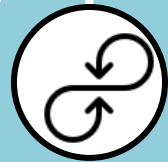


Finding Community Supports in Calgary

Are you looking for a little bit of extra help from your community?



But don't know where to start?



Maybe we can help point you in the right direction.



You could start by checking out one of these **services** that may be able to help **direct you to what you need.**



Calgary and Area Child and Family Services
www.calgaryandareacfsa.gov.ab.ca
403-297-6100

Programs & Services in Alberta
www.albertasupports.ca
1-877-644-9992

City of Calgary
www.calgary.ca
311

You can also check out if what you need is offered by some of these large **community agencies**.

Check out the websites to find out more about what kinds of **programs or services are available and how to you can access them**.



Aspen Family and Community Network Society

www.aspenfamily.org

403-219-3477

Boys and Girls Club

www.boysandgirlsclubsofcalgary.ca

403-543-9669

Calgary Family Services

www.calgaryfamily.org

403-205-5244

Canadian Mental Health Association

cmha.calgary.ab.ca

403-297-1700

Closer to Home Community Services

www.calgaryclosetohome.com

403-543-0550

Families Matter

www.familiesmatter.ca

403-205-5178

Hull Services

www.hullservices.ca

403-251-8000

McMan Youth Family and Community Services Association

www.mcman.ca

403- 508-6259

Woods Homes

www.woodshomes.ca

403-299-9699

If you are looking for services for **Aboriginal or Métis individuals and communities**, these agencies will be able to provide support and referrals.



Métis Calgary Family Services

www.mcfs.ca

403-240-4642

Métis Nation of Alberta Region 3

www.albertametis.org

403-569-8800

Aboriginal Friendship Centre of Calgary

www.afccalgary.org

403-270-7379

Awo Taan Healing Lodge Society

www.awotaan.org

403-531-1970 ext. 200

Aboriginal Canada Portal

www.aboriginalcanada.gc.ca

Provides access to online resources and government programs and services.

Calgary also offers a number of supports and services for **culturally diverse families and newcomers to Canada**.



Calgary Bridge Foundation for Youth

www.calgarybridgefoundation.com

403-230-7745

Calgary Catholic Immigration Society

www.ccis-calgary.ab.ca

403-266-6686

Calgary Immigrant Educational Society

www.immigrant-education.ca

403-235-3666

Calgary Immigrant Women's Association

www.ciwa-online.com

403-263-4414

Calgary Multicultural Centre

www.calgarymulti.com

403-237-5850

Immigrant Services Calgary

www.immigrantservicescalgary.ca

403-265-1120

If you have a **question** or need to **talk to someone** about a specific issue, try one of these **telephone information hotlines**.



Kids Help Phone - 1-800-668-6868

Child Disability Resource Link - 1-877-644-9992

Child Abuse Hotline - 1-800-387-5437

Bullying Help Line - 1-888-456-2323

Calgary Distress Centre Crisis Line - 403-266-4357

Family Violence Info Line - 403-310-1818

Parenting Help Line - 1-888-603-9100

Calgary Community Services - 211

Information and referral service for non-emergency human services in Calgary.

City of Calgary Information - 311

Customer service line for City of Calgary municipal services.

Calgary Health Link - 403-943-5465 or 1-866-408-5465

24 hour connection to registered nurses for immediate health concerns.

You may be able to find what you need by visiting your local **Community Resource Centre**.

Community Resource Centres can **assist individuals and families in accessing resources in their community by providing information and referrals** for basic needs such as food, clothing, housing, employment and transportation.

Find out where you can access one close to you here:

www.frfp.ca/parents-resources/community-resources/community-resources-centres.htm



If you are looking specifically for supports for parents, there are a number of **Parent Link Centres** in Calgary.

At a Parent Link Centre you can find **information about community services, referrals, ways meet other parents and families, and learning activities for children.**

Check out this site for more information and to find a Parent Link Centre near you:

www.parentlinkalberta.ca



Have you found what you are looking for?

If you are still looking, check out these **online directories** that let you **search through databases of services** in Calgary, Alberta, and Canada using keywords.



Calgary & Area Community Resource Database

resource.ilrcc.ab.ca

A directory of community support programs in and around Calgary.

Inform Alberta

www.informalberta.ca

A directory of community, health, social, and government services across Alberta.

Canadian Association of Family Resources Programs

www.frp.ca/index.cfm?fuseaction=Page.viewPage&pageId=476

A directory of family resource programs across Canada.

Alberta Health Services: Family and Community Resource Centre

www.fcrc.albertahealthservices.ca

An extensive list of community resources, organized by category.

Credit for Images from The Noun Project:

Partnership designed by [Thomas Hirter](#)
Cell Phone designed by [Marwa Boukarim](#)
Earth designed by [Nicolas Ramallo](#)

Arrow designed by [Cengiz SARI](#)
Question designed by [Henry Ryder](#)