List of Resources and Services

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| **Sources** | **Contact information** | **Description** |
| **Emergency services** | 911 | Calgary 911 dispatches calls to Calgary Police, Calgary Fire Department, and Alberta Health Services' EMS. |
| **Distress Centre**  Distress Centre (24 hours) Crisis line | 211  403-266-4357 | * Over 200 languages available. 211 give access to an entire network of community, social, health and government services. |
| **Health Link** | 811 | * If a medical situation is not life threatening, and you aren’t sure if an ambulance is what you need, Healthlink at 811 will connect you with a registered nurse who can walk you through your symptoms and direct you to the right help for your situation. |
| **City information, non-emergency related services** | 311 | For City information and non-emergency and non-law enforcement related services (e.g. bylaw-related issues, potholes, street cleaning, tax account inquiries). |
| **Police Services** (non- emergency) | 403-266-1234 | For police concerns of a non-urgent nature such as a minor accident, general noise complaints, late reporting incidents including stolen or damaged property.  Online reporting: <https://www.calgary.ca/cps/Pages/Report-a-crime.aspx> |
| **Canadian Mental Health Association**  Address: 1040 7 Ave SW #105 Calgary | 403-297-1700 | <http://cmha.calgary.ab.ca/> |
| **Alberta Men’s Network** | coordinator@alberta  men.com | <http://www.albertamen.com/> |
| **Immigrant Services Calgary** (Indira Caro)  Address: 910 7 Ave SW #1200, Calgary | 403-444-1508 | <https://www.immigrantservicescalgary.ca/> |
| **Carya**  Counselors:   * Patricia Canales * Alan or Thomas   Men’s group   * (Spanish) Ileana Chan   Address: 839 5 Ave SW #180, Calgary | 403-2055267  403-205-5244  403 537-3386 | https://caryacalgary.ca |
| **Calgary Counselling Centre**  Address: 105 12 Ave SE Suite 1000, Calgary | 833.827.4229 | <https://calgarycounselling.com/> |
| **Canadian Centre for Male Survivors** | 587-575-7000 | [http://cc4ms.ca/](http://cc4ms.ca/about/) |
| **Calgary Community Against Sexual Abuse** (CCASA)  Address: Northland Building, 910 7 Ave SW #700, Calgary | 403-237-5888 | <http://www.calgarycasa.com/> |
| **Calgary Dream Centre**  Address: 4510 Macleod Trail S, Calgary | 403-243-5598 | <https://calgarydreamcentre.com/> |
| **Calgary drop-in Rehab Centre** (24 hours)  Address: 1 Dermot Baldwin Way SE, Calgary | 403266-3600 | <https://www.calgarydropin.ca/> |
| **Calgary Food Bank**  Address: 5000 11 St SE, Calgary | 403-253-2055 | <https://www.calgaryfoodbank.com/> |
| **Calgary Legal Guidance**  Address: 840 7 Ave SW #100, Calgary | 403-234-9266 | <http://clg.ab.ca/> |
| **Calgary Public Library** – multiple locations.  Address (central library): 800 3 St SE, Calgary | 403-260-2600 | <https://calgarylibrary.ca/> |
| **Centre for Newcomers**  Address: 999 - 36 Street Northeast #1010, Calgary | 403-569-3325 | <https://www.centrefornewcomers.ca/> |
| **Calgary Catholic Immigration Society**  Address: 1111 11 Ave SW, Calgary | [(403) 262-2006](https://www.google.com/search?sxsrf=ACYBGNQymA52ttlh9oW58gEyu86CFvHjwQ:1568310274176&ei=8oN6XabiIIqd-gT_ooTADQ&q=Calgary%20Catholic%20Immigrant%20Services%2FCenter&oq=Calgary+Catholic+Immigrant+Services%2FCenter+&gs_l=psy-ab.3..35i39.13672.13818..14489...0.2..0.129.232.0j2......0....1..gws-wiz.......0i71.DDm9m-L0XJw&ved=2ahUKEwj8rKiG68vkAhVVvJ4KHRi0ApsQvS4wAHoECAoQJg&uact=5&npsic=0&rflfq=1&rlha=0&rllag=51045122,-114081786,419&tbm=lcl&rldimm=15505671965706561216&rldoc=1&tbs=lrf:!2m1!1e2!2m1!1e3!2m1!1e16!3sIAE,lf:1,lf_ui:2) | <https://www.ccisab.ca/> |
| **Calgary Catholic Immigrant Services/Center for**  **refugee resilience** | 403-5255-869 |  |