

## EMERGENCY PHONE NUMBERS

911 – POLICE / FIRE / AMBULANCE

988 – Suicide Crisis Helpline (24/7)

403-266-HELP (4357) – Distress Centre Calgary (24/7 phone/text/chat)

403-234-SAFE (7233) – Women's Emergency Shelter (24/7)

811 – Health Link (24/7 nurse advice)

211 – Community & Social Services Referrals

1-800-332-1414 – Poison & Drug Information Service

☛ If you are not sure who to call, start with 211.



***“When Jesus saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”  
(Matthew 9:36)***

Rockyview Compassion Ministries exists to express the kindness of Jesus in practical ways to those in need in our community.

# FOOD – FREE & DROP-IN

Robert McClure Pantry & Free Thrift Shop  
Thurs 12–2 PM | 5510 26 Ave NE | 📞 403-280-9500

CSC – The Well Café (Centre Street Church)  
Free hot meals | Mon & Wed 5:30–7:30 PM  
3900 2 St NE | 📞 403-293-3900

Dashmesh Culture Centre  
Free hot vegetarian meals daily | 9 AM–9 PM  
135 Martindale Blvd NE | 📞 403-590-0970

Mustard Seed Community Impact Centre (Marlborough Park)  
Bag lunches Wed & Fri (9–4) | Free bread Tue (1 PM)  
6060 Memorial Dr NE #24 | 📞 403-615-9214

Community Fridges & Outdoor Pantries (24/7, Free Access)

- Crossroads: 1820 Valleyview Rd NE
- Saddle Ridge: 75 Saddlelake Way NE
- Taradale: 81 Taradale Dr NE
- Whitehorn: 631 Whitewood Rd NE
- Maria's Pantry: 631 Whitewood Rd NE (Mon–Fri 9–6, includes pet food)

# TRANSPORTATION

## Calgary Seniors – Essential Transportation Program

🚗 Free medical rides for seniors (65+) with limited income/support  
📞 403-266-6200

## Fair Entry – Low-Income Transit Pass

🚌 Monthly pass from as low as \$5.90/month (income-based)  
🌐 Apply at [calgary.ca/fair-entry](https://calgary.ca/fair-entry)

## Calgary Transit Access

🚗 Door-to-door service for people with disabilities (application required)  
📞 403-537-7777

# SHELTER

## Drop-In Centre (DI)

24/7 adult emergency shelter, meals & housing support  
1 Dermot Baldwin Way SE | 📞 403-266-3600

## Inn from the Cold

Shelter for families with children; meals & casework support  
#110, 706 7 Ave SW | 📞 403-263-8384

## YWCA – Sheriff King Home

Emergency shelter for women & children fleeing violence  
📞 403-705-0315

👉 If you need help finding a shelter, call the Distress Centre: 403-266-HELP (4357)

# FINANCIAL SUPPORT

## Emergency Needs Allowance (Alberta)

Short-term help for urgent needs (food, shelter, clothing, meds, transport)  
📞 1-877-644-9992

## Alberta Works / Income Support

Help with basic living costs if you have no/low income  
📞 1-877-644-9992

## AISH – Assured Income for the Severely Handicapped

Monthly income & health benefits for adults with permanent disabilities  
📞 1-877-644-9992

## Utility Help – UCA Helps

Support with bills, disconnections & payment plans  
📞 310-4822 | 🌐 [ucahelps.alberta.ca](https://ucahelps.alberta.ca)

## Aspen Family & Community Network

Family supports, case management & financial coaching  
📞 403-219-3477 | 🌐 [aspenfamily.org](https://aspenfamily.org)