



Community Resource List

updated: May 2020

Community Organization	Contact Details	Information
URGENT NEEDS		
Calgary Distress Centre	500, 999 8 Street SW Tel: 403-266-4357 (HELP) Email: help@distresscentre.com <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.distresscentre.com/ </div>	*24/7 call Distress Centre – where you will receive support through your crisis *six free sessions of one-to-one counselling available for everyone from teens to seniors
Eastside Walk-In Clinic	Wood's Homes – Eastside Family Centre 255, 495 36 Street NE (Northgate Mall) Tel: 403-299-9696 <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.woodshomes.ca/programs/eastside-family-centre/ </div>	*no cost walk-in counselling with a qualified professional that may include psychiatric and clinical consultation
Calgary Women's Emergency Shelter	Tel: 403-234-7233 (SAFE) <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.calgarywomensshelter.com/ </div>	*24-hour family violence helpline
WIGS		
Canadian Cancer Society – Wig Room	325 Manning Road NE Tel: 403-205-3966 <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.cancer.ca/en/support-and-services/support-services/hair-donations/?region=ab </div>	*wigs for rent
Compassionate Beauty – Wig Room	26 22 Richard Way SW <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://compassionatebeauty.com/pages/wig-services </div> Tel: 403-686-6936	*wigs for purchase

CAREGIVER SUPPORT		
Caregivers Alberta	Tel: 780-453-5088 Email: office@caregiversakberta.ca <div style="border: 1px solid black; padding: 5px; text-align: center;"> http://www.caregiversalberta.ca/ </div>	*caregiver support resources in Alberta (peer and professional)
Canadian Cancer Society Peer Support	Email: match@cancer.ca <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://match.cancer.ca/ </div>	*caregiver peer support
Family Caregiver Centre	Tel: 403-955-1674 Email: family.caregivercentre@albertahealthservices.ca <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.albertahealthservices.ca/services/Page13155.aspx </div>	*caregiver support resources in Calgary
PALLIATIVE CARE & ANTICIPATORY LOSS		
*please refer to the bereavement package		
Palliative Home Care (AHS)	Sheldon M. Churmir Centre 1213 4 Street SW Tel: 403-943-1920 <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.albertahealthservices.ca/findhealth/service.aspx?id=1055051 </div>	*homecare nurses, physicians, social workers, occupational therapists, physiotherapists and respiratory therapists that provide care in people's homes
Hospice Calgary – Sage Centre, Rosedale Hospice	(2 locations) Sage Centre 1245 70 Ave SE Tel: 403-263-4525 Rosedale Hospice 920 7a Street NW Tel: 403-284-5195 <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.hospicecalgary.ca/ </div>	*hospice care, group support, child and family services, end-of-life support, workshops and grief counselling *guides children, teens and adults through the grieving process as they face a life-threatening illness and death of a loved one *provides individual family and group support as well as 24-hour end-of-life care
Alberta Health Services Palliative Hospice Care	Tel: 1-855-371-4122 Email: palliative.care@ahs.ca <div style="border: 1px solid black; padding: 5px; text-align: center;"> https://www.albertahealthservices.ca/info/Page14778.aspx </div>	*provides hospice care through several contracted organizations at various locations throughout the greater Calgary area
Canadian Virtual Hospice	Email: info@virtualhospice.ca	*provides support and personalized information about palliative and end-of-

	<p>http://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx</p> <p>www.kidsgrief.ca (for grieving children and teens)</p>	<p>life care to patients, family members, health care providers, researcher and educators</p> <p>*considered a reputable source for information</p>
YOUNG ADULT SUPPORT (18-40)		
YACC – Young Adult Cancer Canada	<p>Tel: 1-709-579-7325</p> <p>Email: connect@youngadulcancer.ca</p> <p>https://www.youngadulcancer.ca/</p>	<p>*provide information, support, skills and opportunity for young adults who are facing cancer</p>
Survive and Thrive	<p>Email: info@survivethrive.org</p> <p>https://www.survivethrive.org/</p>	<p>*utilizes adventure expeditions, films, experiential workshops and retreats to encourage and inspire those touched by cancer to live well</p>
Wellspring Young Adults (Calgary)	<p>Wellspring Calgary Randy O’Dell House 3910 Seton Drive SE Tel: 587-747-0260</p> <p>Carma House 1404 Home Road NW Tel: 403-521-5292</p> <p>https://wellspringcalgary.ca/young-adult-programs/</p>	<p>*YA programs are for Wellspring members who are 18-39</p>
SUPPORT GROUPS/PEER SUPPORT		
Wellspring External Groups	<p><i>*refer to Wellspring Program Schedule</i></p>	<p>*see back of the program schedule for all the cancer specific support groups that operate out of Wellspring</p>
Cancer Connection	<p>Tel: 1-888-939-3333</p> <p>https://cancerconnection.ca/home</p>	<p>*run by Canadian Cancer Society</p> <p>*an online/phone large database of cancer specific peer support volunteers</p>
Stories for Caregivers	<p>https://www.storiesforcaregivers.com/</p>	<p>*a place where caregivers can connect with each other, share their experiences, and be entertained by some of Canada’s most talented storytellers</p>

Canadian Cancer Society Peer Support	<p>https://match.cancer.ca/</p> <p>Email: match@cancer.ca</p>	*caregiver support resources in Canada
ADDITIONAL SUPPORTS		
Look Good Feel Better	<p>Tel: 403-355-3207 Email: info@lgfb.ca</p> <p>https://lgfb.ca/en/</p>	*beauty workshops including makeup, scarves & wigs
Cancer Chic	<p>Email: karla@cancerchic.ca</p> <p>http://www.cancerchic.ca/</p>	*beauty workshops using organic products
AHS Knowledge Resource Services	<p>https://krs.libguides.com/cancer/patientresources</p>	*provides resources to help assist those facing cancer or with loved ones diagnosed
Breast Cancer Supportive Care	<p>450, 1000 Veterans Place NW Tel: 403-270-2242 Email: info@breastcancersupportivecare.ca</p> <p>https://www.breastcancersupportivecare.ca/</p>	*family medical centre specializing in Breast Cancer patients
Prostate Cancer Centre	<p>Southern Alberta Institute of Urology Rockyview General Hospital 6500, 7007 14 Street SW Tel: 403-943-8888 Email: info@prostatecancercentre.ca</p> <p>http://www.prostatecancercentre.ca/</p>	*personalized clinical care, one-on-one peer support, one-stop patient focused, not-for-profit premier medical facility
Canadian Cancer Society	<p>Tel: 1-888-939-3333</p> <p>https://www.cancer.ca/en/?region=ab</p>	*provides resources and information to help assist those living with cancer find the best support
Alberta Cancer Foundation	<p>300, 1620 29 Street NW Tel: 403-521-3433 Email: acfonline@albertacancer.ca</p> <p>https://www.albertacancer.ca/</p>	*provides resources and information regarding detection, treatment and care for cancer patients and their caregivers

Cancer Control Alberta (AHS)	https://www.albertahealthservices.ca/cancer/Page16299.aspx	*support and resources for patients, family members or care givers
Family Caregiver Centre (AHS)	https://www.albertahealthservices.ca/services/Page13155.aspx	*information, education and support for family caregivers (includes family, friends & neighbors)
High River Community Cancer Centre (AHS)	560 9 Ave W High River Tel: 403-652-0139 https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1052503	*provides cancer patient navigation, treatment and care and more
South Health Campus Wellness Centre	4448 Front Street SE Tel: 403-956-3900 https://www.albertahealthservices.ca/shc/Page14846.aspx	*assists people in connecting with programs and information to support them on their path to health & wellness – refer to program guides
Threshold Choir	https://thresholdchoir.org/	*singing for those who are ill or dying
Wellspring Cancer Support Foundation (Calgary)	Wellspring Calgary Randy O'Dell House 3910 Seton Drive SE Tel: 587-747-0260 Carma House 1404 Home Road NW Tel: 403-521-5292 https://wellspring.ca/	
Wellspring Cancer Support Foundation (Edmonton)	11306 65 Avenue NW Edmonton Tel: 780-758-4433 https://wellspring.ca/edmonton/	
Thrive Centre (University of Calgary)	Olympic Oval (Kinesiology Building) 188 University Gate NW Tel: 403-210-8482 Email: wellnesslab@ucalgary.ca https://www.ucalgary.ca/healthandwellnesslab/research/thrive-centre	*run by trained volunteers, offering a clean and safe space for survivors and their support persons to engage in physical activity

	BEREAVEMENT	
	*please refer to the bereavement package	
AHS Grief Support	<p>Richmond Road Diagnostic and Treatment Centre Bob Glasgow Grief Support Centre, 3rd Floor 1820 Richmond Road SW Tel: 403-955-8011</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">https://www.albertahealthservices.ca/info/Page13161.aspx</p>	<p>*grief support for adults and bereaved children *offers individual or group services *there is a waiting period to get in to this program</p>
Alberta Children's Hospital	<p style="text-align: center;">28 Oki Drive NW</p> <p>Tel: 403-955-5474 (direct line for grief support worker) 403-955-5463 (direct line for children's palliative care)</p>	<p>*family bereavement support and children's grief care services</p>
Hospice Calgary – Sage Centre	<p style="text-align: center;">Children's Grief Centre / Sage Centre 1245 70 Ave SE Tel: 403-263-4525</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">https://www.hospicecalgary.ca/</p>	<p>*counselling support for children, teens and families *helping families adjust to the changes in their lives when someone close to them is living with a life-threatening illness or has died</p>
Tom Baker Cancer Centre	<p style="text-align: center;">Department of Psychosocial Services 1331 29 Street NW Tel: 403-355-3207 Email: calgarypsychosocial@albertahealthservices.ca</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1047804&serviceAtFacilityID=1074213</p>	<p>*Department of Psychosocial Services offers counselling for individuals, couples and families after the loss of a loved one – no fee or referral required</p>
	CHILDREN WITH CANCER	
Kids Cancer Care	<p style="text-align: center;">5757 4 Street SE Tel: 403-216-9210 Email: staff@kidscancercare.ab.ca</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">https://www.kidscancercare.ab.ca/</p>	<p>*for kids with cancer (ages 7-17) *summer camps at Camp Kindle *family camps throughout the year *who kids with a parent who has cancer or has lost their battle with cancer</p>
	LIFE BEYOND WELLSRING	
Calgary Senior's	<p style="text-align: center;">3639 26 Street NE Tel: 403-266-6200</p>	<p>*an innovative organization that strives to keep seniors</p>

Resource Centre	Email: info@calgaryseniors.org https://www.calgaryseniors.org/	healthy, independent and safe in their homes for as long as possible
Alberta Hospice Palliative Care Association	1245 70 Ave SE Tel: 403-206-9938 https://ahpca.ca/	*provides a resource directory to assist with locating resources in your community
Women's Centre Calgary	39 4 Street NE Tel: 403-264-1155 Email: info@womenscentrecalgary.org https://www.womenscentrecalgary.org/	*offering women opportunities to both receive and provide support, connect with others and build community through a variety of programs
Calgary Association of Lifelong Learners	310, 1721 29 Ave SW Tel: 403-288-0544 Email: info@calgarylifelonglearners.ca https://calgarylifelonglearners.ca/	*offers innovative and affordable learning opportunities for people 45 and over
Spring Forest Qigong	https://www.springforestqigong.com/	*groups available in and around the city of Calgary (check online)
Kirby Centre	1133 7 Ave SW Tel: 403-265-0661 Email: info@kirbycentre.com https://www.kirbycentre.com/	*group activities, classes, etc. for people 55+
Hiking	https://www.meetup.com/slow-and-steady-hikers/	*meetup group focused on bringing together people who enjoy hiking and meeting new people *public group open to all