

## Community Resources

<b>211 Community Connection (24 Hours)</b>	
Dial 211 to get connected to the community services you need .....	211
<b>AADAC Help Line (24 hours)</b>	
Phone .....	1-866-3AADAC (2-2322)
Adult Counselling Prevention Services .....	403-297-3071
Youth Services .....	403-297-4664
<b>Alberta Children's Hospital Child Abuse and Mental Health Program</b>	
Phone .....	403-955-5959
<b>Alberta Health Services – HEALTHLink Alberta</b>	
24-hour line providing health information .....	811
<b>Calgary Communities Against Sexual Abuse</b>	
24-hour Crisis Line and Support for people who have been sexually abused/assaulted and their families .....	403-237-5888
<b>CCIS Parent Link Family Resource Centre</b> .....	403-266-6686
<b>Children's Cottage Crisis Nursery</b>	
24-hour child care for parents in crisis .....	403-233-2273
<b>Child Abuse Hotline</b>	
Report child abuse-24 hours .....	1-800-387-KIDS
<b>Community Resource Team</b>	
24-hour mobile crisis team .....	403-299-9699
<b>Developmental Disabilities Resource Centre of Calgary</b>	
Offers a number of respite options for families with a child with a disability 8:30am to 4:30 pm, Voice message after hours .....	403-240-311
<b>Distress Centre Calgary</b>	
24-hour crisis line .....	403-266-HELP (4357)
<b>ConnecTeen – 24-hour youth support line</b> .....	403-264-TEEN (8336)
<b>Early Start Support for Families with New Babies</b>	
Seven days a week, 24-hours a day support .....	403-244-8351
<b>Families Matter Society</b> .....	403-205-5178
<b>Hospice Calgary Grief Counselling</b> .....	403-263-4525
<b>Kids Help Phone</b> .....	1-800-668-6868
<b>La Leche League</b>	
Breastfeeding Support .....	403-242-0277
<b>Mental Health Help Line</b>	
24 Hour Help Line .....	1-877-303-2642
<b>Mental Health Crisis Line</b>	
(Mobile Response Team) .....	403-266-1605
<b>Canadian Mental Health Association</b> .....	403-297-1700
<b>Suicide Services</b> .....	403-297-1744
<b>Missing Children Society of Canada</b>	
Organization dedicated to the search for Abducted and runaway children .....	1-800-661-6160
<b>Parent Support Association</b>	
24-hour self-help for parents of children nine and up .....	403-270-1819

**Poison Centre**

Calgary .....403-944-1414  
Alberta .....1-800-332-1414

**Ronald McDonald House Southern Alberta**

A home away from home for out of town families with seriously  
ill children in the Calgary Hospitals – 9am to 9pm .....403-240-3000

**Shelters (all 24 hour access)**

Calgary Drop-In Centre .....403-266-3600

Children's Cottage Crisis Nursery .....403-233-2273

Women's Emergency Shelter .....403-234-SAFE (7233)

Sheriff King Family Support Centre Crisis Line .....403-266-0707

Awo-taan Native Women's Shelter Society .....403-531-1972

Wheatland Communities Crisis Society Shelter .....403-934-6634

**SIDS Calgary**

Offers support to families who have lost a child to crib death .....403-265-7437

Telecare Caring, listening, help, suicide information & intervention 24 hours .....403-266-0700

**Women's Health Resources**

Women's Health Centre .....403-944-2270

**YWCA Sheriff King Family Support Centre**

Non-crisis information – 8am to 4pm .....403-266-4111

**Hospitals**

**Alberta Children's Hospitals**

2888 Shaganappi Trail NW .....403-955-7211

**Foothills Medical Centre**

1403, 29 Street NW .....403-944-1110

**Peter Lougheed Centre**

3500, 26 Ave NE .....403-943-4555

**Rockyview General Hospital**

7007, 14 Street SW .....403-943-3000

**Sheldon M. Chumir Health Centre – Urgent Care**

1213, 4 Street SW .....403-955-6200

**South Calgary Health Centre – Urgent Care**

31 Sunpark Plaza SE .....403-943-9300

**South Health Campus – Emergency Department**

4448 Front Street SE .....403-956-1111

Subsidy Office .....1-877-644-9992/ 1-780-644-9992