

The Children's Link Society

Suite 245, 720 - 28th Street N.E Calgary, Alta. T2A 6R3

Phone: 403-230-9158/Fax: 403-230-3252/E-mail: info@childrenslink.ca

Website: www.childrenslink.ca

Low Income Supports for Families –

www.gov.ab.ca/servicealberta/LowerIncomeGuide

Government of Alberta Program Information – 310-000 toll free across Alberta –

www.gov.ab.ca

After Hours emergency shelter, food and medical needs – 1-866-644-5135.

Basic Needs – Alberta Human Resources and Employment

You will receive **Income Support** only if you have no other way of providing for yourself and your family. You may qualify for Income Support in you:

- have difficulty working because of chronic mental or physical health problems,
- are not able to work in the short term because of temporary illness or family care responsibilities,
- are looking for work or working and need short-term help, or
- need academic upgrading or training to get a job.

The amount you get depends on your situation, including the number of children in your family, how soon can you return to work and any special needs you may have. Contact **Alberta Works Contact Centre** – 1-866-644-5135 – www.gov.ab.ca/hre/albertaworks.

Food Bank – 1-866-251-2326

Alberta Health Care – 310-000 – then dial (780) 427-1423.

Alberta Child Health Benefit – www.gov.ab.ca/hre/achb - 1-877-468-5437. Basic health benefits for low-income families

Help with Utility Costs – Alberta Works Contact Centre – 1-866-644-5153.

Help with Rental Accommodation- The Homeless and Eviction Prevention Fund- 1-866-644-5135

Alberta Human Resources and Employment – Alberta Works Contact Centre – 1-866-644-5135 – www.gov.ab.ca/hre/ets/contact/index.asp.

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

Managing Debts - Credit Counselling Services of Alberta – (403)-265-2201 – www.creditcounselling.com.

Low Cost Housing – Family and Special Purpose Housing – (403) 297-7453 – www.seniors.gov.ab.ca/housing/family_special/social_housing.

Child Disability Resource Link – 1 866-346-4661.

Emergency Child Care - Children's Cottage (24 hr. crisis nursery) – (403) 233 – 2273

Career Information Hotline: 1-800-661-3753 – www.gov.ab.ca/hre/ets/contact/indes.asp for a service centre.

Training Information: Alberta Human Resources and Employment website – www.gov.ab.ca/hre/albertaworks or Alberta Learning Information Service (ALIS) website at www.alis.gov.ab.ca.

Federal Government Benefits – www.canadabenefits.gc.ca.

Internet Services – Local libraries.

Income Tax Services

You might be able to file for FREE!

<http://www.quicktaxweb.ca/content/etc/freedom.php?b=intuit>

The QuickTax Freedom program is Intuit's way of giving back to the community. If you have a gross income (line 150) of \$25,000 or less, you can use QuickTaxWeb at no cost. If eligible, you can also file your return using NETFILE for no charge. QuickTaxWeb will automatically determine your eligibility - you don't need to worry about a thing.

Homeless Shelters

- Calgary Drop-in Centre Society
Riverfront (main location): 423 – 4 Ave SE
Centre 110, 110 – 11 Ave SE
(403) 266-3600
- The Mustard Seed (Calgary) Street Ministry Society
102 – 11 Ave SE
(403) 269-1319
- The Salvation Army of Canada
Booth Centre: 631 – 7 Ave SE

Men: (403) 410-1184
Women: (403) 410-1126

- Young Women's Christian Association of Calgary (YWCA)
Mary Dover House: 320 – 5th Ave SE
(403) 294-7343

Women's Shelters

- Calgary Native Women's Shelter (403) 531-1972.
- Calgary Women's Emergency Shelter (24 hour) – (403) 234-7233
- Community Crisis Centre – 1-877-9346634 toll free
- Discovery House – (403) 277-0718
- Eagle Women's Shelter – (403) 933-3370
- Kerby Centre – Elder Abuse (24 hour) – (403) 705-3250
- YWCA Sheriff King Family Violence Prevention Centre (24 hour) – (403) 266-0707

Legal Assistance

- Legal Aid Society of Alberta – www.legalaid.ab.ca – 310-000 – toll free and ask to be connected to a Legal Aid office near you.
- Lawyer Referral Service – (403) 228-1722.
- Student Legal Assistance – (403) 220-6637.
- Calgary Legal Guidance – (403) 234-9266.
- Dial-a-law – 1-800-332-1091 – (403)234-9022.
- Native Counselling Services of Alberta – (780) 423-2141 – www.ncsa.ca.
- Alberta Justice Website –
- Maintenance Enforcement Program – 310-000 then dial (780) 422-5555 –

Dental Clinics

- City Hall Dental Clinic – 944-7117 – 323 – 7th Avenue SE
- Forest Lawn Dental Clinic – 944-7303 – 3810 – 17 Avenue SE
- Thornhill Dental Clinic – 944-7555 – 6617 Centre Street N
- Airdrie Community Dental Clinic – 912-8484 – 604 Main Street S.

Distress Lines

- Crisis Line 1 800 - 667 – 8090
- Calgary Communities Against Sexual Abuse Line (403) 237 – 5888
- Distress Centre (24 hr support and referral) (403) 266 – 1605
- Community Resource Team (24 hr mobile crisis team) (403) 299 - 9699
- Child Abuse Line 1 800 - 387 – 5437
- Seniors Line (403) 264 – 7700

- Teen Line (403) 246 – 8336
- Kid’s Help Line 1 800 – 668 – 6868
- Parent’s Help Line 1 888 – 603 – 9100
- Men’s Domestic Conflict Help Line (403) 266 – 4357
- Samaritans 24 hr. Help Line 1 800 – 667 – 8089
- Mental Health 24 hr. Help Line 1 877 – 303 – 2642
- Child At Risk Response Team - CARRT (403) 297 – 2995 or
(403) 266 - 1234

Agencies able to provide some support:

- **Calgary Urban Project Society (CUPS) – Community Health Centre – (403) 221-8799.** CUPS will help in accessing Calgary Housing Authority and Women-in-Need Program.
- **Women-In-Need Society – (403) 255-7514.** (Furniture, clothing assistance and information)
- **Calgary Police Services – Victim Assistance Unit – (403) 266 – 1234.** Crime Prevention for people with Disabilities.

Housing and Co-op Housing Information:

- **Landlord and Tenant Information – 1-877-427-4088** (toll-free), www.gov.ab.ca/gs/
- **Calgary Housing Co. – (403) 221 - 9101**
- **Calgary Habitat for Humanity – (403) 253 – 9331, www.calgaryhabitat.com**
- **Norfolk Housing Association – (403) 283 – 3034.** An independent community based non-profit organization assisting low/moderate income families.
- **West Scenic Acres Housing – (403) 274 – 7226**
- **Whippletree West Housing Co-op – (403) 246 – 0102**
- **West Heritage Manor Housing Co-op – (403) 242 – 8080**
- **Sunnyhill Housing Co-op – (403) 270 – 8405**
- **Springhill Ranch Housing Co-op – (403) 239 – 6937**
- **Sarcee Meadows Housing Co-op – (403) 246 – 2746**
- **Ramsay Heights Co-op – (403) 264 – 6615**
- **Hunter Heights Co-op – (403) 275 – 2534**
- **Heatherglen Housing Co-op – (403) 256 – 3423**
- **Deerfoot Estates Housing Co-op – (403) 295 – 3993**
- **Alberta 75 Housing Co-op – (403) 256 - 4755**
- **Horizon Housing Society – (403) 297 – 1746.** Provides appropriate housing for persons with mental illness and other special needs.

Community Resource Centre Locations in Calgary and Surrounding Areas

A Community Resource Centre (CRC) is a community based 'one-stop-shop' for resources and support. It exists to connect you to all of your available community services, organizations and groups. It has a welcome feeling and its efforts are focused on prevention and early intervention.

Aboriginal Resource Centre

1603 – 10th Avenue SW
Calgary, Ab., T3C 0J7
(403) 204-0083
Connie Boisvert
connie@arctr.com
www.arctr.com
general@arctr.com

Alberta Children's Hospital Family and Community Resource Centre

2888 Shapanappi Trail NW
Calgary, Ab., T3B 6A8
(403) 955-3272
www.calgaryhealthregion.ca/ACH

Canmore Resource Centre

114 Rundle Drive
Canmore, Ab., T1W 2L9
(403) 609-3743
Brenda Caston
FCSS Manager
bcaston@canmore.ca

Claresholm & District Family Resource Centre

221 – 45 Avenue West
P.O. Box 1`297
Claresholm, Ab., T0L 0T0
(403) 625-4417
Fax: (403) 625-4851
Mariza Stinson, In-home
Family Support Worker
claresholmfcss@telusplanet.net

CUPS Family Resource Centre

2nd Floor, 128 – 7th Ave., SE

Calgary, Ab., T2G 0H5

(403) 221-8798

www.cupshealthcentre.com

Heart of the NE Community Solutions Resource Centre

2623 – 56 Street NE

Calgary, Ab., T1Y 6E7

(403) 293-5467

Sherry Hiebert-Keck

shiebertkeck@shaw.ca

Inner City Community Resource Centre

300, 906 – 8th Avenue, SW

Calgary, Ab., T2P 1H9

(403) 269-9888

www.innercitycrc.com

MOCA – Millican Ogden Community Association

2734 – 76 Avenue SE

Calgary, Ab., T2C 4W9

(403) 720-3322

Reta Jackson

fr123@shaw.ca

Nanton Family Resource Centre

P.O. Box 910

Nanton, Ab., T0L 1R0

(403) 646-2436

Irene Champagne

Or Sharon Davis

quallife@telusplanet.net

North Central Community Resource Centre

520 – 78th Avenue NW

Calgary, Alberta T2K 0S2

(403) 275-6666

Shirley Smith McLean

northcentralcrc@shaw.ca

North of McKnight Community Resource Centre

95 Falshire Drive NE
Calgary, Alberta T3J 1P7
(403) 293-0424
Sue Holt
nofmcrc@telus.net

North Rocky View Community Resource Centre

112 – 1st Avenue NW
Box 5370
Airdrie, Ab., T4B 2T9
(403) 948-0263
1-866-912-7272
Brenda Hume
Brenda@yourcrc.com
www.yourcrc.com

Okotoks Healthy Family Resource Centre

P.O. Bag 20
99 Okotoks Drive
Okotoks, Ab., T1S 1W4
(403) 938-8951
Fax: (403) 938-8934
Leah McGinnis
fcss@okotoks.ca

South East Rocky View Family and Community Support Services

201 West Chestermere Drive
Chestermere, Ab., T1X 1B2
(403) 273-4425
Colette Oswiler-Fritz
www.chestermere.com/fcss

SouthWest Communities Resource Centre

#42, 2580 Southland Drive SW
Calgary, Ab., T2V 4J8
(403)238-9222
Fax: (403) 238-9226
Coordinator: Beth Thompson
Community Resource Worker: Sarah Dawson
swcrc@telus.net

Sunrise Community Link Resource Centre

Suite 102, 4908 – 17th Ave., SE

Calgary, Ab., T2A 0V4

Brenda Wadey

(403) 204-8280

sunriselink@shaw.ca

West Central Community Resource Centre

3507A – 17th Ave., SW

Calgary, Ab., T2A 0V4

(403) 543-0550

westcentralcrc@closetohome.com

www.closetohome.com

Western Rocky View Family & Community Resource Centre

127A – 1st Ave., W

Cochrane, Ab., T0L 0W0

Mailing Address:

P.O. Box 10

Cochrane, Ab., T4C 1A4

(403) 932-3400

Susan Flowers/Tamara Baldwin

baldwin@town.cochrane.ab.ca