

# COVID-19 COMMUNITY SERVICES AND EMERGENCY SUPPORTS

REMINDER: To connect with any resources in Calgary, 211 is available by phone, text and chat.

Website: [www.ab.211.ca](http://www.ab.211.ca).

This document is a list of currently **available** community services and emergency supports in Calgary. *Updated: April 7, 2020*

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| BASIC NEEDS - FOOD         | <p><b>The Calgary Food Bank</b></p> <ul style="list-style-type: none"> <li>• Contact: 403-253-2055 for first 3 self-referrals.</li> <li>• Drive Thru Model to increase social distancing protocols</li> <li>• Distribution shifts will be in half-hour increments from 8:30am-10:30am primarily for Emergency pickups (15 hampers/shift) client hamper pickups 10:30am-7:00pm for service users only with a maximum of 20 hampers/shift.</li> <li>• 7 hampers per year. 30 days between hampers.</li> <li>• <b>***SERVICE USERS AND AGENCIES MUST ARRIVE IN THEIR ASSIGNMENT PICK UP WINDOW. THEY ARRIVE EARLIER THEY WILL BE ASKED TO MOVE BACK IN THE QUEUE. IF THEY ARRIVE LATER THAN THE ASSIGED PICK UP SHIFT, THEY WILL BE ASKED TO RESCHEDULE***</b></li> </ul> |
| BASIC NEEDS - FOOD         | <p><b>Kerby Centre</b></p> <ul style="list-style-type: none"> <li>• The Kerby Centre Programs are now open to any senior <b>regardless of Income.</b></li> <li>• Closed to the public but outreach programs are still running.</li> <li>• Grocery Delivery Program-Thrive . If you are a senior who is in imminent risk please contact them directly to receive delivery grocery or medications. Call 403-234-6571</li> </ul>  |
| BASIC NEEDS - FOOD         | <p><b>The Alex</b></p> <ul style="list-style-type: none"> <li>• Social Dispatch center</li> <li>• Food for vulnerable Calgarians.</li> <li>• No additional information about this program has been provided.</li> </ul>  |
| BASIC NEEDS - BABIES /FOOD | <p><b>Made by Momma:</b></p> <ul style="list-style-type: none"> <li>• Please send in an online form. Made by Momma does not have a staffed phone line: <a href="https://madebymomma.org/contact-us-2/">https://madebymomma.org/contact-us-2/</a></li> </ul>  |

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|                    | <ul style="list-style-type: none"> <li>• Please be patient as they are volunteer run with limited resources currently.</li> <li>• Pre-made meals for new mothers and expecting mothers.</li> </ul>   |
| BASIC NEEDS - FOOD | <p><b>Salvation Army</b></p> <ul style="list-style-type: none"> <li>• Forest Lawn Location: Emergency Food, Formula, and Food Bank Referrals. By Appointment Only.</li> </ul> <p><a href="#">Community Support Services</a><br/> 1826 36 Street SE<br/> Calgary, AB<br/> T2B 0X6<br/> P: 403-220-0432<br/> F: 403-220-0470<br/> <a href="mailto:cssinfo@salvationarmycalgary.org">cssinfo@salvationarmycalgary.org</a></p> <p>Online Resource: <a href="https://salvationist.ca/articles/coronavirus-canada-bermuda-territory-frequently-asked-questions/">https://salvationist.ca/articles/coronavirus-canada-bermuda-territory-frequently-asked-questions/</a></p>                                       |
| BASIC NEEDS - FOOD | <p><b>Calgary Meals on Wheels</b></p> <ul style="list-style-type: none"> <li>• Eligibility requirements waived. Effective Immediately, volunteers will be minimizing their contact with clients by leaving meals hanging on clients' doors, ringing the doorbell to alert clients, and promptly leaving. Pre-Pay for meals online and call the center before picking up. <b>This is not a free service.</b></li> <li>• <a href="https://www.mealsonwheels.com/">https://www.mealsonwheels.com/</a></li> <li>• 5759 80 Ave SE, Calgary, AB T2C 4S6</li> <li>• Phone: (403) 243-2834</li> <li>• Fax: (403)-243-8438</li> <li>• <a href="mailto:info@mealsonwheels.com">info@mealsonwheels.com</a></li> </ul> |
| BASIC NEEDS - FOOD | <p><b>Calgary Co-op</b></p> <ul style="list-style-type: none"> <li>• Calgary Co-op Care Package containing food essentials, <b>free of charge</b>, to anyone required to be <b>quarantined as directed by a public health agency</b></li> <li>• Various locations. For individuals affected by the COVID-19</li> <li>• <a href="https://www.calgarycoop.com/covid19/">https://www.calgarycoop.com/covid19/</a></li> <li>• 403-219-6064 or <a href="mailto:memberengagement@calgarycoop.com">memberengagement@calgarycoop.com</a></li> </ul>  |
| BASIC NEEDS - FOOD | <p><b>Bridgeland Community Centre</b></p> <ul style="list-style-type: none"> <li>• Fresh Routes Market. Providing delivery of fresh fruit, vegetable and eggs to Bridgeland- Columbus Place, Columbus Manor and Bridgeland Place. Call 403-680-5077 <b>This is not a free service.</b></li> </ul>  |

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|                    | <ul style="list-style-type: none"> <li>No in-person markets but currently working on Order Forms opportunities.</li> </ul>   |
| BASIC NEEDS – FOOD | <p><b>Bulk Food Box</b><br/> <a href="https://bulkfoodbox.com/collections">https://bulkfoodbox.com/collections</a></p> <ul style="list-style-type: none"> <li>\$4.99 flat rate delivery minimum 100 dollars order . <b>This is not a free service.</b></li> </ul>  |
| BASIC NEEDS – FOOD | <p><b>Grocery Link: (587) 578-4197</b></p> <ul style="list-style-type: none"> <li>Superstore offers Grocery Link to assist with grocery shopping and delivery for individuals with health issues who are not able to shop for themselves. Staff will call clients weekly to arrange grocery shopping and delivery service. <b>This is not a free service.</b></li> <li>Cost: Minimum order of \$40.00 and a \$10.00 delivery fee.</li> </ul> |
| BASIC NEEDS - FOOD | <p><b>Instacart.ca</b></p> <ul style="list-style-type: none"> <li>Shop from Superstore, Wal-Mart, Shoppers, Wholesale Club, Staples, M &amp; M, and Bulk Bar. <b>This is not a free service.</b></li> </ul>  |
| BASIC NEEDS – FOOD | <p><b>Inabuggy:</b> <a href="https://www.inabuggy.com/">https://www.inabuggy.com/</a></p> <ul style="list-style-type: none"> <li>Order from multiple stores</li> <li>\$19.98 delivery fee <b>This is not a free service.</b></li> </ul>  |
| BASIC NEEDS – FOOD | <p><b>Lina's Italian Market (403) 277-9166</b></p> <ul style="list-style-type: none"> <li>First shopping hour is for seniors only</li> <li>10% shopping discount for seniors</li> <li>Free delivery to seniors within 5 km radius</li> </ul> <p><b>This is not a free service.</b></p>   |
| BASIC NEEDS – FOOD | <p><b>RAAmall:</b> <a href="https://www.raamall.com/alberta/">https://www.raamall.com/alberta/</a></p> <ul style="list-style-type: none"> <li>Meat and bakery ordering</li> <li>Shipping fee varies</li> </ul> <p><b>This is not a free service.</b></p>   |
| BASIC NEEDS – FOOD | <p><b>Rocky Mountain BBQ Catering LTD. (403) 651-9926</b></p> <ul style="list-style-type: none"> <li>Calgary wide flat-rate deliver fee of \$20.00</li> <li>Smoked and cured meats, smoked and cooked meats, grilling meats, soups, jerky, and pepperoni</li> </ul> <p><b>This is not a free service.</b></p>  |
| BASIC NEEDS – FOOD | <p><b>Save on Food</b> <a href="http://www.saveonfood.com">www.saveonfood.com</a></p> <ul style="list-style-type: none"> <li>\$40.00 Delivery charge</li> </ul> <p><b>This is not a free service.</b></p>  |
| BASIC NEEDS – FOOD | <p><b>Shoppers Drug Mart</b></p> <ul style="list-style-type: none"> <li>The first opening hour of shopping at their stores is open to customers who need special considerations and assistance, such as</li> </ul>   |

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|                             | <p>seniors and people living with disabilities. Check your nearest store for store times.</p> <ul style="list-style-type: none"> <li>o They also offer a 20% Seniors Day Discount for the first hour of each day every day. This is in addition to Seniors Day each Thursday.</li> </ul> <p><b>This is not a free service.</b></p>          |
| BASIC NEEDS – FOOD          | <p><b>Sobeys: Tuscany NW &amp; High River</b></p> <ul style="list-style-type: none"> <li>o Will open early every Tuesday from 0600 – 0700 for only seniors and people with immune deficiencies to get access to supplies they may need before the store opens to the general public</li> </ul> <p><b>This is not a free service.</b></p>    |
| BASIC NEEDS – FOOD          | <p><b>Spud.ca</b></p> <ul style="list-style-type: none"> <li>o Online grocery delivery</li> <li>o No subscriptions necessary</li> </ul> <p><b>This is not a free service.</b></p>   |
| BASIC NEEDS – FOOD          | <p><b>Superstore:</b></p> <ul style="list-style-type: none"> <li>o 0600-0700 every Tuesday and Friday, Superstore will reserve this time for seniors or adults with disabilities or immune deficiencies to acquire the needed supplies before opening the store to the general public.</li> </ul> <p><b>This is not a free service.</b></p> |
| BASIC NEEDS – FOOD          | <p><b>Walmart:</b> <a href="https://www.walmart.ca/en/grocery/N-117">https://www.walmart.ca/en/grocery/N-117</a></p> <ul style="list-style-type: none"> <li>o Minimum purchase \$ 50 before tax</li> <li>o \$ 9.97 for delivery</li> <li>o Cancel order: 1-800-328-0402</li> </ul> <p><b>This is not a free service.</b></p>                |
| BASIC NEEDS - DONATED MEALS | <p><b>Angels Café</b></p> <ul style="list-style-type: none"> <li>• 4105 Montgomery View NW, Calgary, AB T3B 3E8</li> <li>• Donations and requests for meals can be made between 10 a.m. and 5 p.m. by calling the cafe at 403-425-0164 or by calling or texting Cathy at 403-807-0379.</li> </ul>   |
| BASIC NEEDS - FOOD          | <p><b>Society St. Vincent De Paul</b></p> <ul style="list-style-type: none"> <li>• Food hampers and delivery from 22 parishes depending on request and availability.</li> <li>• Call 403.250.0319 and follow instructions</li> <li>• No other type of support available at the moment, such as rent or utilities help.</li> </ul>           |
| BASIC NEEDS - FOOD FOR KIDS | <p><b>Bro'kin Yolk</b></p> <ul style="list-style-type: none"> <li>• Brown bagging for kids. For a free lunch for your child parent need to call between 8:30 am and 10:00 am and the Bro'Kin yolk will have a meal ready for pick up at 11:30 am. 3 locations</li> <li>• Creekside: 587-317-5743</li> </ul>                                 |

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|  | <ul style="list-style-type: none"> <li>• Mahogany : 403-457-5955</li> <li>• Signal Hill : 403-685-3316</li> </ul>  |
| BASIC NEEDS-<br>CLOTHING                       | <p><b>WINS (Women in Need Society)</b></p> <ul style="list-style-type: none"> <li>• Stores are still open by appointment.</li> <li>• Family Resource Centres (FRC) Team will continue to provide services at the Dover location only, Monday to Friday (by appointments only screened clients). FRC team can be reached at 403.255.5102, ext. 226 or by email at <a href="mailto:frccoordinator@womeninneed.net">frccoordinator@womeninneed.net</a>.</li> <li>• Retail Ready Employment Service has been temporarily suspended until further notice.</li> <li>• WINS thrift stores (all locations) are operating as usual at this time.</li> <li>• Delivery and pick up services are ceased temporarily until further notice.</li> <li>• The Free Goods Referral Program (FGRP) will remain operating as usual, except for delivery service which will cease until further notice.</li> </ul>  |
| BASIC NEEDS-<br>SETTLEMENT/COUNSELLING SUPPORT | <p><b>CIWA – Calgary Immigrant Women’s Association</b></p> <ul style="list-style-type: none"> <li>• Moving to remote services: Intake, settlement and referrals. Integration.</li> <li>• Programs accepting new people: <ul style="list-style-type: none"> <li>○ Legal clinic - Over the phone and email</li> <li>○ Financial coaching - Over the phone</li> <li>○ Tax clinic for Low income families – Phone and email</li> <li>○ Find me a Home-Intake over the phone</li> <li>○ My community my home: One on one support for immigrant senior women over the phone.</li> <li>○ Cross Cultural Parenting Program: Online, phone, and email.</li> <li>○ Family conflict and Prevention: Phone and email</li> <li>○ In home support: Phone and email</li> <li>○ One-on-One Counselling Services: Phone and email</li> </ul> </li> <li>○ Supports for Immigrants with Mental health and addiction issues: Phone and Email</li> <li>• Career services online: Email: <a href="mailto:careerservices@ciwa-online.com">careerservices@ciwa-online.com</a></li> </ul> |
| BASIC NEEDS-<br>REFERRALS                      | <p><b>Sunrise:</b></p> <ul style="list-style-type: none"> <li>• Over the phone and online.</li> <li>• Basic Needs funds- depending on criteria</li> <li>• Tax help over the phone or online.</li> <li>• Leave a Voicemail with your Name, Phone number, and how they can help.</li> <li>• Connect over the phone: 403-204-8280</li> <li>• Chat on Facebook or Twitter: @SunriseCLRC</li> </ul>   |

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|  | <ul style="list-style-type: none"> <li>Reach us by email: <a href="mailto:info@sunriselink.org">info@sunriselink.org</a></li> </ul>  |
| BASIC NEEDS-<br>REFERRALS AND<br>RESOURCES | <p><b>Carya</b></p> <ul style="list-style-type: none"> <li>All Calgarians via phone and email</li> <li>Call 403-269-9888 or email <a href="mailto:info@caryacalgary.ca">info@caryacalgary.ca</a></li> <li>Access to resources and referrals to various services in the community.</li> </ul>   |
| TRANSIT                                    | <ul style="list-style-type: none"> <li>Fair Entry Bus Pass for March will be good for April 2020</li> <li><a href="http://www.calgarytransit.com/service-updates">http://www.calgarytransit.com/service-updates</a></li> <li>All Schools Express routes are cancelled.</li> </ul>  |
| SHELTER                                    | <p><b>The Calgary Drop In Centre</b></p> <ul style="list-style-type: none"> <li>Still Open. No Food services.</li> <li>No donations to shelter directly, only to the donations center.</li> </ul>  |
| SHELTER (MALE<br>SUPPORT)                  | <p><b>Centre of Hope:</b><br/> <a href="#">Centre of Hope</a><br/> 420 9 Avenue SE<br/> Calgary, AB<br/> T2G 0R9<br/> P: 403-410-1111<br/> F: 403-410-1096<br/> <a href="mailto:info@salvationarmycalgary.org">info@salvationarmycalgary.org</a></p>   |
| SHELTER                                    | <p><b>Discovery House</b></p> <ul style="list-style-type: none"> <li>Still accepting women and families if there are beds. Victims of Domestic Violence only.</li> <li>Over the phone services prioritized</li> <li>Shared intake. Minimal capacities.</li> <li>Anyone who is interested can still get on the waitlist.</li> <li>Food room is available to current residents only.</li> </ul>  |
| SHELETER/ADDICTIO<br>NS                    | <p><b>Alpha House</b></p> <ul style="list-style-type: none"> <li>Intake and Triage in person. Screening for COVID-19 takes place before the individual enters the shelter.</li> <li>Detox assessments briefly opened to intake a small number of new clients</li> <li>Taking individuals at the shelter but only those who are <b>highly intoxicated.</b></li> <li>Resources available at the centre.</li> <li>PLEASE DO NOT COME TO ALPHA HOUSE SHELTER IF YOU ARE EXPERIENCING FLU LIKE SYMPTOMS.</li> </ul> |

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|   | <ul style="list-style-type: none"> <li>•</li> </ul>  |
| SHELTER – PENDING                               | <p><b>Telus Convention Centre</b></p> <ul style="list-style-type: none"> <li>• Overflow housing for individuals who are homeless and/or at-risk.</li> <li>• Any Gender.</li> <li>• Beds, kitchen, shower facilities.</li> <li>• Meals and over support services offered.</li> </ul>  |
| SHELTER- DOMESTIC VIOLENCE AND WOMEN'S SERVICES | <p><b>Calgary women's Emergency Shelter</b></p> <ul style="list-style-type: none"> <li>• Women and Families</li> <li>• 24-Hour Family Violence Helpline at (403) 234-7233.</li> <li>• Still doing intake.</li> <li>• Screening before intake to confirm no illnesses.</li> <li>• Separate mealtimes and service times.</li> <li>• Over the phone counselling.</li> </ul> |
| CHILDREN AND FAMILY SERVICES                    | <p><b>THE Childrens Cottage</b><br/> <b>Brenda's House</b> 403-272-8575 contact intake line for support<br/> Crisis Nursery contact 403-233-2273<br/> In Home Infant Respite care for isolated families with 6 month old children contact 403-233-2273</p>   |
| SENIORS SUPPORT                                 | <p><b>Kerby Centre</b></p> <ul style="list-style-type: none"> <li>• Seniors Information Resources By phone (403)-703-3246</li> <li>• Volunteer Department (403) 234-6570</li> <li>• Elder Abuse Resource Line (403)-705-3250</li> <li>• Kerby Rotary Shelter for Older adults fleeing Elder Abuse.</li> </ul>  |
| SENIORS SUPPORT                                 | <p><b>Carya</b></p> <ul style="list-style-type: none"> <li>• If you are an older adult or you know an older adult who is looking for information, referrals or resources please call 403-SENIORS</li> </ul>  |
| SENIOR SUPPORT MENTAL HEALTH                    | <p><b>Seniors' Centre without Walls:</b> (780) 395-2626</p> <ul style="list-style-type: none"> <li>• 55 + free phone-based program that offers recreational activities, health and well-being topics, or friendly conversation for older adults</li> </ul>   |
| SENIOR SUPPORT (MENTAL HEALTH)                  | <p><b>Senior's Secret Service:</b> (403) 257-8339</p> <ul style="list-style-type: none"> <li>• Volunteers able to assist with Home Care Clients</li> </ul>   |
| SENIORS SUPPORT                                 | <p><b>Driverseat Calgary</b></p> <ul style="list-style-type: none"> <li>• Free transportation for seniors</li> <li>• <a href="mailto:calgary@driverseatinc.com">calgary@driverseatinc.com</a> or 587-355-5905</li> <li>• Email preferred to set up appointment</li> <li>• <a href="https://driverseatinc.com">https://driverseatinc.com</a></li> </ul>                   |
| FINACIAL  | <p><b>SORCE</b> 403-617-4183 or 403-608-5559</p>   |
| FINACIAL  | <p><b>Momentum</b> 403-272-9323 or fax 403-235-4646 or email at <a href="mailto:info@momentum.org">info@momentum.org</a></p>   |

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|                    | <ul style="list-style-type: none"> <li>• Classes are on hold and building is closed to the public</li> <li>• Still offering over the phone and online resources.</li> </ul>   |
| FINANCIAL          | <p>2-1-1</p> <ul style="list-style-type: none"> <li>• Assist with bill payments and homelessness</li> </ul>   |
| FINANCIAL          | <p>Alberta Income Support: 1-877-644-9922</p> <ul style="list-style-type: none"> <li>• Online applications accepted at <a href="https://www.alberta.ca/income-support-how-to-apply.aspx">https://www.alberta.ca/income-support-how-to-apply.aspx</a></li> </ul>   |
| FINANCIAL          | <p>Service Canada</p> <ul style="list-style-type: none"> <li>• SEPARATE LINE for COVID-19 Related cases: 1-833-381-2725</li> <li>○ Employment Insurance: <a href="https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html">https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html</a></li> <li>○ Wait times are waived.</li> <li>○ People who are sick, quarantined, or a caregiver may qualify.</li> </ul>                                    |
| FINANCIAL          | <p><b>Canada Emergency Funds for COVID-19:</b></p> <p><a href="https://www.canada.ca/en/department-finance/economic-response-plan.html?fbclid=IwAR0BgbtBHKfm1S7PUFpAN28AsUeKaaVkFr6Z19EPY3tpVffXQWCrQ-O2K5k#individual">https://www.canada.ca/en/department-finance/economic-response-plan.html?fbclid=IwAR0BgbtBHKfm1S7PUFpAN28AsUeKaaVkFr6Z19EPY3tpVffXQWCrQ-O2K5k#individual</a></p>   |
| FINANCIAL          |   |
| FINANCIAL          | <p><b>THE TAX INSTALLMENT PAYMENT PLAN (TIPP)</b></p> <p>-TIPP filling fee has been suspended until January 1, 2021.<br/>Property owners have the choice to join TIPP to manage their finances monthly or cancel their TIPP participation to increase cash flow. To join or cancel online visit calgary.ca.</p>   |
| ADDICTIONS         | <p><b>Aventa</b> (403) 245-9050</p> <ul style="list-style-type: none"> <li>• Outreach Programs including Journeys and FASD Transitions will be providing telephone support only.</li> <li>• Aventa continues to provide live-in treatment programs and services to our current Clients. Aventa will not be admitting any additional Clients in our 42 or 90 day live-in programs until further notice.</li> <li>• Effective immediately will not be doing in person assessments, only phone assessments.</li> </ul> |
| ADDICTIONS         | <p><b>Alberta Addiction Hotline:</b> (1-866-332-2322)</p> <ul style="list-style-type: none"> <li>• Open until further notice</li> </ul>   |
| DISABILITY SUPPORT | <p><b>SCOPE</b></p> <ul style="list-style-type: none"> <li>• Supporting Individuals with exceptionalities.</li> <li>• Outreach and counsellors are over the phone. All age groups.</li> <li>• Building is locked. Only over the phone services.</li> </ul>  |



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| HEALTH               | <p><b>COVID-19 Screening Tool and COVID-19 information:</b><br/> <a href="https://www.albertahealthservices.ca/topics/Page16944.aspx">https://www.albertahealthservices.ca/topics/Page16944.aspx</a></p>   |
| HEALTH               | <p><b>Alberta COVID 19 updates</b><br/> <a href="https://www.alberta.ca/COVID19">https://www.alberta.ca/COVID19</a></p>  |
| HEALTH               | <p><b>The Alex</b></p> <ul style="list-style-type: none"> <li>• Medical Clinic is open by appointment only to existing clients.</li> <li>• Permanent Supportive housing programs are still running but with limited capacity and in person contact.</li> </ul>   |
| HEALTH               | <p><b>Alberta Health Benefit</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.alberta.ca/alberta-adult-health-benefit.aspx">https://www.alberta.ca/alberta-adult-health-benefit.aspx</a></li> <li>• Individuals who classify as Low Income.</li> <li>• Health insurance for various health needs (dental, pregnancy, physiotherapy.)</li> <li>• <a href="#">Alberta Adult Health Benefit application</a></li> </ul>   |
| HEALTH               | <p><b>PurposeMed</b></p> <ul style="list-style-type: none"> <li>• Online Medical support.</li> <li>• Free doctors visits online.</li> <li>• Licensed Physicians, Prescriptions.</li> <li>• Instructions: Have your Alberta Health Number ready, verify your location, Join Clinic Room, A physician will initiate a video/call.</li> </ul>   |
| HEALTH (HIV SUPPORT) | <p><b>Sheldon M. Chumir Health Clinic</b></p> <ul style="list-style-type: none"> <li>• 1213 4 Street SW<br/>Calgary, Alberta<br/>T2R 0X7</li> <li>• <b>Phone</b><br/><b><u>403-955-6399</u></b></li> <li>• <b>Fax</b><br/><b>403-955-6355</b></li> <li>• Services for individuals who have tested positive for HIV.</li> <li>• Intake takes place over the phone.</li> <li>• Accepting new clients over the phone.</li> <li>• Pharmacy services available by appointment only.</li> <li>• Phone services and reception available.</li> </ul> |
| MENTAL HEALTH        | <p><b>Distress Centre</b></p> <ul style="list-style-type: none"> <li>• If someone is struggling with the situation and needs support, they can contact us by phone 24/7 at 403-266-4357 or by online chat available at <a href="http://distresscentre.com">distresscentre.com</a>.</li> </ul>  |
| MENTAL HEALTH        | <p><b>Canadian Mental Health Association</b></p>   |

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|                    | <ul style="list-style-type: none"> <li>• Phone support is available from 8:30-4 PM via phone 403-297-1402</li> </ul>   |
| MENTAL HEALTH      | <p><b>Calgary Counselling Centre</b></p> <ul style="list-style-type: none"> <li>• Counselling sessions will take place over the phone or online.</li> <li>• Request for counselling over the phone 403-691-5991, from Monday to Friday 9-4 pm or online:<br/> <a href="https://onlineintake.calgarycounselling.com/">https://onlineintake.calgarycounselling.com/</a><br/> <b>Fees on a sliding scale</b></li> </ul> |
| MENTAL HEALTH      | <p><b>Mental Health Helpline</b></p> <ul style="list-style-type: none"> <li>• 24 hour mental health supports available contact 1-877-303-2642</li> </ul>   |
| MENTAL HEALTH      | <p><b>2-11</b></p>   |
| MENTAL HEALTH      | <p><b>The Mustard Seed Wellness Centre</b> 587-393-4020</p> <ul style="list-style-type: none"> <li>• Monday to Friday 9 AM – 4 PM contact Myra (587) 393-4020 or (587) 393-4026 or Donna (587) 318-3999</li> <li>• Monday to Friday evenings 5:30 – 9 PM contact Ashley (403) 796-2576393-4020</li> </ul>  |
| PHYSICAL HEALTH    | <p><b>The Mustard Seed Wellness Centre</b> (403) 767-2420</p> <ul style="list-style-type: none"> <li>• Occupational therapist appointment contact Laura</li> </ul>   |
| TECHNOLOGY SUPPORT | <p><b>Shaw Internet and Cable</b></p> <ul style="list-style-type: none"> <li>• Shaw Go Wifi</li> <li>• Anyone</li> <li>• Free, no data caps.</li> <li>• Free CBC News, CTV New Channel, CP24, LCN and RDI.</li> <li>• Kids at home also family, Family Jr. CHRGD and Tree house TV.</li> </ul>   |
| EMPLOYMENT SUPPORT | <p><b>Momentum</b> 403-204-6194</p> <ul style="list-style-type: none"> <li>• Employment helpline and coaching, business helpline line and coaching available</li> <li>• Money management support available</li> </ul>  |