



Call 211 for Additional Information

## Emergency Shelters – Women Only

<p><b>Calgary Women’s Emergency Shelter</b> 403.234.7233(SAFE) 24-Hour Family Violence Helpline: Toll-free: 1.866. 606.7233, TTY: 403.262.2768</p> <ul style="list-style-type: none"> <li>• During time of crisis, their Helpline can also be reached via email at help@cwes.ca or text at 403.604.6689</li> <li>• <u>Programs and Services include:</u> <ul style="list-style-type: none"> <li>○ 24-Hour Family Violence Helpline</li> <li>○ Emergency Shelter</li> <li>○ Wellness Centre</li> <li>○ Child and Adolescent Services</li> <li>○ Court Program</li> <li>○ Community Services Counselling Program</li> <li>○ Healthy Relationships</li> <li>○ Men’s Counselling Service</li> </ul> </li> </ul>	<p><b>Awo-Taan Healing Lodge Society Women’s Emergency Shelter</b> awotaan.org Crisis Line: 403-531-1972 or 403-531-1976</p> <ul style="list-style-type: none"> <li>• Provides holistic support and guidance to anyone, from all cultures to shield, support, and empower against family violence</li> <li>• Open 24 hours, with contact with emergency counsellors</li> <li>• Culturally sensitive programs for Indigenous women through their Indigenous framework</li> </ul>
<p><b>YWCA: Sheriff King</b> (403) 266-4111   Crisis Line: (403) 266-0707</p> <ul style="list-style-type: none"> <li>• Provides short-stay crisis shelter for women <b>with or without</b> children leaving domestic abuse.</li> <li>• The shelter provides basic needs, including food and personal items, as well as individual domestic abuse counselling and support.</li> <li>• While staying at the shelter and afterwards, women and children can also access one-on-one support and referrals to help children understand and make sense of their experiences and feelings in a safe and supportive environment.</li> </ul>	<p><b>YWCA Emergency Shelter</b> (403) 263-1550</p> <ul style="list-style-type: none"> <li>• Emergency bed program for single women without children who are experiencing or at risk of homelessness, fleeing violence and/or experiencing challenges with mental wellness, addictions or other barriers.</li> </ul>
<p style="text-align: center;"><b>YWCA Banff: Bow Valley Women’s Emergency Shelter</b> <b>Monday to Friday: 403-760-3200 (9am-5pm)</b> <b>Saturday and Sunday: 403-762-3560 (5pm onwards)</b></p> <ul style="list-style-type: none"> <li>• Dedicated space to serve women in Bow Valley</li> <li>• Meets basic needs such as food and toiletries</li> <li>• Access to counselling appointments, help building a safety plan, and obtaining housing and emotional support</li> </ul>	



## Emergency Shelters – Women and Kids

<p style="text-align: center;"><b>YWCA: Sheriff King</b> (403) 266-4111   Crisis Line: (403) 266-0707</p> <ul style="list-style-type: none"> <li>• Provides short-stay crisis shelter for women and their children leaving domestic abuse and violence.</li> <li>• The shelter provides basic needs, including food and personal items, as well as individual domestic abuse counselling and support.</li> <li>• While staying at the shelter and afterwards, women and children can also access one-on-one support and referrals to help children understand and make sense of their experiences and feelings in a safe and supportive environment.</li> </ul>	<p style="text-align: center;"><b>Calgary Women’s Emergency Shelter</b> 403.234.7233(SAFE) 24-Hour Family Violence Helpline: Toll-free: 1.866. 606.7233, TTY: 403.262.2768</p> <ul style="list-style-type: none"> <li>• During time of crisis, their Helpline can also be reached via email at <a href="mailto:help@cwes.ca">help@cwes.ca</a> or text at 403.604.6689</li> <li>• <u>Programs and Services include:</u> <ul style="list-style-type: none"> <li>○ 24-Hour Family Violence Helpline</li> <li>○ Emergency Shelter</li> <li>○ Wellness Centre</li> <li>○ Child and Adolescent Services</li> <li>○ Court Program</li> <li>○ Community Services Counselling Program</li> <li>○ Healthy Relationships</li> </ul> </li> </ul>
<p><b>Inn from the Cold</b> <a href="http://innfromthecold.org">innfromthecold.org</a>   403-263-8384</p> <ul style="list-style-type: none"> <li>• Offers shelter and healing to help homeless children and families achieve independence</li> <li>• Families and women given priority</li> <li>• Provides shelter, food, clothing, medical care and access to education</li> </ul>	
<p style="text-align: center;"><b>Rowan House Emergency Shelter</b> High River, AB Crisis Line: 1-855-652-3311</p> <ul style="list-style-type: none"> <li>• Provides crisis intervention, long-term support and education for those affected by family violence in rural areas</li> <li>• Trauma informed practices, focus on choice and empowerment</li> </ul>	<p style="text-align: center;"><b>Brooks and District Women’s Safe Shelter Society</b> <a href="http://cantarasafehouse.ca">cantarasafehouse.ca</a> <b>Crisis Line: 403-793-2232</b> <b>Admin Line: 403-362-2766</b></p> <ul style="list-style-type: none"> <li>• 24-hour shelter accommodation for women and children leaving an abusive situation</li> <li>• Offers crisis intervention, support group, information and referral services, and outreach support</li> </ul>



## Emergency Shelters – Adult Coed

<p><b>The Mustard Seed</b> 403-723-9422   info@theseed.ca Foothills Shelter 7025 44 St SE</p> <ul style="list-style-type: none"><li>• The Mustard Seed meets the immediate needs of those experiencing homelessness by providing individuals with emergency shelter, food, clothing, hot showers, and hygiene supplies.</li><li>• Transportation is provided to and from the shelter daily from their Downtown Support Centre (102 11 Ave SE)</li></ul>	<p><b>Calgary Drop-in Centre</b> calgarydropin.ca   403-266-3600 1 Dermot Baldwin Way SE</p> <ul style="list-style-type: none"><li>• For those experiencing homelessness or at risk, those facing marginalization, and extreme poverty</li><li>• Harm reduction approach, counselling and support services, detox shelter services, and health services</li></ul>
<p><b>Kerby Rotary Shelter</b> info@kerbycentre.com   403-265-0661 1133 7 Ave SW</p> <ul style="list-style-type: none"><li>• A safe place for men and women 55+ who are experiencing elder abuse</li><li>• Elder Abuse Resource Line: (403) 705-3250</li><li>• Will help you with:<ul style="list-style-type: none"><li>○ Finding information</li><li>○ Accessing financial assistance</li><li>○ Transportation and housing</li><li>○ Legal and health care support</li></ul></li></ul>	<p><b>Alpha House</b> info@alphahousecalgary.com   403-234-7388 203 15 Ave SE</p> <ul style="list-style-type: none"><li>• Provides short-term, crisis-oriented emergency shelter 24/7 for adults who are under the influence of alcohol or other drugs</li><li>• A culturally safe environment for women and men with diverse backgrounds.</li><li>• Showers and sleeping mats, and a daily soup kitchen are available</li><li>• Access to detox and housing program assessments</li></ul>