

COVID-19 RESPONSE – EXTERNAL RESOURCES

Table of Contents

General Assistance, Financial Support and Other Career Resources	1
Food and Basic Needs Assistance	1
Indigenous Resources	3
International Student Resources	5
People with Disabilities	5
Mental Wellness and Personal Wellbeing Support and Community Connections.....	5

General Assistance, Financial Support and Other Career Resources

- Alberta Health Services has published [“Help in Tough Times”](#) resource listing which includes resources for dealing with financial pressures, unexpected difficulties, unemployment, or stressful situations.
- **NEW.** The Alberta Jobs Now program will provide up to \$370 million to help private and non-profit businesses with job supports to get thousands of Albertans back to work. Deadline: First intake is until August 31, 2021. <https://www.alberta.ca/alberta-jobs-now-program.aspx>
- **NEW.** The Alberta Government’s Critical Worker Benefit application is extended until August 31, 2021. The Critical Worker Benefit provides a one-time payment of \$1,200 to eligible Albertans in recognition of their hard work to provide Albertans with the care and critical services they need. Application process and eligibility overview available at <https://www.alberta.ca/critical-worker-benefit.aspx>
- [Enough for All Covid-19 Resource List](#) provides a wide range of resources, including resources for physical and mental health, resources for social services sector, Indigenous resources, food security, early learning and care, justice, housing, employment, adult literacy and foundational learning, seniors, helpful infographics, and links to additional resource lists.
- **NEW.** Self-Employment Training class at Microbusiness to start on August 9. Few spots left. Apply now! <https://microbusiness.ca/self-employment-training-now-online/>
- **NEW.** The [Work-Integrated Learning Industry Voucher pilot program](#) is a new initiative that provides paid work placement for hundreds of students in their field of study. Employers can apply for a grant of up to \$5,000 per placement. [Learn more.](#)
- **NEW.** YW Calgary is offering a financial empowerment program for those living with mental health and addiction concerns. Check out the [Women’s Economic Prosperity](#) initiative.

Food and Basic Needs Assistance

- The Alex Community Food Centre offers Lunch to Go every Wednesday from 11:30 a.m. – 1:00 p.m. and Meals to Go on Friday from 10 a.m. – 12 p.m. For details call 403-455-5792.

- [The Calgary Community Food Map](#) is a Google map featuring no and low cost food resources within Calgary. Community members are encouraged to contact the organizations/groups listed to ensure that you have the most up-to-date information.
- [Calgary Community Food Resources by Quadrant](#) is a Google doc featuring no and low cost food resources categorized by quadrants across the city.
- The Calgary Community Fridge offers free access to fresh and frozen food items, pantry staples, and personal care products. Visit their [Instagram page](#) for more information.
- Calgary Housing Company and Calgary Dollars have [partnered on a program](#) designed to empower Calgary Housing Company tenants by using a local currency system to purchase goods and services from businesses.
- [Calgary Food Bank](#) – The Calgary Food Bank is continuing its drive-through model for hamper pick-up. If you are a family or individual looking for emergency food support, the hamper request line is 403-253-2055.
- Calgary Transit is making low-income transit passes available for purchase online through the [following link](#). Alternatively, passes can be purchased in person at Customer Service Centre [locations](#) or the [City Hall Cashiers](#). Learn more about Fair Entry programs and services [here](#).
- Calgary United Way and the Canadian Poverty Institute have posted a list of resources and support for Canadians. This resource list is available at [this link](#).
- [CareFind](#) is a free service where parents can search for programs and services, specifically licensed daycares, preschools, out of school care programs and approved day homes.
- **NEW.** The City of Calgary has opened a new affordable housing development in the community of Bridlewood. [Learn more](#).
- The [Community Hubs Initiative](#) has created an additional incentive to save with the [Matched Savings Program](#). For more information call 403-205-5238 or email MounaM@caryacalgary.ca.
- The Government of Canada has a [national directory](#) of community organizations offering free tax clinics and Inform Alberta offers a [listing of services](#) that help low income Calgarians prepare their income tax during and leading up to tax season.
- [Immigrant Education Society](#) – offering some of their programs (such as LINC Literacy) online.
- Calgary Legal Guidance's [Dial-A-Law](#) provides free online informational resources on a wide variety of legal issues in the Province of Alberta.
- Legal Aid Alberta announced the extension of a new initiative to help Albertans prepare for court remotely. Read the press release [here](#).
- [Resolve Legal](#) is offering free legal information (not advice) for urgent questions related to employment, applying for government benefits and renter rights. Resolve Legal's help line is 1-844-446-6622.
- [Sorce \(Safe Communities Opportunity and Resource Centre\)](#) – Various support to low income individuals – Phone support only. Please leave a message at 403-617-4183 or 403-608-5559.
- **NEW.** [Student Legal Assistance](#) is an on-campus law clinic staffed by law students who, with the assistance of volunteer advising lawyers, provide free representation and legal assistance to University of Calgary students and Calgary and area residents who are unable to afford a lawyer.
- The [Women in Need Society](#) has a virtual parent group. Join the online group to connect with other parents and learn about resources and activities to keep kids busy. Check out the poster [here](#) or contact Twyla at 403-703-5104.

- YYC Grocery Delivery is a pop-up volunteer group providing free custom grocery delivery for Calgarians in need. Place an order [online](#) or call 403-830-6538.

Indigenous Resources

- Aboriginal Friendship Centre of Calgary (AFCC) for remote supports and service inquires please contact Krista White at kjwhite@afccalgary.org. The [Indigenous COVID-19 Task Force](#) is helping community members fill out applications for provincial and federal emergency supports and raising education and awareness around COVID-19 transmission, symptoms and protective measures. Staff are helping individuals access additional emergency supports with partnering agencies and AFCC Elders are on hand to provide cultural counselling. Community support is available Monday to Friday from 9 a.m. until 4 p.m. For more information about the services provided by the Task Force, call 403-370-6422 or email ictf@afccalgary.org.
- Aboriginal Futures offices are closed until further notice, please note that they are still available for remote support via email. If you would like to communicate with one of their career counselors or staff members, please visit their website at www.aboriginalfutures.com for the staff directory.
- The Aboriginal Friendship Centre of Calgary, Awo Taan Healing Lodge, Siksika Health Services, OKAKI and Seven Brothers Circle announced [Canada's first Indigenous led immunization clinic for Indigenous people](#).
- The governments of Alberta and Canada will fund a Métis Capital Housing Corporation affordable housing project. Learn more [here](#).
- The [Alberta Indigenous Virtual Care Clinic](#) provides free access to medical professionals on the phone or online.
- Assembly of First Nations (AFN) is providing this overview of [Mental Health and Wellness](#) during the COVID-19 pandemic for First Nations. As the situation is evolving rapidly, they encourage everyone to visit the AFN COVID-19 webpage to access up to date information and resources at www.afn.ca/coronavirus.
- Awo Taan Healing Lodge Society Family Wellness Centre is here to support families in need. Through Awo Taan Healing Lodge's connection with the Indigenous Task Force, the lodge has delivered over 200 emergency packages to women and their children at the lodge, including food, personal care items, and diapers. They are also assisting with food supplies due to lay off, isolation, lack of income, etc. and providing emotional supports – for support, please reach out to their workers at <https://www.awotaan.org/>.
- Blood Tribe COVID-19 Hotline for Blood Tribe Band Members: 403-737-8411
- [Canadian Indigenous Peoples Job Seekers Portal](#) assists Indigenous people in researching and acquiring opportunities to develop their careers by providing training resources and job postings.
- The [Indigenous Education for Newcomers](#) initiative at the Centre for Newcomers creates opportunities through various activities, including dialogue circles and storytelling, to bring newcomers and Indigenous participants together.
- The Canada Revenue Agency has [Tax information for Indigenous peoples](#) and [questions and answers about filing your taxes](#).
- Did you work from home as a result of the COVID-19 pandemic? You may be able to claim a deduction for certain [home office expenses](#).
- City of Calgary's Aboriginal Services Guide:
https://www.calgary.ca/csps/cns/documents/aboriginal_services_guide.pdf?noredirect=1

- The Government of Canada is expected to announce additional funding via the [Indigenous Community Support Fund for Indigenous communities](#), focused on supporting childcare, education and infrastructure initiatives during the COVID-19 pandemic.
- [Hope for Wellness](#): Mental health counselling and crisis intervention for Indigenous Peoples is available by calling the toll-free Help Line, 1-855-242-3310, or through the chat box.
- United Way of Calgary, Pembina and First Nations Health Consortium stepped up to help deliver over 500 food hampers and 100 emergency care packages.
- Jordan's Principle also provides First Nations families living on- and off-reserve with services and programs to address children's health, social and educational needs. Call 1-855-JP-CHILD (1-855-572-4453), open 24 hours a day, 7 days a week. You can also visit the Government of Canada website for eligibility information.
- Métis Nation of Alberta (MNA) and Métis Capital Housing Corporation (MCHC) are providing relief payments of \$1000 per month for three months to provide financial relief to Métis Nation renters who are directly impacted by this pandemic. Fill out an application online or download one from metishousing.ca. This program will be administered until funds are no longer available on a first-come, first-served basis.
- [Metis Nation of Alberta](#) (MNA) is offering interim Covid-19 supports to Métis in Alberta through their support plan. They have created a culturally relevant activity booklet for kids. Download and print off the Children's Booklet and learn about Métis culture and your family history while you stay safe at home. [Click here](#) to download the PDF of the children's booklet.
 - Metis Nation of Alberta can provide financial support to Metis families and children who have been affected by COVID-19 <http://albertametis.com/interim-covid-19-support-plan/> - Please contact Renay at 780-728-5026 for assistance with applications.
- Miskanawah (Diamond Willow Youth Lodge) is hosting [Little Wonders](#) an early literacy, music and play program on Mondays and Thursdays from 11 a.m. - 12:30 p.m.
- [Native Women's Association of Canada](#)'s President Lorraine Whitman has a message to the community and is working with Provincial and Territorial Member Associations (PTMAs), their NWAC elders and youth and communicating with Indigenous Services Canada to keep you informed and updated about COVID-19. Click [here](#) to read her message and to access online resources.
- [re:VISION Indigenous Youth Employment](#) is an innovative, culturally-based program that creates connections between Indigenous youth and employers.
- The [Sacred Medicine Garden](#) located at [Calgary John Howard Society](#) is now finished and it is designed to support cultural healing by reintroducing Sacred Medicines into urban spaces.
- [Sahwoo mokhaak tsi ma taas](#) are offering legal representation, information, education, and cultural support to Indigenous people who need help accessing the justice system. If you or your organization are in need of legal advice, reach out to liaison Lana at 403-716-6491 or their lawyer Sarah at 587-349-7998.
- University of Alberta School of Dentistry is offering a variety of dental services to Métis Nation of Alberta citizens. [Learn more](#).
- **NEW**. Women's Centre of Calgary has compiled a variety of Indigenous community resources in the areas of health, employment and training, legal assistance, housing, and support and information. This resource is available at the [following link](#).

International Student Resources

- Action Dignity Society has compiled a [community resource package](#) to support Calgary's ethno-cultural communities.
- Canadian Bureau for International Education – [free webinars](#) on e-learning, academic advising, self-care, and other topics related to international students and education.
- Immigrant Services Calgary's Gateway project is a pilot project aimed at positively transforming the experience of newcomers in Calgary. Learn more [here](#) and watch this [video](#).
- The RYP offers a mentoring program called, The NewLife Youth ReGeneration Program, which organizes and delivers a wide range of excellent programs for youth. The Four Training Modules for the [NewLife Youth ReGeneration Program](#) are the pillars RYP uses to strengthen and support the community. These pillars are Education, Economic Empowerment, Mentoring and Health & Wellness. Dedicated and passionate volunteers deliver sessions and activities, people from the community who have given up their time and, in some cases, their money to continue this work. The RYP programs offered are accessible to descendants of the black diaspora and delivered according to their principles of "Mentoring the RYP Way across a Lifetime." Click on the [link](#) to get more information and apply or share the information of this FREE youth for descendants of the black diaspora.
- [Update from IRCC – Implied Legal Status for in-Canada Work Permit and Study Permit Extension Applicants](#) - Immigration, Refugees, and Citizenship Canada have advised international students with temporary resident status to [apply online for an extension](#).

People with Disabilities

- [CNIB](#) is providing information, virtual programming and Blogs for people with vision loss during the pandemic.
- The [Calgary Ability Network](#) (CAN) is sharing information from a cross-disability perspective
- People who are Deaf or Hard of Hearing can access information in ASL on the [Deaf & Hear Alberta](#).
- Recreational Respite is offering [virtual engagement and social connectivity programs](#) with recreation therapists for children, youth and adults with disabilities and mental health concerns.

Mental Wellness and Personal Wellbeing Support and Community Connections

- **NEW.** Alberta Health Services has launched a [free online wellness program](#) open to all Albertans looking to learn more skills in coping with stress, change and setting goals. The five-course series covers topics ranging from connecting with others and building healthy relationships to managing physical and emotional reactions and positive activities.
- The [Canadian Mental Health Association's BounceBack®](#) program is available to help build skills to improve your mental health. Read the press release [here](#).
- Calgary Chinese Community Service Association (CCCSA) has compiled a list of Mental Health (Counselling) services in Calgary during COVID-19 – see Appendix for a copy of this list.
- The [CMHA Calgary Peer Support](#) service provides the opportunity for anyone – individual, family member or professional – looking for a connection with others, who is new to the mental health and/or addiction community, or looking for information about a mental health diagnosis, the chance to speak with someone with personal experience.
- The Calgary Immigrant Women's Association is offering the [Grandma's Kitchen and Self-esteem Group](#) for women 50+, a place to share stories, build friendships, and practice English. For more information email Azitaa@ciwa-online.com.

- The Calgary Immigrant Women's Association offers [supports](#) for immigrants and refugees with mental health and addiction issues.
- [The Calgary Women's Emergency Shelter](#) has temporarily expanded their 24-Hour Family Violence Helpline to accommodate email (help@cwes.ca) and text (403-604-6689), for those who can't use a phone during isolation. Remember those fleeing domestic violence and in need of safe housing can call the shelter's 24-Hour Family Violence Helpline - 403-234-SAFE (7233). If you are in danger, call 911. They have also partnered with a hotel chain in Calgary – kept confidential for safety reasons – to offer shelter for women escaping domestic violence. More details in this [Calgary Herald article](#).
- Calgary's Central Library location has opened a [Wellness Desk](#) which provides mental health and addictions support, health information, and referral to services. Visit room 3-19A on the third floor. This free service is available afternoons and evenings, on a drop-in basis.
- The [Canada Suicide Prevention Service](#) is available 24/7 by calling 1-833 456-4566 or by texting 45645. Find additional resources [here](#).
- David Gratzler, of the Centre for Addiction and Mental Health, offers [tips](#) for dealing with anxiety and when to seek professional help. Also, check out these [Mental Illness and Addiction Facts and Statistics](#).
- [CMHA Calgary](#) offers a range of mental health education programs for students, community groups, workplaces and organizations. Topics include mental health awareness, stress management and suicide prevention. For more information email education@cmha.calgary.ab.ca.
- [Cognitive Behavioral Therapy for Insomnia \(CBT-I\)](#) is an evidence-based psychotherapy for treating insomnia. CBT-i Coach is a mobile app for people who are engaged in CBT-I with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits.
- The Court of Queen's Bench will now permit counsel to submit master and justice consent orders for processing through email. For more information click the following link: <https://www.albertacourts.ca/qb/resources/announcements/processing-of-master-justice-consent-orders-by-email>.
- Access to all courthouses in the province of Alberta continues to be restricted until further notice. Read the announcement [here](#).
- [CUPS](#) is providing monthly programming and is working to provide the majority of their services remotely by phone for the health and safety of clients and staff, they will be opening the CUPS Health Clinic for limited access from 10:00 a.m. to 2:00 p.m., Monday to Friday. In order to access the facility, they ask that clients call the clinic first for health needs at 403-221-8797 or the main line for non-health needs at 403-221-8780 to determine if it's necessary to be seen in person.
 - The [CUPS Child Development Centre](#) is a program that supports the overall resilience of families. Read about the Centre's programming [here](#).
- Discovery College [offers courses](#) to help young people aged 16-24 recognize and develop their own resourcefulness and awareness to support themselves in their own mental wellness.
- [Distress Centre Calgary](#) - 24-hour crisis line - 403-266-HELP and [online chat](#); [Tips for managing stress and anxiety](#).
- In conjunction with [Drug Free Kids Canada](#), Enough for All has created an [infographic](#) as well as resources and useful strategies to help talk to kids about coping with stress and avoiding substance abuse.
- Énergie Cardio has made a wide variety of [training videos](#) available on their website.

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- [Families Matter](#) is providing free [Resiliency Toolkits, Coping with Stress and Anxieties](#) for kids age 8-14. For more information call 403-205-5189 or email jordandaalder@familiesmatter.ca. Also, check out their list of classes and programs [here](#).
 - F.O.C.U.S. on Seniors is a not-for-profit, volunteer-driven initiative, designed to support older adults (50+ years old) in Northeast Calgary. Learn more [here](#).
 - [Immigrant Services Calgary](#) has made several services available online to the public, including therapy and counselling, interpretation and translation services. Their in-home support program and employment-bridging services can also be accessed online.
 - Counselling services to children and youth: as a result of reduced access to community resources, Kids Help Phone is experiencing increased demand for its 24/7 confidential online, telephone, and text counselling services across Canada. The Government of Canada will give \$7.5 million in funding to Kids Help Phone to provide young people with the mental health support they need during this difficult time.
 - Providing harm reduction and overdose support has changed post COVID-19. The Homeless Services Association of BC has provided a [resource which outlines steps to take should you need to respond to an overdose incident while minimizing the risk of COVID-19 transmission](#).
 - The Mental Health Commission of Canada's [HEADSTRONG](#) team would like to understand how families are managing during COVID-19. If you have time, take the family survey [here](#).
 - **Mental Health Help Line** is offering support 24 hours a day, seven days a week. Call 1-877-303-2642 and the Addiction Help Line at 1-866-332-2322.
 - **Mindshift CBT**: a free scientifically proven tool to assist individuals in beating their anxiety. <https://www.anxietycanada.com/resources/mindshift-cbt/>
 - Psychology Today is a resource database that offers a searchable tool to view profiles, specialties and sort by location. [Click here](#) to review the Psychology Today database.
 - [Punjabi Community Health Services \(PCHS\) Calgary](#) (587 999-9312) is providing support to the community and our clients with counselling through video calls, email and phone.
 - Rehab4addiction has produced a [useful guide](#) specifically about improving mental health during the COVID-19 pandemic.
 - [Rehabilitation Advice Line](#) is an Alberta only line that provides free rehabilitation advice and general health information for Albertans, available daily from 10:00 a.m. to 6:00 p.m. For more information, click [here](#) or call 1-833-379-0563.
 - [Rehab Spot](#) offers support with many different forms of addiction. Rehab Spot is not a treatment center; but a public web guide sharing information on drugs, alcohol, addiction, and recovery. Their page [Addiction During COVID-19](#) talks about the implications of substance use while in isolation.
 - The [Sagesse](#) office remains open to clients, and have available online and phone support. To connect contact the client services team at program@sagesse.org or call them at 403-234-7337.
 - The [Strong Mind, Strong Me](#) teletherapy and treatment program was created by the University of Calgary's Werklund School of Education and is set to offer free support to children and families who are struggling with social, emotional and behavioural difficulties stemming from the pandemic. More details in this [Global News press release](#).
 - **Text4Hope**: an Alberta Health services program that provides three months of free cognitive-behavioral therapy (CBT) based text messages on a daily basis. How to use: text COVID19HOPE to 393939. <https://www.albertahealthservices.ca/topics/Page17019.aspx>

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- Applications are open for [Totally Outright](#), a free health and wellness leadership program for gay, bi, and queer guys between the ages of 18 and 30. The program offers an honorarium for completion. Apply [here](#).
 - [Vibrant Communities Calgary](#) offers a free weekly e-newsletter with information about free community helplines. In conjunction, with Enough for All, Calgary's community-driven poverty reduction strategy. Its mission is to create opportunities to align and leverage the work of hundreds of organizations and thousands of Calgarians to reduce poverty in our city.
 - [The Women's Centre of Calgary](#) is open for appointments with extended hours: Mondays 9:30 a.m. - 4:30 p.m., Tuesdays - Thursdays 9:30 a.m. - 8:30 p.m.
 - **Wood's Homes E-Therapy:** <https://www.woodshomes.ca/>
Text, call, and e-mail support formats.
 - [Wellness Together Canada](#) offers Mental Health and Substance Use Support, including the following at no cost to Canadians:
 - Wellness self-assessment and tracking.
 - Self-guided courses, apps, and other resources.
 - Group coaching and community of support.
 - Counselling by text or phone.