

Destination Calgary

Services Guide

Table of Contents

Government Identification - 3	Clinics - 23
Housing - 4	Free and Low-Cost Counselling - 24
Transitional Housing - 5	Support Groups - 25
Shelters - 6	Recreation and Sport - 26
Food and Nutrition - 8	Transportation - 27
Clothing and Fashion - 9	Travel - 28
Education and Tutoring - 11	Youth Programs - 29
Disability Support - 13	Cell Phones - 31
Employment - 14	Public Libraries - 32
Volunteering - 15	Entertainment - 34
Language & Translation Services - 16	LGBT+ Entertainment - 35
Legal Services - 17	Student Discounts - 36
Immigration and Settlement - 18	Free Stuff - 36
Income Support and Finances - 19	Queer Specific Resources - 37
Health and Wellness - 21	Project Bio - 39
Hospitals - 22	

Government Identification

AHS ID Program

1213 4 St SW - 403-650-4050

<http://www.jhsrd.ca>

Calgary Legal Guidance

Notarized ID

840 7 Ave SW - 403-234-9266

<https://clg.ab.ca/>

The Mustard Seed Wellness Centre

1010 Centre St SE - 587-393-4020

theseed.ca

New Urban Registry

1138 10 Ave SW - 403-262-999

<https://newurbanregistry.com/>

Government Registry Services

<https://www.alberta.ca/registry-services>

Housing

SORCe

Hub for subsidized housing - Walk-In only

316 7 Ave SE- Monday-Friday 8:30am - 4:30pm

<https://sorcelandary.ca/>

Calgary Housing

Affordable rentals & subsidies resource

433 Marlborough Way NE - 587-390-1200

<https://calgaryhousingcompany.org/>

Low-income housing - Sober only

1010 Centre St SE - 403-767-2427

Kerby Centre

Senior centre supports.

1133 7 Ave SW - 403-265-0661

<https://unisonalberta.com/>

Metis Urban Housing

Subsidized housing

5301 21A Ave SE - 403-569-9030

<https://www.metishousing.ca>

Treaty 7 Housing

3600 19 St NE #4 - 587-952-0280

<https://www.t7housing.com/>

Service Alberta - 1-877-427-4088

<https://www.alberta.ca/service-alberta>

Residential Tenancy Dispute Centre

615 Macleod Tr SE - 1-780-644-3000

<https://www.alberta.ca/residential-tenancy-dispute-resolution-service>

Transitional Housing

Mary Dover House

Women Only

320 5 Ave SE - 403-263-1550

<http://canopsociety.org/ywca-mary-dover-house-supportive-housing>

W.I.S.H.

Sober Women

3013 15 Ave SW - 403-930-2711

Emma Maternity House Society

Pregnant Women

Call for address - 403-612-2351

<https://www.emmahouse.ca>

Calgary Dream Centre

Sober Men

4510 Macleod Tr S - 403-243-5598

<https://calgarydreamcentre.com/>

Salvation Army Centre of Hope

Sober Men

420 9 Ave SE - 403-410-1111

Oxford House

4321 23b St NE #1B - 403-214-2046

<https://www.oxfordhouse.ca>

Shelters

Alpha House

Harm Reduction

203 15 Ave SE - 403-234-7388

<https://alphahousecalgary.com/>

Inn from the Cold

Families & Children

110 11 Ave SE - 403-263-8384

<https://innfromthecold.org/>

Kerby Centre

Senior centre supports.

1133 7 Ave SW - 403-265-0661

<https://unisonalberta.com/>

The Mustard Seed Shelter

Sober Adults

7025 44 St SE - 403-723-9422

theseed.ca

Salvation Army Centre of Hope

Sober Men

420 9 Ave SE - 403-410-1111

AWO Taan Women's Shelter

Women Only

4517 17 Ave SE - 403-531-1972

<https://www.awotaan.org/>

Calgary Women's Emergency Shelter

Women Only

Call for address - 403-234-7233

Sheriff King Home

Domestic Violence

2003 16 St SE - 403-266-0707

<https://www.ywcalgary.ca/programs/domestic-violence-shelter/>

YWCA

Women Only

1715 17 Ave SE - 403-263-1550

Brenda's House

Women & Children

1921 28 St SW - 403-242-8575

<https://childrenscottage.ab.ca/main/brenda-s-house/>

Avenue 15

Youth aged 12-24

938 15 Ave SW - 403-543-9651

Calgary Drop-In Centre

Housing focused shelter

1 Dermot Baldwin Way SE - 403-263-5707

<https://calgarydropin.ca>

Food and Nutrition

Calgary Interfaith Food Bank

7 Hampers a year

5000 11 St SE - 403-253-2055

<https://www.frfp.ca/calgary-inter-faith-food-bank/>

Community Kitchen Program of Calgary

3751 21 St NE - 403-275-0258

<https://www.ckpcalgary.ca/>

The Alex Community Food Centre

3 Drop in community meals

4920 17 Ave SE - 403-455-5792

<https://thealexafc.ca/>

Islamic Circle North America: Calgary

4101 19 St NE Bay 4 - 403-457-4266

<https://icnacalgary.ca/>

Good Food Box

3751 21 St NE0 - 403-275-0258

<https://thegoodfoodbox.ca/>

Salvation Army - Barbara Mitchell Family Resource Center

1731 29 St SW - 403-930-2700

St. Mary's Cathedral

Sunday meal service

219 18 Ave SW - 403-228-4170

St. Edmund's Anglican Church

Emergency food hamper pick-up

8336 34 Ave NW - 403-288-6330

Robert McClure United Church

Thursdays from 10:30am - 11:30am

5510 26 Ave NE - 403-280-9500

The Veterans Food Bank of Calgary

4619 6 St NE #1 - 403-277-8387

<https://veteransfoodbankalberta.ca/>

Clothing and Fashion

Calgary Bow Trail Goodwill

3825 Bow Trl SW - 403-455-3980

WINS (Women In Need Society)

7007 54th St SE #137- 403-252-3826

<https://www.winsyyc.ca/>

Making Changes Association

Dress for Success Calgary

6516 1a St SW - 403-262-5776

Calgary Drop-In Centre

Free Goods & Donation Centre

3640 11a St NE - 403-264-0856

The Salvation Army Thrift Store

121 58 Ave SW - 403-251-5941

The Veterans Association Thrift Store

640 28 St NE #1 - 403-367-8387

Malls:**Chinook Center**

6455 Macleod Trail

<https://shops.cadillacfairview.com/property/cf-chinook-centre>**Sunridge Mall**

2525 36 St NE

<https://sunridgeshopping.com/>**Southcentre Mall**

100 Anderson Rd SE

<https://southcentremall.com/>**CF Market Mall**

3625 Shaganappi Trail NW

<https://shops.cadillacfairview.com/property/cf-market-mall>**CORE Shopping Centre**

324 8 Ave SW

<https://coreshopping.ca/>**Marlborough Mall**

3800 Memorial Dr

<https://marlboroughmall.com/>**Pacific Place**

999 36 St NE

<https://www.pacificplacemall.com>**Deerfoot City**

901 64 Ave NE

<https://deerfootcity.com/>**Westbrook Mall**

1200 37 Street SW

<https://westbrookmall.com/>**Westhills Towne Centre**

232 Stewart Green SW

<https://westhillstownecentre.com/>

Education and Tutoring

Public Funded Schools:

Alberta University of the Arts

<https://www.auarts.ca/>

Ambrose University

<https://ambrose.edu>

Athabasca University

<https://www.athabascau.ca/index.html>

Bow Valley College

<https://bowvalleycollege.ca/>

Burman University

<https://www.burmanu.ca/>

Tutoring Centers:

Calgary Tutoring Center

(403) 475-3435

<https://www.calgarytutoringcentre.com/>

Calgary Home Tutoring

403-301-0169

<https://calgaryhometutoring.ca/>

Northwestern Polytechnic

<https://www.nwpolytech.ca/>

Mount Royal University

<https://www.mtroyal.ca/>

Red Deer Polytechnic

<https://rdpolytech.ca/>

SAIT Polytechnic - Southern Alberta Institute of Technology

<https://www.sait.ca/>

University of Calgary

<https://www.ucalgary.ca>

My Tutor Calgary

3770 Westwinds Dr. NE #326

(403) 455-6284

<https://www.mytutorcalgary.ca>

Sylvan Learning of SW Calgary

7460 Springbank Blvd SW #240

403-879-4059

<https://locations.sylvanlearning.com/ca/sw-calgary>

MathPro Math Tutoring

23-41 Chelsea St NW, Calgary

403-284-3111

<https://www.mathpro.ca/>

TutorOne

246 Stewart Green SW #6101C

<https://tutorone.ca/best-tutoring-calgary>

587-317-9067

Cambridge Learning Services Inc.

55 Westwinds Crescent NE #115

587-429-5725

<http://www.cambridgelearningyyc.com/>

Disability Support

Access Calgary

Mobility challenged transit - Must apply for services.

224 7 Ave SW - 403-537-7770

<https://www.calgarytransit.com/content/transit/en/home/calgary-transit-access/apply-for-service.html>

AISH

Permanent Disability Funding

2752 Sunridge Way NE - 403-297-8511

<https://www.alberta.ca/aish>

The Calgary Society for Persons with Disabilities (CSPD)

3410 Spruce Drive SW, Calgary

403-246-4450

<https://www.cspd.ca/>

Developmental Disabilities Resource Centre of Calgary

4631 Richardson Way SW

403-240-3111

<https://ddrc.ca/>

Findings Resource Centre Inc.

Suite #118 – 1212 1 St. Street S.E. Calgary

403-457-1887

<https://findingsresourcecentre.ca/>

Calgary Society of Community Opportunities

#102-2616 18 St NE, Calgary

403-253-3454

<https://www.cscocalgary.com/>

Calgary Alternative Support Services

525 28 St SE Suite 310, Calgary

403-283-0611

<https://www.c-a-s-s.org/>

Employment

Momentum

Financial literacy & Employment training

2936 Radcliffe Dr SE #16 - 403-272-9323

momentum.org

Calgary Alternative Employment Services

525 28 St SE Suite 310 - 403-583-0611

<https://www.calgary-employment.ca/>

Calgary Career Hub

75 Crowfoot Rise NW 403-201-4122

<https://www.calgarycareerhub.com/>

Calgary East Alberta Supports Centre

2752 Sunridge Way NE - 403-297-1907

<https://www.alberta.ca/alberta-supports>

City Of Calgary Youth Employment Centre

315 10 Ave SE - 403-268-2490

<https://www.calgary.ca/careers/youth-employment.html>

Prospect Human Services

915 33 St NE & 910 7 Ave SW #900 - 403-237-5108

<https://www.prospectnow.ca/>

Gateway Association Calgary

The Commons, 1206 20 Ave SE - 587-779-7888

<https://gatewayassociation.ca/>

MCG

Career & Employment Centre

11012 Macleod Tr #350 - 403-668-5445

<https://www.mcgcareers.com/calgary-programs/>

Aboriginal Futures

Education & Employment services for Indigenous people

6011 1a St SW - 403-253-5311

<https://aboriginalfutures.com/>

Volunteering

Volunteer Connector

<https://www.volunteerconnector.org/>

We're the Federation of Calgary Communities

110, 720 – 28 Street NE Calgary, AB T2A 6R3 - (403) 244-4111

<https://calgarycommunities.com/>

Volunteer Calgary

<https://volunteercalgary.net/>

Language and Translation Services

Calgary Translation Services

<http://translatecalgary.com/>

736 6 Ave SW #700 - 403-305-5859

Sandal Translation Services

3901 54 Ave NE Unit 129 403-460-0070

<https://sandaltranslation.ca/>

Languages in Motion

404 6 Ave SW #300 - 403-648-3010

<https://www.languagesim.com/>

Translation Agency of Alberta

421 7th Ave SW Office 3007, 30th Floor - 587-325-5711

<https://www.talberta.ca/>

QLPD Canada Translation Services - Calgary

4838 Richard Rd SW Suite 300 - 403-919-2313

<https://translationcanada.ca/>

CanLanguage

4039 Brentwood Rd NW Unit 135 & 136 - 403-688-9999

<https://www.canlanguage.com/>

Legal Services

Calgary Courts Centre

601 5 St SW - 1-855-738-4747

<https://www.alberta.ca/calgary-courts-centre-1>

Calgary Legal Guidance

Legal advice and Notarized ID

840 7 Ave SW - 403-234-9266

<https://clg.ab.ca/>

Calgary Parole Office

524 12 Ave SW - 403-292-5505

Calgary Provincial Probation Community Corrections

Central

665 8 St SW - 403-297-6481

<https://www.alberta.ca/community-sentences>

Elizabeth Fry Society

Women Only

1731 10 Ave SW - 403-294-0737

<https://elizabethfrycalgary.ca/>

John Howard Society

Men Only

4502 Builders Rd SE #1000 - 403-266-4566

<https://www.cjhs.ca/>

Legal Aid Society of Alberta

665 8 St SW - 403-297-6380

<https://www.legalaid.ab.ca/>

Native Counselling Services of Alberta

910 7 Ave SW #1010 - 403-237-7850

<https://www.ncsa.ca/>

Immigration and Settlement

Immigrant Aid Society

Supports with integration.

910 7 Ave SW #1200 - 403-265-1120

<https://www.immigrantservicescalgary.ca/>

Calgary Immigrant Women Association

Supports for immigrant women.

138 4 Ave SE - 403-263-4414

<https://ciwa-online.com/>

Centre for Newcomers

Settlement services

999 36 St NE #1010 - 403-569-3325

<https://www.centrefornewcomers.ca/>

Calgary Catholic Immigration Society

Supports with integration & Employment services.

1111 11 Ave SW 5th floor - 403-262-2006

<https://www.ccisab.ca/>

Citizenship & Immigration Canada

220 4 Ave SE (Harry Hays) - 1-888-242-2100

<https://www.canada.ca/en/services/immigration-citizenship.html>

Income Support and Finances

AISH

Permanent Disability Funding

2752 Sunridge Way NE - 403-297-8511

<https://www.alberta.ca/aish>

HOUSING FINANCIAL ASSISTANCE

Bow West Community

7904 43 Ave NW - 403-216-5348

Sunrise Community Link

3303 17 Ave SE - 403-204-8280

<https://www.alberta.ca/affordable-housing-and-rent-assistance>

211 Basic Needs Fund - 2-1-1

ALBERTA WORKS

Income support, public phone, employment, and computers

1021 10 Ave SW - 403-297-2094

<https://www.alberta.ca/income-support>

Calgary East Westland Professional Center

2752 Sunridge Way NE - 403-297-1907

<https://www.alberta.ca/calgary-east-westland-alberta-supports-centre>

One Executive Place

1816 Crowchild Tr NW - 403-297-7200

100S Heritage Square

8500 Macleod Tr SE - 403-297-2020

<https://www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?rc=4804&lang=eng>

Emergency Alberta Works Office

Only after hrs 5pm-8am - 1-877-644-9992

<https://www.alberta.ca/emergency-financial-assistance>

Money Mentors

1200 59 Ave SE #150 - 403-265-2201

<https://moneymentors.ca/>

Canada Revenue Agency (CRA) Tax Information

Obtain T-slips, change your address, replace assessment,

etc. - 1-800-959-8281

CRA GST Credit - 1-800-959-1953

<https://www.canada.ca/en/services/taxes.html>

Kerby Centre

Taxes for 55+

1133 7 Ave SW - 403-705-3246

<https://unisonalberta.com/>

Free Online Tax Filing Software

www.simpletax.ca

Health and Wellness

EMERGENCY SERVICES

Emergency - 9-1-1

Community & Social Services - 2-1-1

Health Link - 8-1-1

City of Calgary - 3-1-1

DISTRESS CENTRE

24/7 Crisis phone line - 403-266-4357

Police Non-Emergency - 403-266-1234

DOAP Team Outreach transportation

403-998-7388

PACT Team

Health supports - 403-955-6380

Non-Emergency outreach - 1-855-491-5868

<https://alphahousecalgary.com/category/doap-team/>

Child & Family Services

24 hr Family supports - 403-297-2995

AHS Addiction Helpline - 1-866-332-2322

HOSPITALS

Sheldon Chumir Centre

1213 4 St SW - 403-955-6200

Foothills Medical Centre

1403 29 St NW - 403-944-1110

Peter Lougheed Centre

3500 26 Ave NE - 403-943-4555

Rockyview General Hospital

7007 14 St SW - 403-943-3000

South Health

4448 Front St SE - 403-943-9300

Clinics:**CUPS**

Medical Clinic & Economic Supports

1001 10 Ave SW - 403-221-8780

<https://www.cupscalgary.com/programs-services/health>

STI Clinic

1213 4 St SW 5th floor - 403-955-6700

<https://www.albertahealthservices.ca/findhealth/Service>

The Alex Health Centre

Medical Clinic & Counselling Supports

205 1217 Centre St NW - 403-266-2622

<https://www.thealex.ca/program/community-health-centre/>

Pregnancy Care Centre - 403-269-3110

Free and Low-Cost Counselling

DISTRESS CENTRE

24/7 Crisis phone line - 403-266-4357

Calgary Communities Against Sexual Abuse (CCASA)

910 7 Ave SW #700 - 403-237-5888

<https://calgarycasa.com/>

Eastside Family Centre

Free Walk-In

495 36 Street NE - 403-299-9696

<https://eastsidefamilyplace.org/>

Elbow River Healing Lodge

Free- Indigenous Focused

1213 4 St SW 7th floor - 403-955-6600

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009201>

Calgary Counselling

Sliding scale

105 12 Ave SE #1000 - 403-265-4980

<https://calgarycounselling.com/>

Carya

Family, children & seniors - Sliding scale

839 5 Ave SW #180 - 403-269-9888

<https://caryacalgary.ca/>

Alpha House Detox

24 hr Detox Centre

203 15 Ave SE - 403-234-7388 ext 2

<https://alphahousecalgary.com/how-we-help/detox-transitional-program/>

Renfrew Recovery Centre

24 hr Medical Detox Centre

1611 Remington Road NE - 403-297-3337

<https://www.albertahealthservices.ca/services/renfrewrecoverycentre.aspx>

AHS Safe Consumption Site

1213 4 St SW - 403-955-3380

AHS Addiction Helpline - 1-866-332-2322

Support Groups

Mental Health Support Group

Facilitated peer group.

403-266-8711

Reach for Recovery

Addictions peer support

403-266-8711

Online Calgary Support Group List

<https://www.meetup.com/>

Carya

Multiple Family Relates Support Groups

<https://caryacalgary.ca/our-programs/groups/>

Outlink Groups

Different LGBT2S+ groups

<https://www.calgaryoutlink.ca/groups>

Grief Support Program

Free services

1820 Richmond Road SW - 403-955-8011

<https://www.albertahealthservices.ca/assets/programs/ps-1026229-grief-support-calgary-brochure.pdf>

Recreation and Sport

City of Calgary

Fitness Classes

Arts Classes

Martial Arts & Self-defence

Swimming

Skating and Honkey

Sailing

Yoga and wellness

Playschool

<https://www.calgary.ca/parks-rec-programs>

<https://www.cocnmp.com/recreation/myRecGuide/program-guide>

Adult Calgary Sports Teams and Leagues

Calgary Hitmen (Hockey)

Calgary Colts (Junior Football)

Calgary Canucks (Junior Football)

Calgary Speed Skating Association (Speed Skating)

Calgary Foothills FC (Soccer)

Calgary Rage (Women's Football)

Calgary Rowing Club (Rowing)

Calgary Kangaroos (Australian Football)

Prairie Wolf Pack (Rugby)

Suite 180, 4411 6 Street SE

Calgary

403-244-7529

<https://www.calgarysportsclub.com/>

Transportation

Fair Entry Program

Low-income bus pass and recreation

800 Macleod Trail SE 3rd Floor - 3-1-1

<https://www.calgary.ca/social-services/low-income/fair-entry-subsidy.html>

Access Calgary

Mobility challenged transit - Must apply for services.

224 7 Ave SW - 403-537-7770

<https://www.calgarytransit.com/content/transit/en/home/calgary-transit-access/apply-for-service.html>

Calgary Transit Information - 403-262-1000

Calgary Transit Lost & Found - 403-268-1600

<https://www.calgarytransit.com>

Red Arrow Bus

205 9 Ave SE - 1-800-232-1958

<https://www.redarrow.ca/>

Checker Cab - 403-299-9999

Associated Cabs - 403-299-1111

Travel

Tourism Calgary

<https://www.visitcalgary.com/>

Calgary International Airport

2000 Airport Rd NE, Calgary

403-735-1200

<https://www.yyc.com/>

Travel Agencies:

Trips Booker Canada

105-3650 Weswinds Dr NE

403-668-4800

tripsbooker.ca

Marlin Travel

218-251 Midpark Blvd, Calgary

403-201-5490

marlintravel.ca

Travel World

1130-4818 Westwinds Dr NE

403-717-0771

Airline Ticket Center

916 16 Ave NW

403-289-6656

airlineticketcentre.ca

Sunrise Travels

4556 Westwinds Dr NE

403-984-4545

sunrisetravels.ca

Youth Programs

City of Calgary After School Programs

free or low-cost programs:

Sport (drop-in).

Leadership training.

Biking/cycling.

Supports for immigrants and refugees.

Supports for Indigenous youth.

311 or 403-268-CITY (2489)

<https://www.calgary.ca/social-services/youth/afterschool.html>

Park n' Play / Stay n' Play

Ages 3-5+adult or 6-12

<https://www.calgary.ca/parks-rec-programs/park-n-play-stay-n-play.html>

Calgary Youth Leadership Programs

Registration Required

403-268-3800

<https://www.calgary.ca/parks-rec-programs/youth-leadership.html>

Boys and Girls Clubs of Calgary

223 12 Avenue Southwest

<http://www.boysandgirlsclubsofcalgary.ca>

403-520-6270

Cornerstone Youth Centre

Youth Drop In

904 19 Street NE - 403-276-5360

<https://cornerstoneyouthcentre.com/>

Youth Centers of Calgary

7400 23 Street SE - 403-850-7884

<https://www.youthcentresofcalgary.com/>

Center For Newcomers

Youth Programs

125, 565 - 36 Street NE - 403-569-3325

<https://www.centrefornewcomers.ca/>

Youth Central

105 – 12 Ave SE, Suite 820 - 403-266-5448

<https://youthcentral.com/>

Youth Health Centre

#104 2840 2 Ave SE - 403-520-6270

youthinfo@thealex.ca

YMCA Calgary*Health & Fitness**Summer Camps**Child Development**Community**Arts*<https://www.ymcacalgary.org/>**Subsidized Childcare:****Alberta Childcare Subsidy**<https://www.alberta.ca/child-care-subsidy>

780-644-9992

Childcare Connect

1-844-644-5165

<https://www.childcareconnect.ca/>**Active Start Childcare Centre**

403-275-1157

<https://www.activestartchildcare.ca>**Child Development Dayhomes**

Suite 202, 222 - 16 Ave NE - 403-230-2233

<https://www.childdev.com/calgary>**City of Calgary:***Childcare Centers*

1-866-695-4326

<https://www.calgary.ca/employees/childcare-services.html>**Calgary Childcare Centre**

587-716-6030

Kids @ Churchill Park

403-266-4656

YMCA Child Care<https://ymcanab.ca/programs/child-care>

Cell Phone Companies

Bell Mobility

1 (800) 667-0123

bell.ca

Fido

1 (888) 481-3436

fido.ca

Rogers Wireless

1 (888) 764-3771

rogers.com

Virgin Plus

1 (888) 999-2321

virginplus.ca

Telus Mobility

1 (866) 558-2273

telus.com

Freedom Mobile

1 (877) 946-3184

<https://www.freedommobile.ca>

Koodo Mobile

<https://www.koodomobile.com>

1-866-995-6636

Chatr

1-800-485-9745

<https://www.chatrwireless.com>

Public Mobile

<https://publicmobile.ca>

Public Libraries & Access to Computers and Technology

Calgary Public Library Locations

1221 2 Street SW

2623 56 Street NE

5994 Signal Hill Centre SW

924 Southland Drive SW

333 Shawville Boulevard SE

4995 Market St SE

19 Sage Hill Passage NW

150 7555 Falconridge Boulevard NE

11300 Rocky Ridge Road NW

108 Quarry Park Road SE

1530 Northmount Drive NW

11161 Bonaventure Drive SE

1421 33 Street SW

1904 14 Ave NW

6617 Centre Street N

3223 14 Street SW

4807 8 Avenue SE

6532 Bowness Road NW

8665 Nose Hill Drive NW

11950 Country Village Link NE

800 3 Street SE

Library Services

Free Printing

Laptop Loans

Book a Space

Borrow books, digital books, audiobooks, DVDs, CDs, magazines, newspapers, musical instruments.

Community Programs

Wellness Programs

Newcomer Programs

403-260-2600 (Central Line)

<https://calgarylibrary.ca/>

Entertainment

Calgary Zoo

210 St. George's Drive NE 403-232-9300

<https://www.calgaryzoo.com/>

TELUS Spark Science Centre

220 St Georges Dr. NE

<https://www.sparkscience.ca/>

The Hangar Flight Museum

4629 McCall Way NE

<https://thehangarmuseum.ca/>

Bow Habitat Station

1440 17a St SE

<https://bowhabitat.alberta.ca/>

Downhill Karting

88 Canada Olympic Road SW

<https://www.downhillkarting.ca/>

The Military Museums

4520 Crowchild Trail S.W.

Heritage Park Historical Village

1900 Heritage Dr. SW

<https://heritagepark.ca/>

Calaway Park

Amusement Park

245033 Range Rd 33

<https://www.calawaypark.com/>

Calgary Farmyard

284022 Township Rd 224, Rocky View
County

<https://www.calgaryfarmyard.com/>

LGBT+ Bars and Clubs:

The Backlot

209 10 Ave SW

403-265-5211

Texas Lounge

308b 17 Ave SW, Calgary

403-229-0911

Twisted Lounge

1006 11 Ave SW, Calgary

403-802-0230

Infinity Lounge

811 1 St SW, Calgary

403-452-5958

Calgary Pride Events

Annual

<https://calgarypride.ca/>

Student Discounts

Student Price Card

<https://www.spccard.ca/>

Student Beans

Special offers for students

www.studentbeans.com

Free Stuff

City of Calgary Free Activities

calgary.ca/free

Kijiji

<https://www.kijiji.ca/b-free-stuff/calgary/>

Facebook

<https://www.facebook.com/marketplace/calgary/free/>

Trash Nothing

<https://trashnothing.com/beta/calgary-free>

Queer Specific Resources

Calgary Outlink

105-223 12 Ave SW

403-234-8973

<https://www.calgaryoutlink.ca/>

Center For Sexuality

1509 Centre Street South, Suite 700

403-283-5580

<https://www.centreforsexuality.ca/>

The Alex Youth Health Centre

2840 2 Ave SE, Calgary

403-520-6270

<https://www.thealex.ca/program/youth-health-centre/>

Boy and Girls Club of Calgary - Aura Host Homes

LGBTQ2S+ Youth Housing Program

403-520-1547

<https://www.growwithtrellis.ca/youth-programs/housing-shelters/aura>

Queermunity

Support Group

youthinfo@thealex.ca

<https://www.thealex.ca/queermunity/>

LGBTQ2S Youth Group

LGBTQ2S Youth Group (ages 12-24)

117-7 Ave. SW

403-262-9953

Mosaic Youth Group

Peer-facilitated group for LGBTQ youth and allies, ages 10-25

223 12 Ave. SW

<https://www.aclrc.com/resources-1/2019/2/24/pflag-calgary-9egz4>

Trans Families

Peer support group for the natural supports of trans-identified individuals

223 12 Ave S.W., Room 106

transfamilies@calgaryoutlink.ca

PFLAG Calgary

1317 – 1st Street NW

403-284-8973

<https://pflagcanada.ca/alberta/>

El-Tawhid Juma Circle Mosque

ETJC Mosques are places of healing for everyone, including those who do not

identify as Muslim but who need a space for healing, who are family, spouses/partners, friends, seekers and allies.

<http://www.jumacircle.com>

Rang de Pride

<https://instagram.com/rangdepride?igshid=YTQwZjQ0NmI0OA==>

Temple B'nai Tikvah

900 47th Avenue SW Calgary, Alberta T2S 3C8

403-252-1654

<http://templebnaitikvah.org/>

Project Bios

At the time of writing, Derek Graham (he/him) is a fourth year Bachelor of Social Work student at Douglas College doing his practicum at Sher. He grew up in the Lower Mainland of BC and left his career in the corporate world to pursue an education and more meaningful career in social work. His passion for social work was born from his own lived experience as an openly gay person with substance misuse issues. He has won multiple awards for his work in the local community in the field of addictions and is the founder of “Grief on Arrival”, a support group for those bereaved from drug-related loss.