



CALGARY FLAMES FOUNDATION \$1.15 MILLION COMMUNITY SUPPORT PROGRAM

Providing support to essential
and relief services in Calgary.
#UnitedByCommunity

SUPPORT OF VULNERABLE POPULATIONS

CALGARY DROP-IN CENTRE

Providing daily shelter, meals, health services and housing support to as many as 1,000 Calgarians across three emergency shelter sites.

THE MUSTARD SEED

Operating two shelters to provide basic services and wellness support to 355 people daily.

INN FROM THE COLD

Operating a scatter-site emergency shelter for families.

CUPS

CUPS Health Clinic open for urgent needs.

THE ALEX

A Social Dispatch Centre provides outreach services for food and basic needs.

RELIEF FUNDING



THROUGH THE UNITED WAY

500 Chromebooks have been provided to students for home schooling and support for Indigenous communities.

MOBILIZING FOOD AND FOOD SECURITY

CALGARY FOOD BANK

Hamper Request line -
403-253-2055.

BROWN BAGGING FOR CALGARY KIDS

Continuing lunch support for families in need while at home. Know a family that needs help?
bb4ck.org/help

MEALS ON WHEELS

A 54% increase in meal deliveries. For support call 403-243-2834.



BE THERE FOR YOURSELF.
BE THERE FOR EACH OTHER.

MENTAL HEALTH SUPPORT

KIDS HELP PHONE

Start a conversation via phone, text or online. Call 1-800-668-6868

CALGARY COUNSELLING CENTRE

Always someone available to talk to in your time of need.
Call 403-691-5991 or chat online.

CANADIAN MENTAL HEALTH ASSOCIATION

Peer Support Services available - email or phone.
403-297-1402
peer@cmha.calgary.ab.ca

DISTRESS CENTRE CALGARY

Immediate assistance is available - call the 24-hour Crisis Line - 403-266-HELP (4357).



FAMILY SUPPORT SERVICES



SUPPORTING
FAMILIES
THROUGH
DIFFICULT TIMES

YW CALGARY
CALGARY WOMEN'S
EMERGENCY SHELTER

STAY HOME. STAY SAFE. WASH UP BUT REACH OUT. BECAUSE OF YOU, WE ARE STRONGER.
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