

Disclaimer

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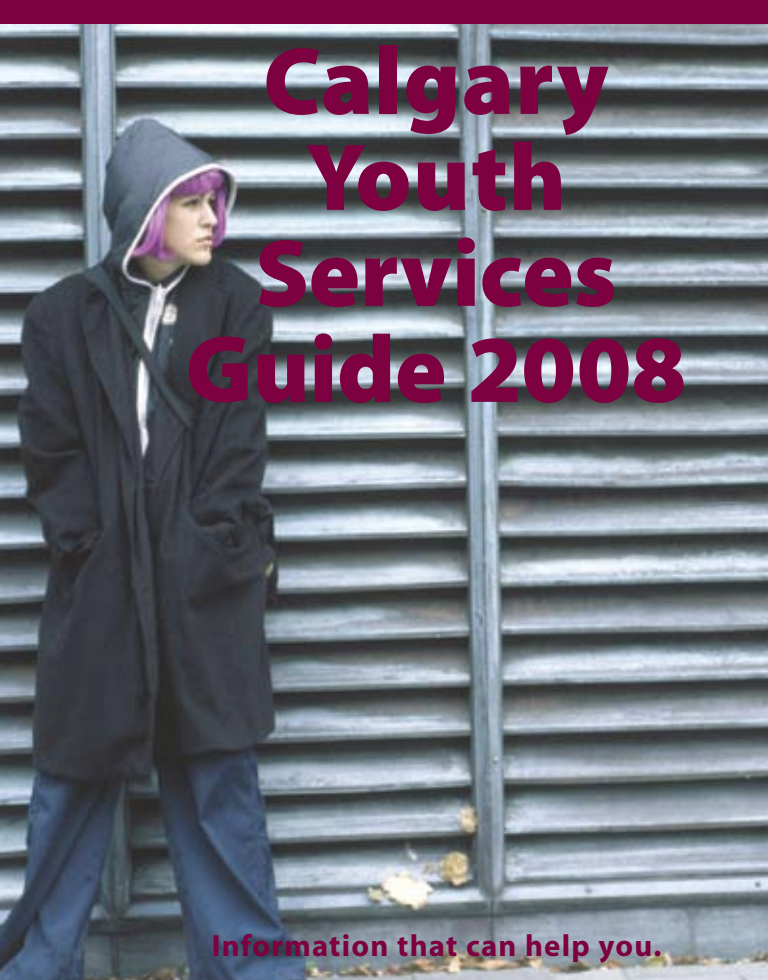
The City of Calgary
Community & Neighbourhood Services

Family and Community Support Services (FCSS)



THE CITY OF
CALGARY
COMMUNITY &
NEIGHBOURHOOD SERVICES





Calgary Youth Services Guide 2008

Information that can help you.

calgary.ca | call 3-1-1



THE CITY OF

CALGARY

COMMUNITY & NEIGHBOURHOOD
SERVICES

From time to time, life throws you a curve.

The curve may be exciting. The curve may be troubling.

The curve – good or bad – may mean you need a little help.

That help could be in the Calgary Youth Services Guide.

In it you'll find a listing of agencies and organizations that provide programs and services for youth.

Want to volunteer in your community? Hoping to learn better ways to cope at school? Think you might be pregnant?

If you can, bring up the subject with a parent or legal guardian first. If not, try another responsible adult like a school counsellor, teacher or religious leader. If you still need assistance, open these pages and find out who can lend a hand.

The road through life can take many turns. Let this help you navigate them.

2-1-1 is a free, confidential and multilingual number that can connect you to many other programs and services that are not listed in this guide.

Call 2-1-1 if you have questions and need answers.

The information included in this guide is intended for use by youth and those who work with youth. It was obtained from www.informcalgary.ca, an online database of community, government, health and social services. The listing of an organization in this guide does not indicate its endorsement, nor does the exclusion imply a lack of approval.

The Calgary Youth Services Guide is a publication of The City of Calgary Community & Neighbourhood Services. For additional copies, or to request an organizational listing, please call 3-1-1.

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AIDS Calgary**(403) 508-2500**

110, 1603 10th Ave. S.W.
www.aidscalgary.org

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Youth Xchange**(403) 613-0235 (Outreach)**

- HIV information, education and support for youth 12 – 30.
- Outreach program on street and at youth agencies and events.
- Free distribution of condoms.

AL-ANON Family Groups –**(403) 266-5850 (24 hour)**

toll free: 1-888-425-2666
www.calgaryal-anon.org

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AL-ATEEN

- A self-help group for youth 12 – 19 whose lives have been affected by the drinking problem of relatives or friends.
- Call to find out meeting location.

Alberta Alcohol & Drug Abuse Commission (AADAC)

AADAC Help Line: **1-866-332-2322 (toll free 24 hour)**
www.aadac.com

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Youth Services Centre Calgary
 1005 17th St. N.W.

(403) 297-4664

- For youth 12 – 17 and their families.
- Addiction-focused individual and family counselling available.
- Adolescent Information Series, Parent Awareness Series, Parent Skills Workshop, Parent Support Group, Youth Support Group (Moving Forward).
- Day treatment program providing a three/four month intensive structured approach.
- Residential support homes available.

- Detox and stabilization – 6 to 10 day planned intake with focus on engagement and treatment planning. Family involvement is encouraged.
- Residential treatment program – three-month adventure – based wilderness program (Calgary) or urban-based program (Edmonton).
- Prevention services for youth, families and the community.
- PChAD (Protection of Children Abusing Drugs) – AADAC provides addiction expertise, assessment and counselling within PChAD Protective Safe Houses throughout the province.
- Monday and Tuesday 8:15 a.m. – 6 p.m.
Wednesday 8:15 a.m. – 9 p.m.
Thursday and Friday 8:15 a.m. – 4:30 p.m.
- Walk-in appointments:
Monday, Wednesday, Friday 8:30 a.m. – 10 a.m.
or make appointment by phone.

4 Alberta Employment, Immigration and Industry

(403) 310-0000

www.employment.alberta.ca

Career Information Hotline

1-800-661-3753 (toll free)

www.alis.gov.ab.ca/hotline

- A toll-free telephone career information and referral service.
- Consults and advises individuals on educational programs, career planning, job descriptions, and training programs.
- Referrals to appropriate government, educational, social and community agencies when necessary.
- E-resume review service accessible on website.

Employment Standards Compliance

**(403) 310-0000
(ext. 780-427-3731)**

150, 717 Seventh Ave. S.W. (Elveden Centre)

- Information for employers and employees on minimum standards of employment.

- Investigates complaints when employees cannot resolve their differences with employers.
- Can answer questions about filing a complaint, general holiday pay and vacation pay, hours of work, minimum wage, payment of earnings, overtime, termination of employment and other work-related concerns.

Alberta Youth In Care and Custody Network

(403) 543-7819

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www.albertayouthincare.ca

Youth Recreation Program

- Offers a variety of recreational opportunities to youth in or from care or custody at no charge to the youth.
- Activities range from spectator sports to camping trips.
- Youth are encouraged to participate in small fundraising efforts.
- Youth must be ages 10 – 24 and be either in or from government care and/or custody.
- Weekly youth group.
- Please call for other programs offered.

Alberta Youth Outreach Foundation

(403) 281-1661

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Bay 5/6, 3360 27th St. N.E.

www.the-cave.org

The Sunridge Cave

- A safe place where youth 13 – 17 can find refuge in an atmosphere of love and care.
- Somewhere to dance, play pool or video games or just talk.
- Rules include no alcohol, drugs, weapons, sexual promiscuity, fighting or swearing.
- \$5 Friday and Saturday evening admission fee.
- Friday and Saturday 7:30 p.m. – 11:30 p.m.

The Alex Community Health Centre

(403) 266-2622

101, 1318 Centre St. North

www.thealex.ca

- The Alex CHC serves Calgarians facing barriers to health care services.
- Register as a client for medical support by physicians, nurses and chiropractors.
- Alberta Health Care Insurance is not required to receive services.
- The Alex focuses on serving the working poor, Aboriginals, children and youth, women mothering in poverty, immigrants and individuals who have limited access to health care services.
- Appointments can be scheduled with a counsellor or crisis and resource specialist for support, advocacy and referrals.
- Food Bank Satellite for east Calgary and inner city.
- Low-cost food programs, leadership development, community planning activities, youth services available.
- CAP site (public Internet access).
- Monday to Friday, 8:30 a.m. – 4:30 p.m.

The Alex Community Health Bus (403) 266-2622

- The health bus provides free services at regular weekly locations in the inner city and east Calgary.
- Nurses are onboard to provide assistance, support and referrals.
- Schedule available online.

Aspen Family and Community Network Society

(403) 219-3477

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13, 2115 27th Ave. N.E.

www.aspenfamily.org

Building Futures

(403) 250-9005

223 12th Ave. S.W.

(403) 219-3288

- A paid employment program for youth 15 – 30 who are not in school or are having difficulties obtaining and maintaining employment.
- Supports youth in becoming employed or returning to school.
- One-to-one support, group work and workshops where youth learn about life skills, resume building and job maintenance.
- Program offers 12 weeks of paid programming including a camp experience to foster team-building, communication and problem solving.
- Self-referral or referrals from child welfare workers, parents, probation officers and youth-serving agencies.

Youth Matters

(403) 219-3477

- Support for youth 13 – 21.
- A community-based program for adolescents who have made a commitment to making positive and healthy, lifestyle choices, either on their own or as a result of attending a program.
- Youth Support Workers provide outreach services to youth around relationship issues, access to education, employment, and housing and recreation programs.
- Workers also offer groups and opportunities for youth to connect with their communities.
- Youth may call directly to access a youth support worker.

Volunteer Connections Program**(403) 219-3477**

- For individuals age 16 and older who are interested in volunteering.
- Opportunity to gain experience working with people in the community at special events and/or participating in activities such as fundraising, child care, tutoring, or mentoring.
- Call the volunteer co-ordinator for details on how to get involved or visit our website.

9**Birthright****(403) 269-5915****1-800-550-4900 (24 hour toll free)****205, 525 11th Ave. S.W.****www.birthright.org**

- Anonymous pregnancy tests.
- Education guidance.
- Community resource information and referrals.
- Referral to emergency food/shelter.
- Adoption information.
- Baby clothes, maternity clothes, layettes.
- Monday, Wednesday, Friday 11:30 a.m. – 2:30 p.m.
Tuesday and Thursday 7 p.m. – 9 p.m.

10**BowWest Community
Resource Centre****(403) 216-5348****(403) 374-0448 (Ranchlands)****7904 43rd Ave. N.W. (inside the Bowness Sportsplex)****14,1840 Ranchlands Way N.W. (Ranchlands location)****www.bowwest.com**

- For residents of Bowness, Greenwood Village, Dalhousie, Montgomery, Ranchlands, Silver Springs, Varsity and surrounding areas.
- Telephone, fax, photocopier, computers (call to book computer time), job postings.

- Resources for rental arrears and utilities.
- Referrals to Red Cross Youth Advocate, health resources, low-income bus pass.
- Sheriff King Outreach Counsellor available to meet with women or men who have witnessed or experienced abuse. Available at both locations.
- Free clothing for all ages at Ranchlands location.
- Referrals to Calgary Interfaith Food Bank and other local food crisis services.
- Good Food Box program, a low cost box of fruits and vegetables.
- Monday 9 a.m. – 3:30 p.m.
Tuesday and Thursday 1 p.m. – 4:30 p.m.
Friday 9 a.m. – 3:30 p.m.

Boys and Girls Clubs of Calgary (403) 276-9981

731 13th Ave. N.E.

www.calgaryboysandgirlsclub.ca

Aboriginal Services

(403) 520-1502

- A variety of cultural, educational, recreational and social programs for urban Aboriginal children, youth and their families.
- Aboriginal Drama Club, Aboriginal Art Program, Great Escapes, Elder Outreach, Storyland Adventures, Reading/Homework Club, Traditional Dancing and Drumming.
- *Iiyika-kimaat* Aboriginal Youth Leadership Program.
- Focus on aboriginal awareness and youth involvement in the community.

Avenue 15**(403) 543-9651**

938 15th Ave. S.W.

- Crisis shelter for 12 – 17 year old homeless and runaway youth who need help getting off the streets.
- Short-term shelter, food, clothing and support in returning home or getting connected to other services.
- Referrals to counselling on a drop-in basis.
- Assistance with education and employment concerns.
- Shelter open 24 hours.

Beltline Youth Centre**(403) 263-7934**

221 12th Ave. S.W.

- A safe and supportive environment for youth 12 – 24.
- Drop-in unstructured programming where youth can meet other youth.
- Computers, movies and music.
- Weight room, games room, TV room.
- Basketball, floor hockey, volleyball.
- Swimming pool with supervised hours.
- Monday to Thursday 3 p.m. – 8 p.m.
Friday and Saturday 3 p.m. – 11 p.m.

Camp Adventure

- A residential camp located in Kananaskis Country established to ensure that all kids and families have the opportunity to go to summer camp.
- Offers a first-hand living and learning experience in a wilderness setting.
- Fees are based on the type of camp, age of camper, duration of camp.
- Information on fees and sessions are available in March.
- Camp program operates in July and August.

Community Clubs:

- A safe supervised place for youth to hang out and meet other youth.
- A variety of educational, recreational and social activities.
- Arts, educational support, employment preparation, leadership, life and living skills, and recreation opportunities.
- Weekend drop-in nights (pool table, computers, foosball, movies and music).
- Contact club for hours of operation.
- Day camps operate during teacher’s convention, spring break and July and August.
- Special day programs may operate at Christmas and other school holidays.

Locations:

- Bowness Club (403) 571-0517
36, 7930 Bowness Rd. N.W.
- Falconridge Club (403) 543-9672
95 Falshire Dr. N.E.
- Forest Lawn/Dover Club (403) 543-9669
1717 41st St. S.E.
- Penbrooke Meadows Club (403) 543-9675
6098 Penbrooke Dr. S.E.
- Pineridge Club (403) 543-9678
6024 Rundlehorn Dr. N.E.
- Thorncliffe Club (403) 543-9681
6625 Fourth St. N.E.

Marlborough Mall Teen Resource Centre (403) 235-5722
37, 3800 Memorial Dr. N.E. (Marlborough Mall)

- A safe and supportive environment for youth 13 – 17.
- Assists with employment issues, school, family and peer group challenges.
- Promotes positive relationships for teens with supportive adults.

- Drop-in hours:
Monday to Thursday 3:30 p.m. – 9 p.m.
Friday 3 p.m. – 9 p.m.

Safe House (Youth Shelter)

(403) 269-1997

102 14th Ave. S.E.

- For youth 15 – 19 with Child Welfare status.
- Offers 24-hour support, a safe place to live, three meals per day, shower and laundry facilities.
- Life skills and recreation activities available.
- Bed is negotiated on a daily basis. Failure to return by 9 p.m. weekdays or 10 p.m. weekends or breaking house rules may result in bed being given to another youth in need.
- Youth are expected to have or work towards a 30-hour day program a week.
- Length of stay is dependent upon the needs of the youth.
- Call or come to Safe House to arrange admission.

The Side Door Drop-In

(403) 229-3408

938 15th Ave. S.W. (back door)

- Outreach service for homeless and street-connected youth 13 – 20.
- Services include bagged lunch, hot supper (4:30 – 5:30 p.m.), shower, laundry, clothing, telephone and food hampers.
- Support to secure education, employment and housing.
- Advocacy and referrals to other Calgary services.
- One-to-one support and crisis counselling.
- Computer access.
- Monday to Friday noon – 7 p.m.

Bullying Helpline (24 hours) 1- 888-456-2323

www.bullyfreealberta.ca (for parents)

www.b-free.ca (for youth)

www.teamheroes.ca (for children)

- Advice, information and support telephone helpline.
- Website with information and strategies on bullying.

Burns Memorial Fund (403) 234-9396

1109, 615 Macleod Trail S.E.

- High School Bursaries providing living allowances for graduating grade 12 students who would be forced by financial situations to leave school.
- Inquire with school guidance counselor for further information as to eligibility and application process.
- For low-income youth under 21 and not receiving social assistance from Child and Family Social Services, Indian Affairs or the Federal Government.

Family Grants

Assistance to families or individual children under the age of 21, with limited resources, who have resided in Calgary for at least six months. Grants for children can include:

- Clothing.
- Baby necessities.
- Bedding/blankets.
- Special needs equipment or services.
- Dental, medical assistance or eyeglasses, not covered by government programs.
- Educational supports/school supplies.

Depending on their financial situation, a family may apply for a Family Grant every two years. There are no time restrictions for medical or dental requests.

Calgary and Area Child and Family Services (403) 297-2995 (24hr crisis line)

Toll Free Child Abuse Hotline:

1-800-387-5437 [KIDS]

www.calgaryandareaacfsa.gov.ab.ca

- Intake/investigation services when there are allegations or evidence that children may be in need of protection under the provisions of the *Child Welfare Act*.
- Child Welfare provides emergency investigation and/or apprehension for children in need of immediate protection.
- Repatriation assists runaway children in getting back to their families.
- Child Welfare services to children may be extended until their 20th birthday.

Protection of Sexually

Exploited Children Act (PSECA)

(403) 297-4596

(partnership with McMan Youth, Family and Community Services Association)

811 14th St. N.W.

- For youth 17 and under (and their families) at risk of or involved in the sex trade.
- Extensions of voluntary services to youth 18 – 22 for those involved with PSECA prior to turning 18.
- Assessment of risks and needs.
- Referrals to community resources.
- If a PCHIP voluntary service file is opened, a wide-range of services including individual and family therapy, youth worker, parent support, etc., may be offered.
- Voluntary six-month service agreement or referral to child protection services.
- Youth may self-refer or be referred by parents, community agencies, schools, police, child protection services, etc.
- Monday to Friday 8:30 a.m. – 4:30 p.m. (hours may vary).

Calgary Achievement Centre for Youth

(403) 268-3666**15****200, 315 10th Ave. S.E.****www.cacy.org**

Immigrant Youth Outreach Project

(403) 268-8131**(Calgary Catholic Immigration Society)**

- For youth 16 – 24 who are new to Canada and experiencing difficulties with looking for work, staying in or returning to school or other problems.
- Workshops including basic computer skills, employment preparation, career planning and outdoor activities.
- Saturday self-study group with tutoring support on Saturday (except long weekends) from noon – 3 p.m. (please call to confirm).
- Monday to Friday 8:30 a.m. – 4:30 p.m.

Young Adult LINC

(Language Instruction for Newcomers to Canada)**(403) 268-3666**

- Offers English as a Second Language (ESL) beginner and intermediate classes for youth 18 – 24.
- Students must be landed immigrants or refugees.
- Students must be referred through Immigrant Language Vocational Assessment and Referral Centre (ILVAARC), 262-2657.
- Follows Calgary Board of Education school year (September to June).
- Monday to Thursday 9 a.m. – 2:45 p.m.

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Calgary Between Friends Club (403) 269-9133

205, 8989 Macleod Trail S.

www.betweenfriends.ab.ca

- Provides social and recreational opportunities for children, youth and adults with disabilities.
- Evening and weekend recreation programs throughout the year.
- Camp Bonaventure summer day camp for children and youth 5 – 20.
- Individual program fees, subsidies available.
- Call for information.

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Calgary Board of Education (403) 699-0580www.cbe.ab.ca

Chinook Learning Services

(403) 777-7200

2519 Richmond Rd. S.W.

www.chinooklearningservices.com

- Adult and continuing education.
- High school upgrading, English as a Second Language (ESL), general interest, Continuing Education, and child and youth and family programming.
- Students can complete their high school diploma, take extra courses, increase their marks or supplement their schedule.
- Teachers specialize in helping students achieve their educational, career and life goals.
- Students can study part-time, full-time, during the day or evenings, in the classroom or through self-directed learning.

Discovering Choices/Outreach High School

- A safe, structured environment for youth 16 – 19 to develop their social and academic skills when mainstream high school is no longer a choice.

- Community and educational resources to youth who need alternative academic opportunities (15 year olds may attend with specialist's permission).
- High School credits can be earned through self-directed learning (Alberta Distance Learning Courses) and/or work experience.
- Discovering Choices I (CACY) (403) 268-3265
315 10th Ave. S.E.
- Discovering Choices II (403) 777-8384
433 Marlborough Way N.E.
- Westbrook Outreach (403) 777-8020
1002 37th St. S.W.
- Start Outreach at Bowness (403) 777-6107
6331 Bowness Rd. N.W.

Calgary Bridge Foundation for Youth

(403) 230-7745

18

201, 1112B 40th Ave. N.E.

www.calgarybridgefoundation.com

Homework Club (for immigrant youth)

- Improve academic success in school, English language skills, self-confidence and self-esteem.
- Assistance to immigrant youth and families to adjust to Canadian life.
- Newcomers to Canada must have been in Calgary for less than five years.
- Languages: Arabic, Chinese, Hindi, Urdu, Punjabi, Vietnamese.

Homework Club locations:

- Country Hills Library
11950 Country Village Link N.E.
Monday 3:30 p.m. – 5:30 p.m.

- Forest Lawn Library
4807 Eighth Ave. S.E.
Tuesday 3:30 p.m. – 5:30 p.m.
- Thornhill Library
6617 Centre St. N.W.
Wednesday 3:30 p.m. – 5:30 p.m.
- Village Square Library
2623 56th St. N.E.
Thursday 3:30 p.m. – 5:30 p.m.

Summer Literacy Program:

- To improve the student's ability to read, write and speak English.
- To familiarize students with Canadian culture, history and way of life.
- To prevent anti-social behaviours by providing positive guidance and support to immigrant youth.
- To allow and encourage them to acquire and practice good, culturally appropriate social skills for effective living.
- To address cross-cultural difficulties that immigrant youth face in their adjustment to life in Calgary.
- Newcomers to Canada must have been in Calgary less than five years. This enables us to serve those who are most in need of our program.
- Sessions are three weeks in length.

Calgary Catholic Immigration Society

(403) 264-4850

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120 17th Ave. S.W.

www.ccis-calgary.ab.ca

Signposts for Youth

- Preparation program designed to help immigrant youth 15 and older with employment barriers.
- Life skills, work management and job search techniques.
- Paid work experience with guidance from program co-ordinator.
- Participants must be unemployed, not receiving EI and entitled to work in Canada.
- Monday to Friday 9 a.m. – 5 p.m.

Calgary Catholic School District

www.cssd.ab.ca

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Kara Centre

(403) 248-9559 (ext. 395)

3615 Radcliffe Dr. S.E. (Father Lacombe High School)

- Resource centre for pregnant and parenting teens.
- Offers community health referrals, counselling, high school education program, social work services, nursing services, parenting skills training, pastoral care and outreach program to both male and female students who wish to remain in their home school.
- School fees apply; contact for fee reduction details.
- Monday to Friday 8 a.m. – 4 p.m.

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Calgary Chinese Community Service Association

(403) 265-8446

1, 128 Second Ave. S.W.

www.cccsa.ca

Children and Youth Services

- After school tutorial program offering academic support to low-income and/or children and youth with limited English proficiency, new immigrant or Canadian born.
- After school homework club at Radisson Park School offering academic support to grade 3 – 4 students.
- Summer programs providing accelerated learning, social and recreational programs for elementary and junior high school students.
- Affordable computer training program.
- Leadership training camps.

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Calgary Communities Against Sexual Abuse (CCASA) (403) 237-5888 1-877-237-5888 (toll free)

Seventh Floor, 320 Fifth Ave. S.E.

www.calgarycasa.com

Free and confidential services including:

- Individual counselling.
- Group counselling (sliding fee scale).
- 24-hour support and information line.
- 24-hour hospital accompaniment.
- Police and court education and support (PACES) program.
- Public education.
- Information nights.
- Community outreach.

Crisis Intervention and Counselling Program (403) 237-5888

- Provides individuals immediate crisis intervention and short-term counselling for up to 12 weeks for survivors of sexual abuse and sexual assault, their friends, and loved ones.
- Group counselling offers survivors of sexual abuse and sexual assault support and counselling in a group setting.

Support and Information Line (24 hour) (403) 237-5888

- Service available to anyone who is dealing with or has been affected by the various forms of sexual assault or sexual abuse including friends, family and support people of the survivor.
- Staff answer line directly from 9 a.m. to 10 p.m. Monday through Thursday, while calls are dispatched through an answering service to trained volunteers after hours.
- Services offered include crisis intervention, emotional support, problem solving, information and referral and access to emergency accompaniment to police or hospital.

Calgary Construction Association**(403) 291-3350****23**

2725 12th St. N.E.

www.cca.cc**Youth Employment Program** (403) 262-4898

- A three-week work experience program for out-of-school, unemployed youth 16 – 24.

Calgary Counselling Centre**(403) 265-4980**

200, 940 Sixth Ave. S.W.

www.calgarycounselling.com**Children of Divorce:**

- Helps children 3 – 18 and their parents adjust to the numerous changes that occur as the result of separation and divorce.
- Requires the involvement of the child(ren) and at least one parent.
- Both parents are encouraged to participate.
- Parents attend separate parent groups while the child participates in the children's program.
- Program runs 10 weeks.
- Fees are based on a sliding scale dependent on income and ability to pay.
- Children of Divorce groups are offered Saturday mornings.

Eating Disorder Program:

- Assessment with individual and group counselling for youth 12 – 18 with eating disorders such as anorexia, binge eating, bulimia and preoccupation with weight.
- Workshops offered: "Eating Disorders: A Workshop for Family and Friends" and "Do I Have an Eating Disorder?".
- Telephone to speak to a Call Centre worker who will match client to therapist.
- Therapist will call client to arrange appointment time.
- Fees are based on a sliding scale dependent on income and ability to pay.

Responsible Choices for Children and Parents

- Specialized group program for children 3 – 17 who are abusive or aggressive at home or at school.
- One parent must attend and participate in a concurrent parenting group for a child to participate in the program.
- Program runs 12 weeks.
- Fees are based on a sliding scale dependent on income.
- The groups run on Saturday afternoons.

Calgary Health Region

www.calgaryhealthregion.ca

Access Mental Health

(403) 943-1500

- Mental Health clinicians are available by phone to discuss any mental health concerns and help find the most appropriate service direction.
- Mental health information to the general public, front line staff and all professionals.
- Community referrals where appropriate.
- Telephone intake for all Calgary Health Region child and adolescent mental health programs providing clients with immediate problem relief and/or connection to appropriate resources.
- Monday Friday 7:30 a.m. – 7 p.m. (voice mail after hours).

Best Beginning

(403) 228-8221

- Prenatal services for low-income pregnant women and young women 19 years and under of any income.
- Group education regarding pregnancy, healthy eating and infant care.
- Free coupons for food and assistance with groceries and transportation to groups.

Family Planning Clinical Services

• Downtown

(403) 944-7111

323 Seventh Ave. S.E.

Monday to Thursday 1 – 5:15 p.m.

Friday and Saturday noon – 3:30 p.m.

• South Calgary Health Centre

(403) 943-9510

31 Sunpark Plaza S.E.

Monday 1 – 5:15 p.m.

Tuesday 4 – 7:30 p.m.

Friday 1 – 4:30 p.m.

- **Sunridge** (403) 944-7666
406, 2675 36th St. N.E.
Monday to Thursday 1 – 5:15 p.m.
Friday 1 – 4:30 p.m.
Saturday noon – 3:30 p.m.

Confidential Services:

- Birth control information , prescriptions and low-cost birth control supplies.
- Emergency contraception.
- Free sexually transmitted infections (STI) tests and treatment.
- Free HIV tests.
- Free pregnancy tests and options counselling.
- Free pelvic examinations and Pap tests.

Drop-In Services are available for:

- Teenagers (male and female) age 20 years and younger.
- Students (regardless of age or school attended).
- Emergency contraception.
- Pregnancy testing and options counselling.
- Men age 20 years and older if their partner is attending or has attended the Family Planning clinic.
- Any other urgent sexual and reproductive health issue.

Appointments are needed for:

- Women who are 21 years of age and older AND do not require urgent care AND are having difficulty finding sexual and reproductive health services in their community.
- IUD insertions (requires two appointments).
- Diaphragm fittings.

HEALTH LINK**(403) 943-5465**

Toll Free: 1-866-408-5465

- Nurse advice and health service information 24 hours a day.
- Information on health and hospital services and hundreds of health topics.

Sexually Transmitted Infections (STD) Clinic**(403) 944-7575**

404, 906 Eighth Ave. S.W.

- Free service, no appointment necessary.
- Diagnosis and treatment of STIs on a walk-in basis.
- No Alberta Health Care necessary.
- Hepatitis A and B vaccine program.
- Confidential or anonymous HIV testing.
- Telephone advice line.
- Contact tracing, partner notification.
- Referrals if required.
- Monday to Wednesday 8:30 a.m. – 6 p.m.
Thursday 11:30 a.m. – 6 p.m.
Friday and Saturday 8:30 a.m. – 4 p.m.

Calgary Humane Society for Prevention of Cruelty to Animals (403) 205-4455

4455 110th Ave. S.E.**www.calgaryhumane.ca****Kids for Animals Club****(403) 723-6045**

- Activities include choosing pets, crafts and games, grooming activities, nature hikes, trips to the zoo and visiting speakers.
- Junior Club (children 8 – 11), Senior Club (children 12 – 16).
- \$100 membership fee.
- Club meets one Saturday per month, September to June.

- For youth with an interest in animals who may or may not have pets at home, want to learn about animals and their environments, and are interested in the possibility of working with animals some day.

Humane Helpers**(403) 723-6045**

- Ten-week program giving youth 10 – 12 and parents a chance to connect through a volunteer experience with the animals. Humane Helpers and a parent can help socialize rabbits and cats every Thursday evening from 4 – 7 p.m.
- Limited spaces available so please contact for an interview time and availability.

Youth Ambassador Program**(403) 723-6045**

- Ten-week program providing youth 13 – 18 with structured fundraising opportunities and a positive volunteer experience through interaction with shelter animals. The goal of this program is to raise awareness of humane education and to encourage a sense of social responsibility among young people in Calgary.

27**Calgary Immigrant Women's Association (CIWA)****(403) 263-4414****200, 138 Fourth Ave. S.E.****www.ciwa-online.com****Youth Program****(403) 517-8830**

- Programs offered: Girls Culture Club, Youth Cultural Summer Program, Youth Standing Committee, Youth Volunteering Initiative.
- One-to-one support counselling.
- Addresses the needs and concerns of young, culturally diverse women 10 – 19.
- Provides a supportive group environment in which young women can get together and discuss various issues and solutions to these issues while having fun and building relationships.

- Provides an opportunity to young immigrant women to build and practise leadership skills.
- Provides one-on-one support to increase the awareness of resources available to youth in the community.
- Evening and weekend meetings available.

Calgary John Howard Society (403) 266-4566

917 Ninth Ave. S.E.

www.johnhoward.calgary.ab.ca

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Alternatives for Adolescent Males

- A treatment group for male youth 14 – 18 who are currently involved with or are at risk for involvement with the criminal justice system.
- A safe and supportive environment for participants to discuss and learn about ways of creating and maintaining healthy relationships in their community, home and school.
- Eight weeks in length, 2.5 hours per session.

Crossing the Divide

(403) 266-4566 (ext. 25)

922 21st Ave. S.E.

- A wilderness therapy program for youth who do not have access to backcountry adventure due to life circumstances.
- The focus is on outdoor education and sports, skill building in an unfamiliar environment, environmental awareness and resiliency.
- Activities over two to five days include: backpacking, canoeing, rock-climbing, scrambling, skiing, snowboarding, snowshoeing, and whitewater rafting, all led by certified guide/instructors.
- Youth may be referred through a social service agency and/or go through a simple screening process.
- Program is seasonal and offers trip options of activity, destination and length.
- Program is free for all participants including all necessary food, gear and transport.

Raido House (403) 265-4566

Windsor Park (403) 668-5230

- Safe and supported transitional housing to homeless youth 14 – 17 who do not have Child Welfare status.
- Program seeks to reduce the conditions that may lead young people into or continue their involvement with the criminal justice system and long term homelessness.
- Houses are staffed by youth workers who assist residents in life skills, employment, recreation, volunteer activities and schooling.

Youth Advocacy and Support:

- Support and advocacy services are offered to youth 13 – 18 in the areas of conflict resolution, education, employment and housing.
- Youth at risk of conflict with the law and those currently involved in the criminal justice system are assisted by staff and volunteers in dealing with problems.
- Visits at the Calgary Young Offender Centre, release planning, and court accompaniment are available upon request.
- Service may be available on weeknights and weekends when an appointment is made.

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Calgary Junior Forest Warden Society

www.albertajfw.ca

Calgary Clubs

- An active educational outdoor experience for youth (and adults) that involves discovering the forest environment through activities in ecology, forestry, leadership and outdoor skills.
- Designed to develop an awareness, appreciation and respect for our natural environment and responsible use of this environment.
- Families are encouraged to take part in club activities.

- Pathfinders (6 – 9), Trail Blazers (9 – 12), Adventurers (12 – 15), Challengers (15 – 18).
- There are eight clubs in Calgary which meet weekly at various locations throughout the city.

Calgary Learning Centre

(403) 686-9300

3930 – 20 St. S.W.

www.calgarylearningcentre.com

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Youth POWER (Promoting Opportunities Within Everyone's Reach)

- Working with frontline agencies to address the needs of youth in conflict with the law who may be experiencing literacy challenges and to determine what interventions may benefit youth-at-risk with literacy challenges.

CALGARY OUTLINK: Centre for Gender and Sexual Diversity

(403) 234-8973

4, 1230A 17th Ave. S.W.

www.calgaryoutlink.org

- Inside Out Youth Group.
- Provides information, referral, and peer support to the gay, lesbian, bisexual and trans-gendered community.
- Individuals must be over 14 years of age.
- Every Monday 7 p.m. to 9 p.m.

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Calgary Police Service

(403) 206-8571

133 Sixth Ave. S.E.

www.calgarypolice.ca

- **Cops for Kids** brings police officers and children 6 – 17 together for educational activities, sporting events and other opportunities.
- Helps promote a sense of trust between law enforcement officers, children and teens.
- Hours vary depending on activity.

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- **School Resource Officers** from the Calgary Police Service attend Calgary high schools during school hours, helping teens cope with problems they may face on a day-to-day basis. If you feel you have the need, talk with an officer; it may help resolve a situation before it becomes more serious.
- Check out **Teen Zone** at www.calgarypolice.ca for information on babysitting, bullying, drugs, gangs, graffiti, hate/bias crime, new drivers, prostitution, raves and school resource officers.

About Face Program

(403) 206-8288

- Free interactive workshop for youth to provide them with the tools needed to avoid coming into conflict with authority figures such as parents, teachers or police officers.
- Education on the effect of crime on one's life, helping youth to discover their own identity, and guiding youth through the process of making better decisions.
- Open to and inclusive of all youth 11 – 17 regardless of background.
- Workshop held on the last Saturday of each month from 8:30 am to 1 pm.

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Calgary Pregnancy Care Centre (403) 269-3110

205, 925 Seventh Ave. S.W.

www.pregcare.com

- Pregnancy tests, options, counselling, advocacy, housing, and prenatal classes.
- Parenting classes for parents, support groups for birth mothers, and those experiencing post-abortion grief.
- Abortion referral not offered.
- Monday and Wednesday 9 a.m. – 5 p.m.
Tuesday and Thursday 9 a.m. – 8 p.m.
Friday 9 a.m. – 3 p.m.

Calgary Public Library**(403) 262-2600****34****www.calgarypubliclibrary.com**

- Young Adult cards for 13 – 17 year olds (\$7 annually).
- Books, CDs, magazines, videos, DVDs, GRAPHIX novels.
- Public Internet computers.
- Homework help through Best Web Sites and the E-Library databases.
- ESL materials for over 29 languages.
- Check out Teen Zone on website.

Alexander Calhoun, 3223 14th St. S.W.

Bowness, 7930 Bowness Rd. N.W.

Country Hills, 11950 Country Village Link N.E.

Crowfoot, 8665 Nosehill Dr. N.W.

Fish Creek, 11161 Bonaventure Dr. S.E.

Forest Lawn, 4807 Eighth Ave. S.E.

Glenmore Square, 7740 18th St. S.E.

Louise Riley, 1904 14th Ave. N.W.

Memorial Park, 1221 12th Ave. S.W.

Nose Hill, 1530 Northmount Dr. N.W.

Shaganappi, 3415 Eighth Ave. S.W.

Shawnessy, 333 Shawville Boulevard S.E.

Signal Hill, 5994 Signal Hill Centre S.W.

Southwood, 924 Southland Dr. S.W.

Thornhill, 6617 Centre St. North

Village Square, 2623 56th St. N.E.

W.R. Castell Central, 616 Macleod Tr. S.E.

Please check website for library hours.

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Calgary Sexual Health Centre (403) 283-5580

304, 301 14th St. N.W.

www.calgarysexualhealth.ca

- Information on birth control, sexual decision-making and sexually transmitted diseases, and sexual orientation.
- Information, support and referrals regarding unplanned pregnancy options including abortion, adoption and parenting.
- Free pregnancy tests are available on a drop-in basis.
- Free condoms.

All services are free and confidential.

- Monday, Tuesday, Thursday and Friday 9 a.m. – 5 p.m.
(can schedule appointments up to 7 p.m.)
Wednesday 9 a.m. – 6 p.m.

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Calgary Women's Emergency Shelter Association (403) 539-5140www.calgarywomensshelter.com**Healthy Relationships**

- A community and school-based program providing prevention-based group counselling to adolescents about issues such as abuse/violence, communication, conflict in relationships, healthy expression of feelings, power and control, self-esteem, and skills-building.
- For teens ages 13 – 18 who have experienced family conflict and/or abuse, had difficulty maintaining healthy dating relationships, and struggled to get along with people in the community, at home or at school.
- Program offered at Calgary and area high schools and the Calgary Young Offender Centre (CYOC). Youth must be registered at one of the host schools in order to participate.

- Participating youth must be dealing with challenges such as suspected or confirmed abuse in their current living situation, exposure to abuse in dating relationships or difficulty in maintaining a healthy dating relationship, conflict at school involving peers or school staff and/or difficulty in getting along with others.
- Program also offers 10-week community-based parents/teens groups.

Canadian Red Cross Society

(403) 541-6100

Second Floor, 1305 11th Ave. S.W.

Toll free 1-888-307-7997

www.redcross.ca

Babysitter's Course

- Course teaches youth 11 – 15 the basics of babysitting.
- The course includes information about babysitter's and parent's rights and responsibilities, skills for caring, skills for getting along, safety and some simple first aid.
- Courses are held at various locations.

Humanitarian Issues Program

- Educates, empowers and encourages young people to become active global citizens.
- Program includes extensive training and mentoring in key global issues that affect youth around the world.
- Young people gain valuable leadership, advocacy, facilitation and speaking skills while working towards a more just and equitable world.

**Youth Housing Assistance and Advocacy
Program (YAHOO)**

(403) 541-4443

- A program to help youth-in-need make a healthy transition to adulthood.
- YAHOO may be able to help with:
 - Employment requirements such as uniform deposits or bus passes.
 - Housing costs such as damage deposit and rental assistance.
 - Payment of utilities.
 - School fees and supplies.
 - Other resources.
- Workshops on life skills, money management and smart shopping.
- For youth 15 – 17 who are Alberta residents, are not living at home and who do not have Child Welfare status.
- Monday to Friday 8 a.m. – 4:30 p.m.

Youth Leadership through the Arts

- Provides youth and youth at risk 14 – 24 the opportunity to receive health training workshops along with customized art classes.
- Participants will create art work based on prevention tools learned in workshops.
- Completed art work will speak on health promotion and injury prevention.
- Goal of the program is to engage youth in dialogue and discussion while presenting art work in schools, community agencies and events as required, or on a volunteer basis.

Catholic Pastoral Centre**(403) 228-9724****38****Elizabeth House (24 hours)**

- A caring and safe residential program for single, pregnant/parenting young women 16 – 24.
- If parenting, child must be less than three years old.
- Must be attending a day program such as employment, life skills, school, volunteer involvement or be open to making these plans.
- Life skills program and appropriate referrals.
- Call for an appointment to meet with social worker.
- Fee for room and board; cost varies but is not an obstacle to admittance.

Centre for Newcomers**(403) 569-3333****39****125, 920 36th St. N.E.****www.centrefornewcomers.ca****Youth Possibilities Program**

- Life and employment skills training.
- Job search skills.
- Community service.
- Outdoor challenges and team-building experiences.
- For Canadian citizen or permanent resident youth 17 – 27, unemployed or under employed and not receiving EI, not in school, able to communicate in English, and willing to commit to a three- to six-month program.
- Monday to Friday 9 a.m. – 3:30 p.m.

Youth 1•2•1**(403) 539-4982/4983**

- For youth 15 – 25 from immigrant families, Canadian citizen or permanent resident.
- Assistance with career planning and job search techniques.
- Help with resumes and job search.

- One-to-one counselling.
- Workshops on career planning.
- Monday and Wednesday 10 a.m. – 6 p.m.
Tuesday, Thursday and Friday 8:30 a.m. – 4:30 p.m.

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Child and Youth Friendly Calgary (403) 266-5448

820, 1202 Centre St. S.E.

www.cyfc.ca

Calgary Youth Foundation

- Operated by youth 12 – 18 who are responsible for distributing grant money to important youth-driven projects.
- Submit an idea to improve your community.
- Program includes Opening Doors, an on-going subsidy program that assists with the rental costs of community facilities used for positive youth events or activities, up to a maximum of \$2,500.

Mayor's Youth Council

- Represents the voice of Calgary's youth.
- Advises The City on issues important to youth.
- Provides youth perspective to a variety of organizations seeking youth input.
- Youth 13 – 18 can apply to sit on the Council for a one-year term.

Calgary Urban Vibe

www.calgaryurbanvibe.ca

- An online community for youth, created, managed and directed by youth.
- Connects youth to youth and youth to resources, and gives youth a voice online.
- Featured sub-sites include TeenLine Vibe, TRUE YOUth, Vibeville, event listings and other informative tools and programs.

Youth for the Future

- An annual gathering that addresses barriers between Aboriginal and Non-Aboriginal youth.
- For grade 10 and 11 students in Calgary and surrounding area.

Youth of Distinction Awards

- Annual recognition of youth ages 13 – 18 for how they have chosen to live their lives.
- Youth are recognized for their perseverance, generosity, leadership and selfless service.
- Youth ages 13 – 18 can be members of the Awards Steering Committee to gain new skills in communication and event planning or selfless service.

Youth Volunteer Corps

- Offers a variety of challenging, fun and meaningful volunteer projects that youth can work on as a team.
- Projects can be chosen based on personal interest and experience being sought.
- Promotes a greater appreciation and understanding of diversity within the community among young people and residents.

Youth Volunteer Corps in Schools

- An alternative to individual projects.
- School-based teams of students create projects to fill the needs of the school or surrounding community.

Youth Week

www.youthweekcalgary.ca

- Annual BIG Open House celebration of youth held in the first week of May.
- Events include “Youth Media Matters,” “Girl Power Pajama Sleep Over” and “So You Want A Job.”
- The City of Calgary, local businesses and youth-serving agencies open their doors and celebrate by offering discounts, free entry to facilities, contests and cool events.

**41 Children's Legal and Educational
Resource Centre****(403) 207-9029**www.clerc-calgary.ca**Youth Legal Resource Centre**

- Non-profit legal and educational resource centre for children and youth.
- Information and legal advice to youth 19 and under.
- Self-referral, please call or email first.
- Monday to Friday, 8:30 am to 5:00 pm.

**42 The City of Calgary – Community &
Neighbourhood Services****Youth Employment Centre****(403) 268-2490**

200, 315 10th Ave. S.E.

www.nextsteps.org

- Free career counselling and employment services to youth 15 – 24.
- Computers for on-line career planning and job search.
- Assistance with cover letters, resumes and preparing for interviews.
- Resource library to assist in career and employment searches.
- On-site safety training (CSIS, WHMIS).
- Assistance in researching educational opportunities, job shadows and work experiences.
- E-learning courses.
- Hiring and career fairs, job opportunities board.
- Monday, Tuesday, Thursday and Friday 8 a.m. – 5 p.m.
Tuesday and Wednesday 8 a.m. – 7 p.m.

Community Youth Programs

3-1-1

- Youth services vary in each community and are primarily community based.
- Youth services include arts and culture programs, drop-in nights, leadership training, recreation programs, volunteer programs, youth advisory committees, youth awards program and youth special events.
- Please call your local Area Office to discover the programs offered in your community.

Locations:

- East Office
1011 52nd St. S.E.
- North Office
905 30th Ave. N.W.
- South Office
502 Heritage Dr. S.W.
- West Office
2539 33rd Ave. S.W.

Connections Counselling and Consulting Foundation**(403) 209-1100****43**www.connections counselling.ab.ca**Sibshops**

- Support group for children and teens 7 – 17 who have a brother or sister with a disability.
- Provides an opportunity to meet other siblings in a relaxed recreational setting, talk about common concerns and joys with other siblings, learn how to handle situations commonly experienced by siblings of children with special needs, learn about their sibling's special needs.
- Sibshops is offered Saturday mornings three times a year.
- Reunion groups provide an opportunity for former participants of Sibshops to get together three times a year.
- Saturday 9 a.m. – noon for children 7 – 11.
- Evening groups every month –
Junior High Group: 12 – 14.
Senior High Group: 15 – 18.

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Deaf and Hard of Hearing Services Calgary Region **(403) 284-6200** **(403) 284-6201 (TTY)**

63 Cornell Rd. N.W.

www.dhhs.rg

Family Services and Community Outreach Program

- Support to families where there is a child with hearing loss and educational and recreational support to deaf and hard of hearing children and youth.

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Distress Centre **(403) 266-1601**

300, 1010 Eighth Ave. S.W.

www.distresscentre.com

Drug Line **(403) 269-3784 (DRUG)**

- Questions about addictions and/or drugs.
- Provides information and support.
- Access to referrals and counselling services.

Out is OK Line **1-877-688-4765**

- A 24-hour help and crisis line for the gay, lesbian, bisexual, transgendered and transsexual community.

Teen Line **(403) 264-8336 (TEEN)**

- 24 hour line answered by trained teen volunteers providing peer support from 4 p.m. – 11 p.m. daily.

2-1-1 (24 hour)

- Connects you to a full range of community, government and social services information in Calgary.
- Trained information and referral specialists answer the calls and link you to the best available information and services.

Elizabeth Fry Society of Calgary (403) 294-0737

600, 1509 Centre St. South

www.elizabethfry.ca

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Female Teen Intervention Program

(403) 285-4257

- A weekly group for female youth 12 – 18 who have a history of Criminal Justice involvement or are at risk of becoming in conflict with the law.
- Workshops in self-esteem, personal development, communication skills, anger management, and other life skills to help youth make informed, healthy choices.
- Outreach, referrals, support and advocacy.
- Program also offered at Calgary Young Offender Centre (CYOC) to meet with youth and to assist in their release and transition back to the community.

Family Violence Info Line (403) 310-1818 (24 hours)www.familyviolence.gov.ab.ca

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- Contact trained specialists to discuss family abuse.

**Girl Guides of Canada –
Calgary Area**

(403) 283-8348

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2188 Brownsea Dr. N.W.

www.calgareaguides.com

- Provides programs designed to develop personal values, self confidence and a sense of well-being.
- Encourages respect for self and others, and helps girls learn and practice decision making and teamwork.
- Age groups are Sparks (5 – 6), Brownies (7 – 8), Guides (9 – 12), Pathfinders (12 – 15), and Senior Branches (15 – 17+).

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HERA Society**(403) 777-6990**

728 32nd St. N.W.

www.herasociety.org

- Offers integrated services to adolescent girls experiencing extreme challenges.
- Experiential Learning – girls take part in volunteerism, social action activities and outdoor experiential education.
- In-Home Family Support – services focus on teaching families conflict resolution, crisis management and parenting skills.
- Mentoring – girls are matched with responsible adult women for three hours per week.
- Therapy – individual, group and family counselling are offered using creative and dynamic approaches.
- Unique Educational Program – individual programs are designed to address learning gaps and transition girls back into a school program or work placement. This component is offered by the Calgary Board of Education.

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Heart of the Northeast Community Solutions Resource Centre**(403) 293-5467****(Aspen Family and Community Network Society)**

2623 56th St. N.E.

- For residents of Monterey Park, Pineridge, Rundle, Temple, Whitehorn and Vista Heights.
- Youth can volunteer at the resource centre or at community events and activities.
- Computer (public Internet access), fax and photocopy services.
- Community resource worker can assess situations and make referrals to appropriate programs and services.
- Monday and Wednesday 9 a.m. – 8 p.m.
Tuesday, Thursday and Friday 9 a.m. – 5 p.m.

Hospice Calgary Society**(403) 263-4525****51**

900, 833 Fourth Ave. S.W.

www.hospicecalgary.com**Child, Youth and Family Services**

- Support and education to children and teens 3 – 19 and families who are facing the death of a terminally ill parent, sibling or loved one, grieving the loss of a family member or friend, or facing their own life-threatening illness.
- Bereavement groups for children, adolescents, and parents.
- Sudden death and/or trauma counselling.
- Staff provide community workshops and professional consultation.

Hull Child and Family Services**(403) 251-8000****52**www.wrhull.com**Bridging the Gap****(403) 216-0660**

800, 1520 Fourth St. S.W.

- Provides flexible one-to-one support for 16 – 24 year olds who have mental health concerns (no diagnosis required) and have difficulty accessing the services they need.
- Provides advocacy, information, emotional and practical support, as well as referrals to other community services.
- Appointments held at the office or in the community.
- Monday to Friday 8:30 a.m. – 4:30 p.m.

Hope Work Experience**(403) 219-7431**

1847 48th Ave. S.E.

- Support to youth and young adults who are diagnosed with a developmental disability or emotional and behavioural problems.
- Community-based work experiences, relationship development, role modelling, teaching and vocational skills.
- Anger resolution, communication skills, cooking club, reading club.

- Individual must not present a significant safety risk to self, staff or other participants.
- Appointment required to access appropriateness for program.

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Human Resources Skills Development Canada

(403) 292-4001

www.hrsdc.gc.ca

Service Canada Centre for Youth

217, 510 12th Ave. S.W.

- Summer employment program matching students returning to school in the fall with summer staff needs of employers.
- Specific programs for students with disabilities, native or younger students.
- Monday to Friday 8:30 a.m. – 4:30 p.m.
May to August.

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Immigrant Services Calgary

(403) 265-1120

540, 910 Seventh Ave. S.W.

www.immigrantservicescalgary.ca

Youth Industry Internship Program

- A skill-building program to help immigrant youth age 18 and older obtain employment.
- Eight-week (30 hours a week) program with workshops covering such workplace skills as basic computer skills, effective communication, job maintenance skills, resume writing and cover letter preparation.
- Paid on-the-job work experience.
- Ongoing employment counselling and supportive services.
- Financial assistance for those who qualify.
- Participants must be unemployed, legally entitled to work in Canada, not receiving EI or been in receipt of EI in last five years and have adequate English language skills.
- Monday to Thursday 8:30 a.m. – 3:45 p.m.
Friday 8:30 a.m. – 1 p.m.

Inner City Community Resource Centre

(403) 269-9888

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(Calgary Family Services)
300, 906 Eighth Ave. S.W.
www.innercitycrc.com

- For residents of the inner-city communities of Bankview, Chinatown, Cliff Bungalow-Mission, Connaught, downtown, the East Village, Eau Claire, Erlton, Inglewood, Lower Mount Royal, Ramsay, Sunalta and Victoria Park.
- Information, referrals and support to children, youth and families.
- Walk-ins welcome but would prefer appointments.
- Monday to Friday 8:30 a.m. – 4:30 p.m.

Junior Achievement of Southern Alberta

(403) 237-5252

56

870, 1202 Centre St. S.E.
www.jasouthalberta.org

- Programs to educate and inspire youth in grades 5 – 12 to experience free enterprise, understand business and economics, and develop entrepreneurial and leadership skills.

Kids Cancer Care Foundation of Alberta

(403) 216-9210

57

302, 609 14th St. N.W.
www.kidscancercare.ab.ca

Camp & Community Outreach Programs

Camp Sunmaker:

- A one-week residential summer camping program at Easter Seals Camp Horizon in Kananaskis Country for young people 7 – 13 who have been affected by cancer.
- Kids enjoy archery, arts and crafts, canoeing, climbing, high ropes, rafting, swimming, the giant swing and other adventures.

Leader-In-Training Program:

- A summer leadership program for youth 16 – 20 who have been touched by cancer.
- The program teaches experienced KCCFA campers the leadership, social and outdoor skills they need to become counselors.
- Participants must have been diagnosed with cancer or be a sibling of those diagnosed with cancer.

Camp Sunkeeper:

- A summer camp program for teens 14 – 17 who have been affected by cancer.
- The program helps teens build the confidence, leadership and life skills they need for living with the long-term physical and emotional side effects of cancer.
- The program involves peer support and high adventure outdoor activities such as rafting, mountain biking and rock climbing.

58**Kids Help Phone Line 1-800-668-6868 (24 hour)****www.kidshelpphone.ca**

- Anonymous and confidential.
- Toll-free professional, bilingual counselling, and information and referral services for youth up to 19 years of age.
- Online and phone counselling available.

Kids Help Phone Student Ambassadors (403) 645-4058

- A youth (14 – 19) leadership program that gives student volunteers a chance to contribute to Kids Help Phone, through public speaking, team building and volunteerism.
- Student Ambassadors act as a liaison between Kids Help Phone and the school system by promoting awareness, raising funds and/or providing valuable insight into youth issues through focus groups and forums.

KidSport Calgary**(403) 202-0251****59**www.kidsportcalgary.ca

- Provides funding for registration fees and distributes sports equipment to low-income children 5 – 18.
- Candidates must complete an application form and provide proof of financial need.
- Activities must demonstrate a sustained sport experience with qualified instructors.
- Grants up to \$250.00 per child per year are available.

Learning Disabilities Association of Alberta – Calgary Chapter**(403) 283-6606
1-866-408-5322
(Information Hotline)****60**

340, 1202 Centre St. S.E.

www.ldaa.net**Social Skills Programs:**

- Social skills programs for youth 8 – 16 including instruction in peer relations, reading social cues and communication skills.
- Potential participants (and parents/caregivers) are required to attend a suitability interview.
- Fees on a sliding scale dependent on family income.

Camp Amicus:

- A camping and recreation program for youth 8 – 16 for the development of social skills and positive self-esteem.
- A ratio of one counsellor to three campers.
- Participants learn communication, friendship and problem-solving skills.
- Social skills curriculum developed by a registered psychologist.

- Day and residential camps with activities such as horseback riding, swimming, and wall climbing.
- Potential participants (and parents/caregivers) are required to attend a suitability interview.
- Camp fees on a sliding scale dependent on family income.

61

Legal Aid Alberta**(403) 297-2260**

1800, 639 Fifth Ave. S.W.

www.legalaid.ab.ca**Youth Criminal Defence Office****(403) 297-4400**

600, 444 Fifth Ave. S.W.

www.ycdo.ca

- A law office that provides legal representation to young people with criminal, or in some cases, provincial charges.
- Do not normally handle charges that fall under municipal by-laws.
- The *Youth Criminal Justice Act* requires that lawyers be appointed for young people charged with criminal offenses.
- To apply for legal aid, an on-site legal aid officer can be found at Youth Court, located on the main floor of the Calgary Courts Centre at 601 – 5 St. S.W., Monday to Friday from 9 a.m. – noon.

62

**Louise Dean Centre (403) 777-7630 (Health & School Program)
(403) 777-7635 (Community Support)**

120 23rd St. N.W.

www.cbe.ab.ca/b418**Community Support and Early Childhood Services:**

- Counselling for pregnant and parenting teens 12 – 19 and their families.
- Counselling service is free and you do not need to be a student at the Centre to receive counselling services, call to set up an appointment.
- Support groups and parenting classes.
- On-site licensed child care facility.

Child and Women's Health Program:

- A Public Health Nurse is available to deliver health services to students registered at the Centre.

Pregnant and Parenting School Program:

- A program sponsored by the Calgary Board of Education for pregnant and parenting students, grades 7 – 12.
- School fees apply and registration is ongoing throughout the year. Orientations are held every second week for new students with entry the following week. Call the Student Support Advisor for information on entry and for dates and information.
- A full academic program is offered, with options as well as post secondary requirements, classes in life skills, parenting, pre- and post-natal care, health, child care and development.
- Free breakfast program.
- Classes run from 9:15 a.m. – 3:30 p.m. Monday to Thursday, 9:15 a.m. – 2:15 p.m. Friday.

McMan Youth, Family and Community Services Association**(403) 508-6259****Bay 13, 6208 Rundlehorn Dr N.E.****www.mcman.ab.ca****Hope Homes and Aboriginal Hope Homes****(403) 508-7723**

- Housing and other identified supports to youth 16 – 20 who are absolutely homeless and without Child Welfare Status.

RESTART/KICKSTART**(403) 297-8358**

- A crime prevention program for children 7 – 11 and youth 12 – 18 who are at risk of being involved in crime.

Wellington Place**(403) 508-7758**

- Offers shelter, residential care and support to homeless youth 16 – 21 without child protection services in a community-based group home.
- Youth must be attending school or attending a full-time work program and can stay past age 18 if they are still in school.
- Youth must be under the age of 18 years at time of intake.

Youth Alternative Program (403) 508-0442

- Support to youth 12 – 24 who do not have child protection services but have been in conflict with the law, their family or community.
- Assistance with education, employment, financial advocacy and housing concerns.

64**Metis Calgary Family Services (403) 240-4642****352 Sunvale Dr. S.E.****www.mcfs.ca****Aboriginal Students Program (403) 240-4642**

- A stay-in-school initiative for Aboriginal and Metis youth in grades 9 – 12.
- Youth must be willing to stay in school.
- Free workshops one day a week after school hours.
- One-to-one group mentor work.
- Youth must have a desire to have fun and participate in cultural, educational and recreational activities.
- Program requires a 10-month commitment (October – June).
- Free tutoring Wednesday evenings.
- Referrals required (i.e. school counsellor).
- Summer work experience component (youth 15+ only).
- Contact program for specific times and dates.

65**Millican-Ogden Community Association Family Resource Centre (403) 720-3322****2734 76th Ave. S.E.****www.moca-frc.org**

- For residents of Millican-Ogden, Riverbend and other southeast communities.
- Career planning and job search assistance.
- Counselling services.
- Information and referral.

- Emergency food.
- Christmas hampers for the local community.
- Computers (public Internet access).
- Community Kitchen and Good Food Box depot.
- Clothing, book and small household item exchange.
- Pre-school literacy programs.
- Knit and Natter group.
- Monday to Friday 9 a.m. – 5 p.m.

Mo's Place**(403) 720-6761**

6901 20A St. S.E. (use side entrance on west side of Annex)

- Drop in, make friends and participate in activities.
- Arts and crafts, sports activities, babysitting courses, field trips, art classes, dances, volunteer opportunities, job finding clubs, homework assistance/tutoring, computers, cultural awareness, counselling and support.
- Workshops on drugs, child welfare (child abuse and lawyer referral).
- Youth can access computers for employment searches, games or homework.
- Grades 7 – 12 Monday to Wednesday, 3 p.m. – 9 p.m.

Momentum**(403) 272-9310****16, 2936 Radcliffe Dr S.E.****www.momentum.org****Youth Fair Gains**

- Enables low income youth 16 – 21 to build financial skills and security through assets and savings.
- Assets can go toward career development or education.
- Savings are matched at a three to one ratio after one year.
- Courses start in October and February.
- Sessions on Tuesday nights, about two hours.

Cool Biz

- An entrepreneurship and self-employment program for youth 14 – 18.
- Learn the risks and rewards of becoming your own boss.

67**Motive-Action
Training Foundation****(403) 287-3132****Unit A, 1201 42nd Ave. S.E.****www.motiveaction.com**

- A non-profit automotive training center that provides unemployed youth 18 – 30 with the work skills, attitudes and confidence needed to become productive members of the work force.
- Offers a six-month program which provides three months of work experience (with employers) and three months of training in the heavy duty, auto body and auto service trades.
- Placement service assists graduates with securing full-time employment.

68**North Central Community
Resource Centre****(403) 275-6666****(Huntington Hills Community Association)****520 78th Ave. N.W.**

- For residents of Beddington Heights, Greenview, Highland Park, Highwood, Huntington Hills, MacEwan, Mount Pleasant, North Haven, Sandstone Valley, Thorncliffe and Tuxedo Park.
- Information and referral to appropriate agencies, programs and services.
- Community programming.
- Family community support work.
- Computer (public Internet access), fax and photocopy services.
- Monday, Wednesday, Thursday and Friday 9 a.m. – 5 p.m.
Tuesday 9 a.m. – 7 p.m.

North of McKnight Community Resource Centre

(403) 293-0424

69

95 Falshire Dr. N.E.

(lower level of Falconridge/Castleridge Community Centre)

- For residents of Castleridge, Coral Springs, Falconridge, Martindale, Saddle Ridge and Taradale.
- Call to set up an appointment for intake (counselling, etcetera).
- Early intervention and prevention programs with 15 partnership agencies.
- Referrals to other organizations and services.
- Computer (public Internet access), fax and photocopy service.
- Youth advocacy and support.
- Counselling and in-home support.
- Well Baby Clinic – booked through Village Square Leisure Centre.
- Monday, Tuesday and Thursday 9 a.m. – 5 p.m.
Wednesday 9 a.m. – 8 p.m.
Friday 9 a.m. – 4 p.m.

Youth Drop-In

- Community drop-in for junior high school students.
- Food, friends, fun and games.
- Tuesday, Wednesday and Thursday 3:30 – 6 p.m.

**70 Progressive Alternatives Society
of Calgary****(403) 262-8515**

500, 1000 Centre St. North

www.pasc-calgary.org**Youth Employment Source****(403) 829-2356**

- Gives teens 15 – 19 with disabilities, the opportunity to find and maintain paid employment after school and on weekends.
- May match teens that have disabilities with peers without disabilities to provide on-the-job support and create a mutual learning situation for both teens.
- Teens must be attending high school and have a developmental disability.
- On-the-job support any time.

71 Rainbows (403) 289-8555 (telephone access only)www.cornerstoneofhope.ca

- Support groups for emotional healing for those who have suffered a loss from death, divorce or separation.
- Rainbows groups for children and youth 4 – 14.
- Spectrum groups for youth 15 – 18.
- Adult groups have a choice of: "Just Me and the Kids," "Divorce Care," "Prism," or "Kaleidoscope."
- Groups are facilitated by trained, caring, compassionate adults.
- Program registration at any time of year, programs begin in January and September.
- Free for children. Donations are accepted for the adults' workbooks.

Salvation Army

(403) 210-2993

72

1826 36th St. S.E.

www.ab.salvationarmy.ca

Pregnant and Parenting Support Centre

- Supports the health of families in the Dover, Erinwoods, Forest Heights, Forest Lawn and Radisson communities.
- Drop-in centre for social support and information on women's health, nutrition, pregnancy, labour and parenting issues.
- Community parenting class in Erinwoods on Tuesdays.
- Registered nurse on site.
- Monday, Wednesday and Thursday 2 p.m. – 4:30 p.m.

Scouts Canada Chinook Council

(403) 283-4993

73

2140 Brownsea Dr. N.W.

www.chinook.scouts.ca

- Scouts Canada offers four different programs for teenagers and young adults.
- The Scout (11 – 14), Venturer (14 – 17) and Rover (18 – 26) programs emphasize having fun while encouraging youth to feel good about themselves, their friends and family, God and the environment.
- Program helps youth expand their leadership skills and gain self-confidence.
- The outdoors is an essential part of the program but youth also help their local communities by running service activities such as food drives, park clean-ups, and tree plantings.
- Extreme Adventure offers the opportunity for young men and women 14 – 17 years of age to plan and participate in one or more of a variety of short-term (8 – 16 week) adventure-based activities. The types and duration of adventures are limited only by the imagination and skills of the participants and leaders.

74

Sexual Health Access Alberta (403) 283-8591

1010, 1202 Centre St. S.E.

www.sexualhealthaccess.org

- Manages **www.wontgetweird.com**, a website directory of youth-friendly sexual health information, education and health care providers throughout Alberta.
- Provides referrals for unplanned pregnancy options including abortion services, counselling services, emergency contraception and other sexual health concerns.
- Resource Centre distributes pamphlets on sexual and reproductive health topics, with a lending library for educational aids, periodicals and books related to a wide range of sexuality issues.

75

SouthWest Communities Resource Centre (403) 238-9222

42, 2580 Southland Dr. S.W.

- For residents of Bayview, Bel Aire, Braeside, Canyon Meadows, Cedarbrae, Chinook Park, Eagle Ridge, Haysboro, Kelvin Grove, Kingsland, Mayfair, Meadowlark Park, Oakridge, Palliser, Pump Hill, Southland, Windsor Park, Woodbine and Woodlands.
- Information, assessment and referrals, supportive counselling, parent program, Tutoring Tuesdays, youth advocate, youth programs, volunteer opportunities for youth.
- Best Beginnings program.
- Public access to computers with Internet connection and computer skills learning.
- Monday, Wednesday and Thursday 9 a.m. – 4:30 p.m.
Tuesday 12 noon – 8 p.m.
Friday 9 a.m. – 4 p.m.

Sunrise Community Link Resource Centre

(403) 204-8280

76

Second Floor, 3509 17th Ave. S.E.

- For residents of Abbeydale, Albert Park/Radisson Heights, Applewood, Belfast, Chateau Estates, Dover, Erin Woods, Forest Heights, Forest Lawn, Hubalta, Marlborough, Marlborough Park, Mayland Heights/Vista Heights, Meridian and Franklin Business Park, Penbrooke Meadows, Red Carpet, Southview.
- Information and referral to programs and services.
- Short-term support, advocacy and volunteer services.
- Contact for hours.

The Back Door

(403) 269-6658

77

10, 2808 Ogden Rd. S.E.

www.thebackdoor.ca

- Individual contracting of steps to become employable.
- For street youth 17 – 24 who have been on the street for more than one year.
- Telephones and newspapers for job and housing search.
- Help in basic areas such as coping with daily life, education, employment and housing.
- Computer lab to do resumes and word processing.

Volunteer Centre of Calgary

(403) 265-5633

78

1170, 1202 Centre St. S.E.

www.volunteercalgary.ab.ca

Youth Volunteer Program

- Volunteer opportunities to build up resumes, meet new people or fulfill a course requirement.
- Opportunities available in a number of areas: special events, tutoring, summer camps, visits with seniors, etcetera.

**West Central Community
Resource Centre****(403) 543-0555****3507A 17th Ave. S.W.****www.closetohome.com**

- For residents of Aspen Ridge, Christie Park, Coach Hill, Cougar Ridge, Discovery Ridge, East Springbank, Glamorgan, Glenbrook, Glendale, Killarney/Glengarry, Lincoln Park/Rutland Park, Patterson, Rosscarrock, Richmond Hill, Shaganappi, Signal Hill, Springbank Hill, Spruce Cliff, Strathcona Park, West Springs, Westgate and Wildwood.
- A wide variety of programs and services for families, children, youth and adults.
- Homework Clubs, Girl Talk, Toy Lending Library, Mother Goose.
- Parenting classes and workshops.
- Referrals for basic needs.
- Computers with Internet access for job and housing searches.
- Independent resume writing, schoolwork.
- Non-Regulated Dayhome Provider support group.
- Aboriginal Crafts.
- Monday and Wednesday 10 a.m. – 4 p.m.
Tuesday 10 a.m. – 4 p.m.
Thursday 11 a.m. – 6 p.m.
Friday 10 a.m. – 2 p.m.

Wood's Homes Treatment Resources

(403) 270-4102

80

www.woodshomes.ca

Community Resource Team

(403) 299-9699

toll free: 1-800-563-6106

- A 24-hour telephone and mobile crisis team for children, adolescents, adults and families, who are experiencing a crisis.

Eastside Family Centre

(403) 299-9696

255, 495 36th St. N.E. (Northgate Village Mall)

- A no fee walk-in counselling service providing clients with connection to appropriate resources.
- Available to the Calgary community and surrounding areas with a focus on children, adolescents and families.
- Monday to Friday 1 p.m.–8 p.m., Saturday 11 a.m.– 2 p.m.

Exit Community Outreach

(403) 262-9953 (storefront)

117 Seventh Ave. S.W.

(403) 860-6521 (Outreach)

(403) 512-9041 (Van cell, after 8 p.m.)

- Downtown storefront assistance and outreach for street youth 12 – 24.
- Food and clothing, crisis counselling, support and referrals to educational, dental, legal and medical resources.
- CATS (Calgary Adolescent Treatment Services) clinic walk-in medical services for youth under 18 years old on Tuesdays from 10 a.m. – 5 p.m.
- Van provides crisis counselling, health information and a break from the street for street youth and anyone involved in sexual exploitation.
- Storefront hours:
Monday to Friday 9 a.m.– 5 p.m.
- Van hours:
Monday to Thursday 8 p.m.–midnight
Friday and Saturday 8 p.m.– 1:30 a.m.

Exit Youth Shelter**(403) 509-2323**

112 16th Ave. N.E.

- Short-term safe shelter (up to 15 days) for youth 12 – 17.
- Provides a bed for youth with no place to sleep, youth in conflict with their parents or caregivers, and those who are in need of a safer environment.
- Youth with Child Welfare Status can be referred by their social worker.
- Youth without Child Welfare Status can also be referred to the shelter by parents, teachers, police, social service agencies and other youth.
- Day Services are available Monday to Friday for employment help and support from staff, lunch program from 11 a.m. – 1 p.m.
- Shelter opens at 6 p.m. (closed between 10 a.m. – 6 p.m.).
- Staff available for intake at 4 p.m. daily.

Safe Haven**(403) 262-0490**

- Supportive programs for girls 15 – 18 who may be at risk of sexual exploitation, poverty and/or homelessness.
- Partnership with the YWCA.

81**YMCA Calgary****(403) 531-1660****510, 940 – 6 Ave. S.W.****www.ymcacalgary.org****Camp Chief Hector****(403) 269-6156**

- Summer camps for youth 7 – 17.
- Family camps for all ages.
- Free bus service to camps.
- Activities include archery, arts and crafts, backpacking, canoeing, climbing, high ropes, hiking, horseback riding, swimming, and wilderness expeditions.
- Programs focus on education, employment, leadership and recreation.
- Financial aid available to those who require assistance. Contact office for details.

Community

- Dedicated to meeting the needs of children, youth and adults through a variety of programs delivered throughout the city.
- Programs focus on education, language skills, employment, leadership and recreation.
- Financial aid available to those who require assistance. Contact office for details.

YMCA Achievement Program (YMAP)

- Program for immigrant background or newcomer to Canada youth 15 – 20 and attending high school.
- Must be a permanent resident or Canadian citizen.
- Pre-employment and life skills training, summer work experience and job opportunities.
- Participants receive support and learning opportunities to help them succeed at school, at work and in their community.
- Benefits include access to YMCA recreation facilities, earning of high school credits, increased communication and public speaking skills, increased confidence and self-esteem, participation in job placements, and leadership development opportunities.
- Weekly sessions held after school.
- YMAP Explorers to help immigrant high school students explore Canadian culture and norms, and learn about key cultural differences.
- YMAP Grade 9 introduces students to career planning in a fun and supportive environment.

Fitness/Recreation:

- A wide range of health, fitness and recreation programs for people of all ages and abilities as well as day camps, youth leadership programs, teen nights and family activities.

Locations:

- Crowfoot YMCA (403) 547-6576
8100 John Laurie Blvd. N.W.
- Eau Claire YMCA (403) 269-6701
101 Third St. S.W.
- Shawnessy YMCA (403) 256-5533
400, 333 Shawville Blvd. S.W.
- South YMCA (403) 255-8131
11 Haddon Rd. S.W.
- YMCA Bishop McNally (403) 285-7444
5700 Falconridge Blvd. N.E.

New Horizons

- Employment skills program for immigrant youth 16 – 30.
- Sessions to develop pre-employment skills and gain leadership and life skills.
- Goal setting and job search support.
- Practical work experience.
- Community service learning projects.
- Access to YMCA fitness and recreational facilities.
- Financial support.
- Youth must be: legally entitled to work in Canada, not in school, not a recipient of EI in the last three years, and able to communicate in English.

Young Women's Christian Association (YWCA)

(403) 717-1723

82

320 Fifth Ave. S.E.

www.ywcaofcalgary.com

Family Violence Prevention Centre

(403) 266-4111

Crisis Line

(403) 266-0707 (24 hour)

- Counselling program for children and adolescents 4 – 18 who have witnessed and or experienced domestic abuse.
- Programs will look at learning to identify and express feelings, problem solving, developing a sense of responsibility for the violence, safety planning, changing attitudes and beliefs, building self-confidence and self-esteem, and learning to deal with one's own anger and that of others.
- Groups meet on Saturdays. Call (403) 294-3673 to register.
- Fees based on ability to pay, however, nobody is denied service due to an inability to pay.

Safe Haven

(403) 262-0490

- Supportive programs for girls 15 – 18 who may be at risk of sexual exploitation, poverty and/or homelessness.

Youth Advocate Program

(403) 206-3460

2003 16th St. S.E.

- A community outreach service for youth 10 – 18 (and their families) who are isolated or feel that they don't fit in.
- Services include social skills development, relationship building, conflict resolution, school liaison, parenting support, community resourcing and general advocacy.
- For youth and their families living in S.W. (south of 50 Avenue, west of Macleod Trail to city limits), S.E. (south of Memorial Dr. to 8 Avenue east of Deerfoot Trail) and N.E. (north of 16th Avenue and east of 36th Street).
- Flexible schedule Monday to Friday between 9 a.m. – 9 p.m.

Youth for Christ Association of Calgary

(403) 291-3179

Bay 15, 1725 30th Ave. N.E.

www.yfccalgary.org

Campus Life

- Helps high school students 12 – 18 through their teenage years by the building of friendships, informal counselling and a varied program of activities.
- Nominal fee for camps, trips, or other recreational activities.

StreetLight Mobile Youth Centre

(403) 470-9322 (cell)

- A safe place away from the pressures of the street.
- Open for street youth up to age 24.
- Food, friendship, informal counselling, games, music.
- Call for help anytime or for new locations.
- Monday and Thursday 8 p.m. – 11 p.m.
- StreetLight parks at 10th Avenue and 4th Street S.E.

Worth Unlimited

- A work training and work experience program for disadvantaged and troubled youth 14 – 18, who are out of school.
- Operates an automobile service centre for vehicle maintenance, repairs and tire sales.
- Supervised experience in auto mechanics for youth enrolled in the program.
- A referral form is provided once the office is contacted.

Youth Guidance

- One-to-one matching of troubled and disadvantaged young people with adult volunteers, along with regular recreation program to develop a positive peer group experience.
- No membership fees, however, there may be costs for camps and special events.

CALENDAR

January

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