Resource Guide



Calgary, AB

Service Telephone Address

↑ Rent Bank			
Calgary Rent Bank Assistance with rent arrears ☑ info@calgaryrentbank.org ⊕ calgaryhousingcompany.org/	403-297-7333	800 Macleod Trail SE, Calgary	
The Alberta Works Emergency Financial Assistance Assistance with rent arrears alberta.ca/income-support	1-866-644-5135	10301 Southport Rd SW, Calgary	
Utility Bank			
Direct Energy Alberta Works or Alberta Supports Assistance with utility arrears directenergy.ca/en/customer-care/financial-support-and-assistance	1-877-644-9992		
🍎 Food Bank			
Calgary Food Bank Assistance with food ☑ info@calgaryfoodbank.com ⊕ calgaryfoodbank.com/	403-253-2055	5000 11 St SE, Calgary	
Clothing Bank			
The Salvation Army Calgary Thrift store ☑ info@calgaryclothingbank.org ⊕ salvationarmycalgary.org/	403-410-1111	420 9 Ave SE, Calgary	
Government of Canada Assistance with job search www.on.jobbank.gc.ca/home			



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H Health Resources			
Alberta Health Services Health Service ☑ calgary.zone@albertahealthservices.ca ⊕ albertahealthservices.ca	403-955-1525	1820 Richmond Road SW, Calgary	
Mental Health Resources			
Distress Centre of Calgary Mental Health resources ☑ info@distresscentre.com ⊕ distresscentre.com/	403-266-1605	1010 8 St SW, Calgary, AB T2R 1J4	
Resource Directory			
211 Alberta Source of Information for Services ab.211.ca/	211		

