

# 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  
Emergency Shelter: 1715 17 Ave. S.E. | 403-263-1550  
Crisis Shelter: 2003 16 St. S.E. | 403-266-4111  
Emergency Shelter for single women without children, 24/7 short-stay Crisis Shelter for women with or without children, and transitional housing for women with or without children. Daytime services offer outreach supports; food and basic needs assistance; counselling services for women, men and children; support with housing programs; legal, tax, and education services; and more.  
*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 | childrencottage.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. | sorcelandary.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