

# ARE YOU COLD?

If you're experiencing homelessness, learn what cold weather resources are available for you.



## Overnight Shelters and Daytime Services

### Alpha House Calgary

203 15 Ave. S.E. | 403-234-7388 | alphahousecalgary.com

24/7 shelter offers essential items, food, clothing, showers, detox access, outreach and transitional housing services.

### Calgary Drop-In Centre

1 Dermot Baldwin Way S.E. | 403-266-3600 | calgarydropin.ca

24/7 shelter offers essential items, food, clothing, showers, hygiene services, and supports with housing, addictions and health.

### YW Calgary

ywcalgary.ca | Crisis Line: 403-266-0707  
Emergency Shelter & Transitional Housing:  
1715 17 Ave. S.E. | 403-263-1550  
Crisis Shelter: 2003 16 St. S.E. | 403-266-4111

Emergency shelter and transitional housing for women without children and 24/7 Crisis Shelter for women with children, and affordable housing.  
Outreach supports, counselling services for women, men and children, and more support services.  
*Participants must register as a client to access services.*

### Mustard Seed Calgary

theseed.ca  
Foothills Shelter: 7025 44 St. S.E. | 403-723-9422  
Women's Shelter: 110 11 Ave. S.E. | 587-447-1345

24/7 shelter offers food, clothing, and hygiene services. Transportation is provided to and from the shelter from the Downtown Support Centre.  
*Adult (18+) sober environment. Intake required for new clients.*

24/7 women only shelter on a first-come first-serve basis at 4 pm. Offers food, clothing, and hygiene services.  
*Adult women (18+) sober environment. Intake required for new clients.*

### Salvation Army Calgary

salvationarmycalgary.org  
Men's Shelter: 420 9 Ave. S.E. | 403-410-1184  
Women's Shelter: 1731 29 St. S.W. | 403-930-2711

24/7 men only shelter offers daily meals, essential items, hygiene services, Wi-Fi, computers, gym access, and other support resources.  
*Men 18+ years old. Must be coherent.*

24/7 women only shelter offers daily meals, essential items, hygiene services, Wi-Fi, computers, and learning resources.  
*Women 18+ years old. Must be coherent.*

## Youth & Family Shelters

### Trellis - Avenue 15

938 15 Ave. S.W. | 403-543-9651 | growwithtrellis.ca

24/7 Youth shelter offers essential items and support services.  
*Youth aged 12-17.*

### Inn from the Cold

#110 - 706 7 Ave. S.W. | 403-263-8384 | innfromthecold.org

24/7 family shelter with capacity for 20 families at a time. Provides shelter, food, basic needs and housing supports for parents with children under the age of 18, including expectant parents. Families can stay until housing is secured.  
*Families must complete a triage and screening process. Intake is based on capacity. No drop-in services. Single individuals cannot be accommodated.*

### Children's Cottage Society's Emergency Family Shelter - Brenda's House

1921 28 St. S.W. | 403-242-8575 ext. 0 | childrenscottage.ab.ca

24/7 family shelter with limited capacity offers essential items, food, clothing, and essentials for families, adults with dependent children, pregnant mothers, and expecting couples.  
*Sober environment. Phone screening required. No drop-in services.*

## Daytime Services and Warming Locations

### Calgary Public Library

For locations and hours: 403-260-2600 | calgarylibrary.ca

Open to the public and offers resources and referrals to various supports. Additionally, public computers are available to access information and services. General hours of operations are:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12 p.m. - 5 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 6 p.m.	10 a.m. - 5 p.m.

### Dashmesh Cultural Centre

135 Martindale Blvd. N.E. | 403-590-0970 | dashmesh.ca

Offers daily hot meals and food hampers, food bank, community garden and community kitchen.  
*4 a.m. - 10 p.m. daily with meals 9 a.m. - 9 p.m.*

### Journey Church - Warming Centre

10307 Eamon Rd. N.W. | 403-241-8822 | myjourney.church

Warming location offers snacks, essential items and coffee, social supports, and connection to Coordinated Access and Assessment.  
*November 15, 2024 - March 31, 2025 | Mon. to Fri. 10 a.m. - 5 p.m.*

### Mustard Seed Calgary

102 11 Ave. S.E. | 1-833-448-4673 | theseed.ca

Offers bagged lunches and snacks, coffee house, warming/drop-in room, light programming, essential items (hygiene items, winter clothing, etc.) and employment coaching.  
*Regular hours: 8 a.m. - 6 p.m. daily | Shelter bus: 4:30 p.m. & 5:30 p.m. daily  
Extended hours December 1 2024 - March 31 2025: 7 a.m. - 7 p.m. daily  
Sober environment.*

### Reconnects Program

(The Alex and AAWEAR Outreach)  
Central Outreach Hub: 131 7 Ave. S.W. | aawear.org/reconnects

Offers hot meals, coffee and snacks; clothing and basic hygiene supplies; recovery supports; education and supplies; housing referrals; foot and wound care; STBBI testing & referrals; peer and community support; and resource navigation.  
*Tuesdays 10:30 a.m. - 12:30 p.m.*

### Salvation Army

Mobile Warming | Scan the code for the schedule



Mobile warming location, to be set up at two spots every day. Offers food, hot drinks, and transportation to shelter.  
*December 1, 2024 - March 31, 2025 | 11 a.m. - 1 p.m. / 3 p.m. - 5 p.m. daily*

### Soaps & Suds

Ernie Starr Arena: 4808 14 Ave. S.E.

Offers shower facilities with toiletries and towels provided.  
*10 a.m. - 12 p.m. on Tuesdays only.*

### SORCe Calgary

City Hall LRT Platform: #2 - 316 7 Ave. S.E. | sorcecalgary.ca

**Walk-in services only.** Connecting people to programs and services that help address barriers to stable housing.  
*Mon. to Fri. 9 a.m. - 12 p.m. and 1 p.m. - 4 p.m.*

### The Alex Community Health Centre

#102 - 2840 2 Ave. S.E. | 403-266-2622 | thealex.ca

Offers primary health care, mental health and addictions support, housing supports, essential items, social and wellness programming, food skills programming including community meals.  
*Mon. to Fri. 9 a.m. - 4 p.m.  
Meal times: Tuesdays 9:30 a.m. - 11:30 a.m. | Thursdays 11 a.m. - 1 p.m.*

### Wood's Homes - Inglewood Opportunity Hub

1008 14 St. S.E. | 403-774-1674 | woodshomes.ca

Offers warm meals, laundry, shower facilities and access to winter clothing, mental health, addiction and employment supports.  
*Open 9 a.m. - 5 p.m. daily | Youth 29 years old and under.*

### Aboriginal Friendship Centre of Calgary

4630 16 Ave. N.W. | 403-270-7379 | afccalgary.org

Culturally safe warming space offering coffee, tea and bannock.  
*November 18, 2024 - March 31, 2025 | Mon. to Fri. 9 a.m. - 4 p.m. | Sat. to Sun. 11 a.m. - 4 p.m.*

### Navigation & Support Centre

428 9 Ave. S.E. | 403-410-1167

Offers unhoused community members a one-stop access to multiple supports and services.  
*Mon. to Fri. 8:30 a.m. - 4:30 p.m.*



Call or text **2-1-1**, available 24/7, or visit [www.ab.211.ca](http://www.ab.211.ca) to access a broad network of community, social, health and government services.

If you see someone who needs help, call the H.E.L.P. (Human-centered Engagement Liaison and Partnership) Team at **403-998-7388**.

For the most up-to-date information scan the code or visit [www.calgaryhomeless.com/ewr](http://www.calgaryhomeless.com/ewr)



EMERGENCY WEATHER RESPONSE