



Family Connectors Resource Guide

This resource card details Basic Needs Services and Community Programs designed to assist families. The Family Connectors in The Calgary Learning Village Collaborative (CLVC) help connect families in the Greater Forest Lawn area with the best community programs and resources for your family. Just ask us:

Melissa Cooney-Burk: 403-560-9021 • melissac@calgaryfamily.org or

Twyla Mudry: 403-472-8197 • twylam@calgaryfamily.org

Financial Assistance

Alberta Works: 1-866-644-5135

Income support for people who are looking for work, working and need short term assistance, needing academic upgrading/training or people who have trouble working because of chronic mental or physical problems.

Momentum: 403-272-9323

Budgeting and money coaching, money saving workshop and programs for adults and youths. Their Calgary Rent Bank program may help with loans for security deposits, rental arrears and utility arrears.

Red Cross Society: 403-541-6100

Community Housing Support Program may help with security deposits, rental arrears and utility arrears.

Salvation Army Community Services: 403-220-0432

Job seeking assistance, emergency shelter and food, counselling services, addiction services and youth camp programs. May also help with security deposits, rental arrears and utility arrears.

CUPS Community Health Centre: 403-221-8797

Housing support program, medical clinic, parenting and life skills classes, children's programming, educational programming and crisis counselling. May help with security deposits, rental arrears and start up utility costs.

Food Resources

Calgary Inter-Faith Food Bank: 403-253-2055

Emergency food hampers up to seven times a year and home delivery of fresh milk and formula to children and pregnant and nursing moms with a referral.

CANS (Communities Accessing Nutritious Staples): 403-253-2059

Staple perishable and non-perishable food items at lower costs.

Good Food Box: 403-275-0258

www.communitykitchenprogram.com

Various sized and priced boxes of fresh fruit and vegetables at low cost.

Neighbourlink Calgary: 403-209-1930

Emergency food hampers, delivery of food hampers from Inter-Faith Food Bank and baby food and diapers.

St. Vincent De Paul: 403-251-3381

Provides emergency food hampers.

Health Resources

Alberta Child Health Benefit and Alberta Adult Health Benefit:

1-877-469-5437 • www.employment.alberta.ca/achb

Pays health benefits for low income adults and children health services for low income Albertans, such as eyeglasses, prescription drugs and dental care, ambulance services and diabetic supplies that are not available through standard Alberta Health Care Services.

Alexandra Community Health Centre: 403-266-2622

Offers free health services for families, youth and seniors who are facing barriers to accessing health care. Services include family doctors, massage, physiotherapy, chiropractics, tax services and housing services.

East Calgary Health Centre: 403-955-1000

Offers various services including: Addiction and Mental Health, Chronic Disease Management, Community Oral Health, Calgary COPD and Asthma, Prenatal, Postpartum, Public Health, Immunization, Speech Language & the Mosaic Primary Care Network.

Education & Employment Resources

Alberta Works: 1-866-644-5135

Employment and Training Services: career planning and job search assistance, job placement services and free access to computers, copiers, phone, fax and internet at Career Training Centres. Also offers assistance with academic upgrading, language courses or job skills training to help people find and keep jobs.

Career Connections Bow Valley College: 403-410-3230

One-on-one career counselling, resume and cover letter support, interview practice, job search strategies and free computer, printer, fax, phone, photocopier and internet access.

Clothing and Furniture Resources

Walk-in Closet: 403-262-5776

Professional clothing for those looking for work or those currently working and in need of work clothes.

Women in Need Society (WINS): 403-255-5102

Clothing, household items and furniture for women coming out of shelters, single mothers and their children, women in transition and new Canadians.

Salvation Army: 403-220-0432

Yearly backpack program for children whose families are unable to afford school supplies as well as free clothing through Salvation Army thrift stores.

Calgary Interfaith Furniture Store: 403-277-1144

Donations of bedding and linens, furniture, home furnishings, kitchenware, mattresses and toys. Delivery is also available. If require more furniture there is also the work for furniture program where individuals are able to earn credit for hours worked towards their furniture needs.

Counselling Supports

Various individual, family and group counselling options available as well as counselling in other languages.

Calgary Counselling Services: 403-691-5991

Calgary Family Services: 403-269-9888

Catholic Family Services: 403-233-2360

Distress Centre: 403-266-HELP

24 hour - 7 days per week crisis and suicide line: crisis intervention, support, referrals; specialized counselling available for problem gambling, and drug and/or alcohol use.

Eastside Family Centre: 403-299-9696

No Fee, walk in counselling Monday - Friday, 1 pm - 8 pm, Saturday, 11 am - 2 pm.

New Canadian Resources

Calgary Catholic Immigration Society (CCIS): 403-262-2006

Child and family services including settlement services, in-home assessment, counselling, support, referrals, and community education; staff and volunteers speak more than 50 languages.

Calgary Immigrant Women's Association (CIWA): 403-263-4414

One-to-one counselling, in-home support and counselling for boys, girls, and families to also increase the awareness of community resources and youth groups.

Centre for Newcomers: 403-569-3325

Child and Family services including Settlement Services, employment assistance and training programs and English language services.

The Calgary Bridge Foundation for Youth: 403-230-7745

Afterschool life skill training for Junior High and Elementary students, drop-in homework clubs as well as a Family Assistance Program.

Important Numbers

Calgary Police, Fire & Ambulance Emergency Services: 911

Calgary Police Services Non-Emergency: 403-266-1234

City of Calgary Services: 311

City of Calgary Information Line on Community Services: 211

Distress Centre: 403-266-1605

Calgary and Area Child and Family Services: 403-297-2995

Sherriff King: 403-266-0707

Child Abuse Hotline: 1-800-387-5437

Suicide Services: 403-297-1744

Parents Help Line: 1-888-668-9100

AADAC: 403-297-3036

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The Calgary Learning Village Collaborative

www.clvc.ca

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