration fees for children and youth up to 18 for qualified low-income families.
Legal Aid Alberta
legalaid.ab.ca

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.
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.

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.
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.

Metis Calgary Family Services  403-240-4642 (Ext. 302)
352 Sunvale Dr. S.E.
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.

Call 211 for additional information
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
- Exclusive provider of the Orderly Payment of Debts (OPD) in Alberta (an option to bankruptcy).
- Free credit counselling and money coaching.

Motive-Action Training Foundation
- 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.
Narcotics Anonymous
chinookna.org
• Daily meetings at various locations.

Native Counselling Services of Alberta
1010, 910 Seventh Ave. SW.
csnc.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.

Pathways Community Services Association
pathwayscsa.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.

Call 211 for additional information
Potential Place Society 403-216-9250
110, 999 Eighth St. S.W.
potentialplace.org

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

Call 211 for additional information
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.

Riel Institute for Education and Learning
103, 2710 Third Ave. N.E.
rielinstitute.com

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.

Call 211 for additional information
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.

Rupertsland Institute
Metis Training to Employment
540, 1000 Seventh Ave. S.W.
rupertsland.org
metisemployment.ca
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.

Call 211 for additional information
**Servants Anonymous**
Society of Calgary
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.

**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.

**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.

Call 211 for additional information
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

- 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) scorce.ca

- 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

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.

Call 211 for additional information
• 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.

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.

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.

Call 211 for additional information
The Calgary Bridge Foundation for Youth  403-230-7745
201, 1112 – 40th Ave. N.E.
cbfy.ca

• 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.
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.
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.
Leisure Centres:
Southland  Village Square
2000 Southland Dr. S.W.  2623 – 56 St. N.E.

The Doorway  403-269-6658
10, 2808 Ogden Rd. S.E.
thedoorway.ca
• 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.

The Salvation Army  403-410-1111
ab.salvationarmy.ca
Community Support Services  403-220-0432
1826 – 36th St. S.E.
• Basic needs assistance with clothing, food and infant essentials for low-income individuals.

Barbara Mitchell Family Resource Centre  403-930-2700
1731 – 29th St. S.W.
• 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.
Thrifty 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 Training Society  403-205-3500
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.

Call 211 for additional information
**Vecova**
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.

**Women In Need Society of Calgary (WINS)**
womeninneed.net

- Four stores selling affordable clothing and household goods.

**Bowness**
6432 Bowness Rd. N.W.

**Dover***
3525 – 26th Ave. S.E.

**Fisher Park**
134 – 71st Ave. S.E.

**Richmond/Killarney**
2907 Richmond Rd. S.W.

* Furniture only available at Dover location.

Call 211 for additional information
Women’s Centre
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
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.

Call 211 for additional information
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.

Call 211 for additional information
Exit Youth Shelter
112 – 16th Ave. N.E.

- 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

Camp Chief Hector

- 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.

Call 211 for additional information
Fitness and Recreation Facilities

Crowfoot
8100 John Laurie Blvd. N.W.
403-547-6576

Eau Claire
101 Third St. S.W
403-269-6701

Saddletowne
7556 Falconridge Blvd. N.E.
403-237-2393

Shawnessy
400, 333 Shawville Blvd. S.E.
403-256-5533

YMCA in the South Health Campus
4448 Front St. S.E.
403-956-3900

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.

Youth Central
820, 105 – 12th Ave. S.E.
youthcentral.com
403-266-5448
- 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.

Call 211 for additional information
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.

Call 211 for additional information
Youth Week  
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.

Youth Unlimited  403-291-3179
Bay 15, 1725 – 30th Ave. N.E.
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.

Call 211 for additional information
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.

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