

*Jump to Websites: Right click then choose "Open Hyperlink"

Community Resources for Newcomers

Financial Support

Income Support

[Universal Child Care Benefit Plan UCCB](#) 1-800-387-1193

National Child Benefit Supplement

*Additional to CCTB. No need to apply separately.

Alberta Family Employment Tax Credit

*Eligibility determined by CCTB. No need to apply separately.

GST Credit 1-800-959-1953

*Registered through CCTB application.

*Check the box on the front page of income tax return.

[Family Support for Children with Disabilities \(FSCD\)](#) 310-0000, 780-427-2551

[Assured Income for the Severely Handicapped \(AISH\)](#) 297-8511

[Burns Memorial Fund, Family Grants](#) 234-9396

*Must have lived in Calgary for 6 months, low income family who is not on SFI

Housing Support

Red Cross Community Housing Support 541-6119

Child Care

[Alberta Children's Services Child Care Subsidy](#) 1-866-714-5437

[City of Calgary's Out of School Care Subsidy](#) 268-5152

Transportation

[City of Calgary's Low Income Transit Pass](#) 262-1000 or 537-7711

*Must have lived in Calgary for at least one year and be 18 or older

Counselling

[Credit Counselling Services of Alberta](#) 1-888-294-0076

Basic Needs

Housing / Emergency Shelter

[Margaret Chisholm Resettlement Centre \(by CCIS\)](#) 262-8132

[Calgary Housing Company](#) 311 in Calgary or 403-268-2489 outside Calgary area

[Housing Registry Network](#) 206-0284

[Centre of Hope](#) 410-1111

[Inn from the Cold Society](#) 263-8384

Community Support Services 220-0432 (rent & utilities, if eligible)

Food

Calgary's Cooking 275-0258 (Family meal planning)

CANS (Communities Accessing Nutritious Staples) 253-2059

[Community Kitchen Program of Calgary](#) 275-0258

*Community kitchen & Good Food Box

[New Family Place](#) (collective kitchens by CCIS) 266-6686

[Family Resource Centre \(by CUPS\)](#) 221-8780

[FANS \(Food & Nutrition at School\) Program \(by Boys and Girls Club\)](#)

276-9981

[Calgary Inter-Faith Food Bank](#) 253-2055

Clothing

[Family Resource Centre \(by CUPS\)](#)

221-8780 (diapers, formula, clothing and toiletries)

Women in Need

255-5102 ext 0 (clothing, household goods, and/or furniture)

Walk-in Closet

262-5776 (Interview outfit for women in transition)

Other

[Neighbourlink of Calgary](#) 209-1305 (baby supplies, transportation to appointments for low income seniors only)

[Salvation Army](#) 220-0432 (winter coats, school supplies, tax returns, Thrift Store vouchers, Infant Essentials)

Free / Subsidized Recreation

[City of Calgary Fee Assistance Program](#) (Choose "Recreation" then "Registration")

311

[City of Calgary Youth Recreation and Leisure](#) Directory under "Related Links" or

call 211 (interpretation available for over 150 languages)

[Active Living Connector](#) 248-0280 ext. 3

[Community YMCA](#) 531-1660

[Multicultural Activity Guide](#)

(Choose "Community & Neighbourhood Services" then "Publications, Guides & Directories")

[Government of Canada Children's Fitness Tax Credit](#) Apply with tax return

Legal Assistance

[Legal Aid Immigration Services Program](#) 297-2260

[Immigrant Services Calgary](#) 265-1120

[Calgary Immigrant Women's Association](#) 263-4414

[Calgary Legal Guidance](#) 234-9266

Health Care

[Alberta Child Health Benefit](#) 1-877-469-5437

[Alberta Health Care Premium Subsidy](#) 310-0000 then (780)427-1432

*Must have lived in Alberta for 12 consecutive months

*International students NOT eligible

[Alberta Health Care Retroactive Premium Subsidy](#)

*Must have lived in Alberta more than 12 months

[Alberta Health Care Waiver of Premiums](#)

*For those whose income last year was too high for

Premium Subsidy but now it has dropped.

[Alberta Blue Cross Non-Group Coverage](#)

[http://www.health.gov.ab.ca/ahcip/201.pdf](#)

[Calgary Health Region Community Dental Clinics](#) 228-3384

[Alberta Adult Health Benefit](#)

*For people leaving Income Support or AISH

*Contact client's Alberta Human Resources and Employment worker

Other Health Services

[Alex Community Health Centre](#) 266-2622

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

[Canadian Red Cross Medical Equipment Loan Service](#) 541-6100

[CUPS Community Health Centre](#) 221-8780

8th & 8th Health Centre 781-1200

[Sexually Transmitted Disease Services \(STD Clinic\)](#) 944-7575

[Calgary Women's Health Collective](#) (counselling) 265-9590

Ethno-Cultural Communities

See Calgary Ethno-cultural Directory at

http://informalberta.ca/public/directory/initialize_directory/List.do

There are more than 55 ethno-cultural communities.

Community Services Directory

Tell: 211

Websites: www.211calgary.ca

<http://informalberta.ca/public/common/search.do>

Immigrant Family

Employment

[Alberta Career Information Hotline](#) 1-800-661-3753

[Employment & Training Services, Alberta Works Contact Centre](#)

1-866-644-5135

Alberta Learning Information Service (ALIS)

<http://www.alis.gov.ab.ca/main.asp>

[City Links, City of Calgary](#) 974-3112

[Human Resources and Social Development Canada](#)

1-800-622-6232

[Service Canada](#) 1-800-O-Canada

General information and referral centre for federal government programs and services

Also most of the immigrant serving agencies offer employment programs.

Youth Programs

[Calgary Bridge Foundation for Youth](#) 230-7745

[Calgary Catholic Immigration Society](#) 268-8131 (Youth Outreach)

[Calgary Immigrant Aid Society- Mosaic Family Resource Centre](#)

265-6093 (Youth employment programs)

[Calgary Immigrant Women's Association](#) 517-8830 (Youth Program)

[Centre for Newcomers](#) 569-3333 (Youth Possibilities Program)

[Alberta Mentor Foundation for Youth](#) 270-3637

[Calgary Achievement Centre for Youth](#) 268-3666

[Bellline Youth Centre](#) 263-7934

Alberta Health Services Diversity Programs & Services in Calgary

Child & Women's Health Diversity Program 955-7742

Interpretation & Translation 944-0202

Healthy Diverse Populations 943-0205

Multicultural Chronic Disease Management Program 943-1664

Counselling in First Language

Available in various languages

[Calgary Counselling Centre](#) 265-4980

[Calgary Immigrant Women's Association](#) 263-4414

[Distress Centre](#) 266-1605

[Calgary Family Services](#) 269-9888

[Catholic Family Services](#) 233-2360

Please contact the Diversity Program for the complete list.

Childbirth

Pregnancy

[Best Beginning Program, AHS](#) 228-8221

[CHR Perinatal and Parenting Education](#) 781-1450

[CBCA - Calgary Sexual Health Centre](#) 283-5580

[Calgary Pregnancy Care Centre](#) 269-3110

[Louise Dean Centre \(teen pregnancy/parenting\)](#) 777-7630

Postpartum Support

[Caring Beyond](#) (bereavement) 294-1131

[Families Matter](#) 205-5177

Parenting

[Health Link](#) 244-8351

Provincial Nurse advice and information services

[Parent Help Line](#) 1-888-603-9100

Child Care

[Calgary Family Day Homes](#) 217-5394

[Calgary and Area Child and Family Services Authority](#) 297-6100

[YWCA](#) (full & drop-in, ages 0-6) 263-1550

[Mosaic Centre, CIAS, Pre-School Program](#) (ages 3-5) 265-6093

[Child Crisis Line](#) 233-2273

[Boys and Girls Club](#) (Preschool Program, Out-of-School Care)

276-9981

Mentorship for children under 12

[Big Brothers and Big Sisters of Calgary](#) 777-3535

ESL

Calgary Catholic Board of Education,

[ESL District Reception Centre](#) 290-0647

Calgary Board of Education

[Riverside Reception Centre](#) 777-7375

[ESL Team](#) 777-8758

[Language Assessment, Referral, CIAS](#) 262-2656

[Language Connections, CCIS](#) 262-5695

[Calgary Immigrant Educational Society](#) 235-3666

[Calgary Immigrant Women's Association](#) 263-4414 ext. 13

[Centre for Newcomers](#) 537-8803

[Women's Centre of Calgary](#) 264-1155 (Practice Group)

Immigrant Serving Agencies

[Citizenship and Immigration Canada](#) 1-888-242-2100

*Visa applications

[Immigration and Refugee Board](#) 292-6134

*Decides refugee protection

Various Services

[Calgary Bridge Foundation for Youth](#) 230-7745

1, 9, 15, 16, 17

[Calgary Catholic Immigration Society](#) 262-2006

1, 2, 3, 4, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17, 18, 19

[Immigrant Services Calgary](#) 265-1120

1, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19

[Calgary Immigrant Educational Society](#) 235-3666

4, 14, 15, 7, 19

[Calgary Immigrant Women's Association](#) 263-4414

1, 4, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17, 19, 20

[Francophone Newcomers Centre](#) 232-5485

1, 6, 8, 9, 15

[Centre for Newcomers](#) 569-3325

1, 4, 7, 9, 11, 12, 14, 15, 16, 17

[Jewish Family Service Calgary](#) 287-3510

1, 6, 5

Services: 1 Resettlement, 2 Refugee, 3 Temporary Accommodation & Food,

4 Language Training, 5 Language Assessment & Referral, 6 Translation, 7

Employment, 8 Community Access Program (CAP) internet, computer

training, 9 Counselling, 10 Health, 11 Legal Assistance, 12

Racism/Discrimination, 13 Citizenship Training, 14 Community Participation

& Education, 15 Volunteer Program, 16 Family Services, 17 Youth Programs,

18 Senior Programs, 19 Childcare, 20 Family Conflict Program/Services

Domestic Violence

Child Abuse Hotline 297-2995 or 1-800-387-5437

[Awo Taan Native Women's Shelter](#) (for women from all culture)

531-1970, ext. 200 or 531-1972 (Crisis Line)

[Brenda Stafford Centre](#) 270-7240

[Calgary Women's Emergency Shelter](#)

290-1552 or 234-7233 (Crisis Line)

[Discovery House](#) (For women & children) 670-0467

[YWCA Sheriff King Home](#) (For women with or without children)

266-0707

Disability

Access Calgary 537-7770 *Must apply and be qualified

[Family Support for Children with Disabilities](#) 297-6022

[The Developmental Disabilities Resource Centre of Calgary](#)

Ethno-Cultural Facilitators 240-7316

[The Calgary Scope Society](#) 509-0200

Community Resource Centres

[Hand in Hand Parenting Centre and Heart of the North East](#)

[Resource Centre](#) 293-5467

[North of McKnight Community Resource Centre](#) 293-0424

[Huntington Hills Community Association](#) 275-6666

[Inner City Community Resource Centre](#) 205-5264

[South West Community Resource Centre](#) 238-9222

[West Central Community Resource Centre](#) 543-0555

[Sunrise Community Link Resource Centre](#) 204-8280

[MOCA- Family Resource Centre Millican Ogden Community](#)

[Association](#) 720-3322

Sexual Abuse/Assault

[Calgary Communities Against Sexual Abuse](#) 237-6905

Funeral

[Alberta Funeral Services Association](#) 403-342-2460

long distance

[For the Love of Children Society](#) 232-6010

*Funeral funds for abandoned children or families under

financial constraints

[South Calgary Funeral Centre and Crematorium](#) 297-0711

*Free services for babies and children under 12, pro-rated

service fee for children under 18.

[Calgary Islamic Centre](#) 242-1615

*Financial assistance may be available for families in need

[Sri Lankan Buddhist Society](#) 280-9729

*The society will inform the community to collect donation, but

the family have to find a space for the funeral



For further information, please contact Linda Kongnetiman at the Diversity Program
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