

COLD WEATHER

RESOURCES & SUPPORTS



Supports for Calgarians at risk of or experiencing homelessness.

If you're experiencing homelessness, learn what cold weather resources are available for you; including essential services, warming spaces and other supports. For more information and assistance, please reach out to the organizations and services.

For more information about the Emergency Weather Response (EWR), visit www.calgaryhomeless.com/ewr

Who to Contact

211 Alberta Helpline

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

H.E.L.P.

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

Emergency

If someone is in serious distress or non-responsive, call **9-1-1**.

City of Calgary Services

Call **3-1-1** for non-emergency and non-law enforcement related services.

Vulnerable Persons Team

For rough sleepers, call **403-805-7388** for help navigating supports including shelter, detox and housing programs.

OVERNIGHT SHELTERS & DAYTIME SERVICES

Alpha House Calgary Year-round

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 Year-round

1 Dermot Baldwin Way S.E. | 403-263-5707 | calgarydropin.ca

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

YW Calgary Year-round

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

Year-round
theseed.ca

Foothills Shelter

7025 44 St. S.E. | 403-723-9422

24/7 shelter offers food, clothing, and hygiene services. The Downtown Support Centre (102 11 Ave. S.E.) provides transportation on a shelter bus at 4:30 & 5:30 p.m. daily.

! *Adult (18+). Sober environment. Intake required for new clients.*

Women's Shelter

110 11 Ave. S.E. | 587-447-1345

24/7 women only shelter on a first-come first-serve basis at 4 p.m. Offers food, clothing, and hygiene services.

! *Women (18+). Sober environment. Intake required for new clients.*

Salvation Army Calgary

Year-round
salvationarmycalgary.org

Centre of Hope Men's Shelter

420 9 Ave. S.E. | 403-410-1184

24/7 men only shelter offers daily meals, essential items, hygiene services, Wi-Fi, computers, gym access, and other support resources.

! *Men (18+). Must be coherent.*

West Campus Women's Shelter

1731 29 St. S.W. | 403-930-2711

24/7 women only shelter offers daily meals, essential items, hygiene services, Wi-Fi, computers, and learning resources.

! *Women (18+). Must be coherent.*

YOUTH & FAMILY SHELTERS

Trellis - Avenue 15

Year-round

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

Year-round

#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 - Brenda's House

Year-round

1921 28 St. S.W. | 403-242-8575 | 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 & WARMING LOCATIONS

Calgary Public Library Year-round

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. to Thurs.	Fri.	Sat.
12 p.m. - 5 p.m.	10 a.m. - 8 p.m.	10 a.m. - 6 p.m.	10 a.m. - 5 p.m.

Dashmesh Cultural Centre Year-round

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

Offers daily hot meals and food hampers, food bank, community garden and community kitchen. Visit the website for updated hours.

Mustard Seed Calgary Year-round

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

Regular hours: 8 a.m. - 6 p.m. daily | Shelter bus: 4:30 & 5:30 p.m. daily
Extended hours: December 1, 2024 - March 31, 2025: 7 a.m. - 7 p.m. daily

Offers bagged lunches and snacks, coffee house, warming/drop-in rooms, light programming, essential items (hygiene items, winter clothing, etc.), employment services, and other support services.

! Sober environment.

Aboriginal Friendship Centre of Calgary Seasonal

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

November 18, 2024 – March 31, 2025

Mon. to Fri. 9 a.m. – 4p.m. / Sat. to Sun. 11 a.m. – 4 p.m.

Culturally safe warming space that offers coffee, tea and bannock.

Journey Church - Warming Centre Seasonal

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

November 15, 2024 - March 31, 2025: Mon. to Fri. 10 a.m. - 5 p.m.

Offers snacks and coffee, essential items, social supports, and connection to Coordinated Access and Assessment.

Wood's Homes - Inglewood Opportunity Hub Year-round

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

9 a.m. - 5 p.m. daily

Offers warm meals, laundry, shower facilities, access to winter clothing, and mental health, addiction, and employment support services.

! Youth 29 years old and under.

Salvation Army - Mobile Warming Stations Seasonal

December 1, 2024 - March 31, 2025

11 a.m. - 1 p.m. / 3 p.m. - 5 p.m. daily

Scan the QR code for updated daily locations.

Mobile warming stations, to be set up at two spots every day. Offers food, hot drinks, and transportation to shelters.



Reconnects Program Year-round

(The Alex and AAWEAR Outreach)

Central Outreach Hub: 131 7 Ave. S.W. | aawear.org/reconnects

Tuesdays 10:30 a.m. - 12:30 p.m.

Offers hot meals, coffee and snacks; clothing and basic hygiene supplies; recovery supports; education resources; housing referrals; foot and wound care; STBBI testing & referrals; peer and community support; and resource navigation.

The Alex Year-round

#101 - 2840 2 Ave. S.E. | 403-520-2260 | thealex.ca

Mon. to Fri. 9 a.m. - 4 p.m.

Offers primary health care, mental health and addictions support, housing supports, essential items, social and wellness programming, food skills programming including community meals served weekly.

Meal times:

- Tuesdays: 9:30 a.m. – 11:30 a.m.
- Thursdays: 11 a.m. – 1 p.m.

SORCe Calgary Year-round

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

Mon. to Fri. 9 a.m. - 12 p.m. / 1 p.m. - 4 p.m.

Walk-in services only. Connecting people to programs and services that help address barriers to stable housing.

Soaps & Suds Year-round

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

Tuesdays 10 a.m. – 12 p.m.

Offers shower facilities with toiletries and towels provided.

Navigation & Support Centre Year-round

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

Mon. to Fri. 8:30 a.m. - 4:30 p.m. (closed on stat holidays)

Offers unhoused community members one-stop access to multiple supports and services.

McMan - James House Neighbourhood Hub Year-round

344 14 St. N.W. | JHHub@mcmancalgary.ca (email to request a monthly calendar of events.)

Mon./Wed./Thurs. 12 p.m. - 4 p.m. | Tues. 11 a.m. - 2 p.m.

Offers programs and services to people seeking housing stability and connection to resources. Participants can attend learning sessions, cultural activities, access mental and physical health programs, and have access to a computer and printer. Staff can complete or update NSQs and provide information about other community resources.

Shelter Shuttle Seasonal

Help Team Dispatch 403-998-7388 | calgaryhomeless.com/ewr
December 1, 2024 - March 31, 2025: 10:30 p.m. - 4:00 a.m. daily.

Offers unhoused people that are found sheltering at LRT stations with the opportunity to be transported to emergency shelters, where they may access shelter and other supports. The shuttle is free and operates at stations along the Red and Blue lines. To find out where the shuttle is please contact the number above.



SafeLink Alberta Year-round

1944 10 Ave. S.W. | 403-508-2500 | safelinkalberta.ca

Mon. to Fri. 1 p.m. – 4:30 p.m. till March 31, 2025

Offers a drop-in centre where folks can access supplies, emotional and peer support, basic needs support such as food and hygiene items, STBBI testing and treatment, systems navigation, housing supports, and referrals to other services.

Centre Street Church – Centre for the City Year-round

Central Campus: 3900 2 St. N.E. (*North side entrance*)

403-293-3900 | cschurch.ca/centre-for-the-city

The Well Café

Mon. & Wed. 5:30 p.m. – 7:30 p.m. (*closed on stat holidays*)

Offers a free, hot meal in a warm and safe environment to anyone that comes.

Feed Your Soul at The Well Café

Thurs. 2 p.m. – 3:30 p.m.

Offers a safe space to come together to ask spiritual questions and receive Biblical teaching and prayer. Coffee, tea and a light snack are provided.

ReNew Clothing

Mon. & Wed. 5:30 p.m. – 7:30 p.m. (*closed on stat holidays*)

A shop that offers gently used clothing, available at no cost.

Women's Centre of Calgary Year-round

39 4 St. N.E. | 403-264-1155 | womenscentrecalgary.org

Offers essential and hygiene items, basic needs supports, food, peer and social supports, access to computers, tax assistance, legal services, employment services, and housing supports. Walk-ins welcome.

BeTheChangeYYC - Street Outreach Year-round

Downtown Core & SORCe | 587-224-9114 | bethechangeyyc.org

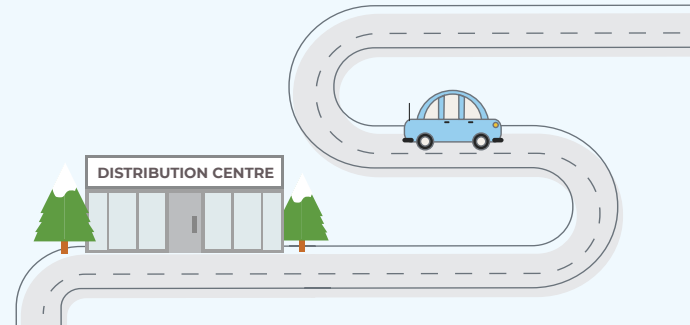
Tues. Wed. Sun. 4:30 p.m. – 9 p.m. / Sat. 2 p.m. – 6 p.m.

Offers bagged lunches, water, hygiene items, clothing, light medical supplies, and program navigation.

Calgary Community Food Map Online

bit.ly/4e4THF0 | [Scan the QR code to access the map.](#)

A community curated Google map of locations where people can access no and low-cost food options in the City of Calgary including meals, emergency hampers, food banks, community pantries and fridges, and more.





www.calgaryhomeless.com/ewr



@calgaryhomeless

