

Calgary Youth Resource List



**CALGARY POLICE
DISCOVERY CENTRE**



In Alberta, individuals can **call 2-1-1** for a free, confidential, 24/7 service that connects people to community, social, health, and government services!



Calgary Police Service Youth Programs:



Calgary Police Service (CPS)

Emergency Line: 911

Non-Emergency Line:
(403) 266-1234

Gang Tip Line: (403) 428-8191



Multi Agency School Support Team (MASST)

(403) 428-5808

masst@calgarypolice.ca



Youth At Risk Development (YARD) Program

(403) 428-8409

YARD@calgarypolice.ca



CPS Power Play

Youthmentorship@calgarypolice.ca



CPS Cadet Corps

CPYF@calgarypolice.ca

School Resource Officers (SROs)

Members of CPS assigned to provide ongoing support to junior high schools and high schools. A small team provides support to elementary schools, as needed.

To find out who your SRO is, contact the main office at your school.

Community Resource Officers (CROs)

Members of CPS that focus on building positive relationships and engaging with the community through various programs and initiatives. CROs focus on interacting with residents to answer questions and discuss community-specific safety concerns.

Look out for these officers on social media or community association websites for upcoming events! You can also contact your CPS district office for more information.

Youth Legal & Family Supports:



Calgary Crime Stoppers

1 (800) 222-8477

www.calgarycrimestoppers.org



RCMP Centre for Youth Crime Prevention (CYCP)

(403) 310-RCMP (7267)

CYCP_CPCJ@rcmp-grc-gc.ca



Alberta Rural Crime Watch Youth Hub

aprcwa@ruralcrimewatch.ab.ca



Calgary Youth Justice Society & Committee

(403) 261-9861

info@calgaryyouthjustice.ca



Legal Aid Alberta

1 (866) 845-3425

www.legalaid.ab.ca



Calgary Legal Guidance

(403) 234-9266

clg@clg.ab.ca



Calgary John Howard Society

(403) 266-4566

info@cjhs.ca



Calgary City Centre Family Resource Network

(403) 262-0497 familynetwork@ywcacalgary.ca



Office of the Child and Youth Advocate (Alberta)

1 (800) 661-3446

ca.information@ocya.alberta.ca



Alberta Child & Family Services

(403) 297-6100

cs.irccalgary@gov.ab.ca



McMan

McMan Youth, Family & Community Services Association

(403) 280-6293

info@mcmancalgary.ca



Trellis Society for Community Impact

(403) 219-3477

www.growwithtrellis.ca



Children's Cottage Society

Children's Cottage Society

(403) 233-CARE (2273)

linkline@childrencottage.ab.ca



WOOD'S HOMES
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914

Wood's Homes

Counselling & Intervention Services

(403) 299-9699

foundation@woodshomes.ca



Hull Services

Counselling & Intervention Supports

(403) 251-8000

communications@hullservices.ca



LUNA
CHILD AND YOUTH
ADVOCACY CENTRE

Luna Child & Youth Advocacy Centre

(403) 428-5300

reception@lunacentre.ca



Centre for Newcomers

Centre for Newcomers

(403) 569-3325

www.newcomercentre.ca



Calgary Bridge Foundation for Youth (CBFY)

Immigration Support

(403) 230-7745

www.cbfy.ca



Canadian Immigrant Women's Association (CIWA)

(403) 263-4414

www.ciwa-online.com



Closer to Home
COMMUNITY SERVICES

Closer to Home

(403) 543-0550

reception@closerthome.com



CANADIAN CENTRE for CHILD PROTECTION™

Helping families. Protecting children.

Canadian Centre for Child Protection

1 (204) 945-5735

Toll-free: 1 (800) 532-9135

www.protectchildren.ca/en/



The Family & Community Resource Centre
(Alberta Health Services-Children's Hospital)

(403) 955-FCRC (3272)

Toll Free: 1 (877) 943-FCRC (3272)

FCRC@ahs.ca



Immigrant Champions of Canada (ICC)

www.immigrantschampionofcanada.com



Peacebuilding Skills for Youth, Families & Communities

PMAST: Peer Mediation And Skills Training

www.pmast.org



Mentorship & Social Programs:

 Big Brothers Big Sisters OF CALGARY AND AREA Big Brothers Big Sisters Calgary (403) 777-3535 Bbbs.calgary@bigbrothersbigsisters.ca	 Hull Services' Mentors Matter (403) 251-8000 CYCP_CPCJ@rcmp-grc.gc.ca	 Elizabeth Fry Society Mentorship Programs (403) 294-0737 reception@elizabethfrycalgary.ca
 City of Calgary's Start Smart Stay Safe www.startsmartstaysafe.ca	 City of Calgary's Youth Employment Centre (YEC) (403) 268-2490 www.calgary.ca/careers/youth-employment.html	 Women's Centre of Calgary Girls Programs (403) 264-1155 youth@womenscentrecalgary.org
 Struggle Is Your Success (SIYS) info@siys.ca www.siys.ca	 CIWA's Immigrant Girls Leading Our Way (IGLOW) (403) 263-4414 youthprograms@ciwa-online.com	 CIWA's Pathways to Success (403) 263-4414 youthprograms@ciwa-online.com



Youth Central

(403) 266-5448
info@youthcentral.ca



Antyx Community Arts Society

comms@antyx.org



URBAN SOCIETY FOR
ABORIGINAL YOUTH

Urban Society for Aboriginal Youth (USAY)

(403) 233-8225
info@usay.ca



Centre for Newcomer's Real Me Program

(for youth considered high-risk for criminal or gang involvement)

(403) 569-3325
realme@centrefornewcomers.ca



Action Dignity's The B.L.A.C.K. (Becoming Leaders Acquiring Critical Knowledge) Project

(403) 263-9900
Isra.Abdelrahim
@actiondignity.org



miskanawah
empowerment • strength • family

Miskanawah Diamond Willow Youth Lodge

NE Calgary: (403) 247-5003 Ext.1
NW Calgary: (403) 247-5003 Ext.2
www.miskanawah.ca



The Dollar Detectives (TDD) Society

(403) 668-7536
www.thedollardetectives.com



Housing Supports:



Calgary Homeless
FOUNDATION

Calgary Homeless Foundation

(403) 237-6456

www.calgaryhomeless.com



Safe Communities Opportunity & Resource Centre (SORCe)

(587) 779-5015

www.sorcecalgary.ca



Avenue 15

(Calgary's only youth shelter)

(403) 543-9651

www.growwithtrellis.ca



Inn from the Cold's Emma House

(Alberta's only family shelter)

24/7 Support Line: (403) 263-8384

Emma House: (403) 870-5231

emmahouse@innfromthecold.org

www.innfromthecold.org



YWCA Calgary

(Women's shelter for women &
children experiencing crisis &
domestic violence)

(403) 266-0707

Emergency Shelter: (403) 705-
0315

communications@ywcacalgary.ca

www.ywcacalgary.ca



Calgary Women's Emergency Shelter

(Part of Fear is Not Love)

Toll Free: 1 (800) 606-SAFE (7233)

Men's Line: 1 (833) 327-MENS
(6367)

Connect Domestic Violence &
Abuse Helpline: Call (403) 234-
SAFE (7233) or

Text (403) 604-6689

help@fearisnotlove.ca

C A L G A R Y
DROP-IN
C E N T R E

Calgary Drop-In Centre (18+)

Shelter: (403) 266-3600
General: (403) 263-5707
community@thedi.ca



Alpha House (18+)

(403) 234-7388
info@alphahousecalgary.com



The Mustard Seed (18+)

Foothills Shelter: (403) 723-9422
Women's Shelter: (587) 447-1345
info@theseed.ca



**Salvation Army's Center of Hope
(18+)**

Men's Shelter: (403) 410-1184
CSCalgary.Info
@salvationarmy.ca
Women's Shelter: (403) 930-2711
CSCalgary.WestCampusInfo
@salvationarmy.ca



Youth Medical & Mental Health Supports:

 811 Health Link Health Advice 24/7 HealthLink Call 8-1-1	 9-8-8 Suicide Crisis Helpline Suicide Crisis Helpline Call 9-8-8	 Need Help Now www.needhelpnow.ca/en/
 Alberta Health Services Access Mental Health (Alberta Health Services) (403) 943-1500 mental.health@albertahealthservices.ca	 DISTRESS CENTRE 24 HOUR SUPPORT COUNSELLING RESOURCES The Distress Centre Crisis Line: (403) 266-HELP (1601) www.distresscentre.com	 connectteen YOUTH deserve a moment The Distress Centre's ConnectTeen (youth-specific) 24/7 Line: (403) 264-8336 Evenings/Weekends: (587) 333-2724 www.calgaryconnectteen.com
 Kids Help Phone  Kids Help Phone (Canada-wide) Call 1 (800) 668-6868 or Text 68686 www.kidshelpphone.ca	FearIsNotLove Fear Is Not Love Society Toll Free: 1 (800) 606-SAFE (7233) helpforchildyouthfams@fearisnotlove.ca Connect Domestic Violence & Abuse Helpline: Call (403) 234-SAFE (7233) or Text (403) 604-6689 help@fearisnotlove.ca	 Canadian Mental Health Association Calgary <i>Mental health for all</i> Canadian Mental Health Association - Calgary (403) 297-1700 info@cmha.calgary.ab.ca Peer Support: (403) 297-1402 peer@cmha.calgary.ab.ca



**The Summit: Marian & Jim
Sinneave Centre for Youth
Resilience**

(Alberta Children's Hospital)

(403) 955-8818

Toll Free: 1 (877) 715-KIDS (5437)

buildthemup@achf.com



Calgary Counselling Centre

1 (833) 827-4229

contactus

@calgarycounselling.com



CUPS Calgary Society

(403) 221-8780

info@cupscalgary.com



The Alex Youth Health Centre

(403) 520-2260

info@thealex.ca



Cornerstone Youth Centre

(403) 276-5360

www.cornerstoneyouthcentre.com



Carya

(403) 205-5244

www.caryacalgary.ca



Elbow River Healing Lodge

(Indigenous-focused, Sheldon
Chumir)

(403) 955-6600

elbow.riverhealinglodge@ahs.ca



**Families Matters' Family
Resource Network**

Horizon/Admin Centre: (403) 205-
5178

Midnapore: (403) 288-1446

info@familiesmatter.ca



Calgary Centre for Sexuality
(formerly Calgary Sexual Health
Centre)

(403) 283-5580

info@centreforsexuality.ca



Skipping Stone Foundation

(2SLGBTQIAP+)

(587) 333-4342

info@skippingstone.ca



Black Youth Helpline

1 (416) 285-9944

Toll Free: 1 (833) 294-8650

info@blackyouth.ca



YouthSMART

(Youth Supporting Mental Health
And Resiliency Together—
Canadian Mental Health
Association)

(403) 297-1700

info@cmha.calgary.ab.ca

Psychology Today

Psychology Today

(The world's largest mental health
& behavioural science destination
online)

www.psychologytoday.com/ca



Community Education Service (CES)

(A mental health collaborative between Recovery Alberta and the
Child and Adolescent Addiction and Mental Health and Psychiatry
Program)

(403) 955-4730

www.community.hmhc.ca/



Supports for Basic Needs:

CALGARY FOOD BANK

Calgary Food Bank

(403) 253-2055
info@calgaryfoodbank.com



The Alex Community Food Centre

(403) 455-5792
goodfood@thealex.ca

CALGARY DROP-IN CENTRE

Calgary Drop-In Centre's Free Goods Program

(403) 264-0856
www.calgarydropin.ca

Rise Calgary

Rise Calgary

Forest Lawn/Ranchlands Office:
(403) 204-8280
SE Office: (403) 720-3322
Siksika Nation: (403) 804-9826
info@risecalgary.ca

Women in Need Society WINS

WINS Calgary

(403) 255-5102
info@winsyyc.ca



Good Neighbour

(Calgary's first pay-what-you-can store)

www.goodneighbourcalgary.com



City of Calgary's Fair Entry Program

Call 3-1-1
www.calgary.ca/social-services/
low-income/fair-entry-
subsidy.html



Assured Income for the Severely Handicapped (AISH)

Toll Free: 310-0000 before the
number (in Alberta)
1 (844) 297-1907
calgaryaish@gov.ab.ca



Alberta Supports

Contact Centre Toll Free: 1 (877)
644-9992
24hr Emergency Income Support
Contact Centre : 1 (866) 644-5135
scss.ds-calgary@gov.ab.ca

Cyber Safety Resources:



Canadian Anti-Fraud Centre

1 (800) 495-8501
antifraudcentre.ca



Cyber Tip

1 (866) 658-9022
cybertip.ca/report



Need Help Now

Needhelpnow.ca



MediaSmarts

(Canada's bilingual centre for digital media literacy)

1 (613) 224-7721 or Toll-Free: 1 (800) 896-3342

Mediasmarts.ca



Actua

(A Canadian organization that engages youth in STEM learning experiences that build critical employability and digital safety skills and confidence)

Actua.ca

Recreation:



City of Calgary

www.calgary.ca/parks-rec-programs/recreation.html

Check out the City of Calgary's website for more information on:

- Registered programs such as classes, lessons, and day camps.
- Drop-in activities such as fitness classes, sports, and pre-school programs.
- Free activities for children, youth, adults, and families.
- Recreation passes
- Facilities and courses for swimming, sailing, golfing, playing, creating, and staying active.



Sport Calgary

www.sportcalgary.ca



Every Kid Can Play (EKCP) Grant Program

SPAR@gov.ab.ca

www.albertasport.ca/programs/every-kid-can-play-grant-program/



YMCA Calgary

www.ymcacalgary.org



The Genesis Centre (serves NE Calgary)

www.genesis-centre.ca



Trico Centre for Family Wellness (serves South Calgary)

(403) 278-7542

guestservices@tricocentre.ca

www.tricocentre.ca



MNP Community & Sport Centre (serves Central & South Calgary)

(403) 233-8393

info@mnpcentre.com

www.mnpcentre.com