



Monterey Park Community Association

Community Resource Guide – Calgary

This guide compiles community services that support residents with food access, housing, health, family services, financial assistance, and newcomer supports across Calgary. **Northeast Calgary services are highlighted** to help Monterey Park residents find nearby supports.

Table of Contents

Community Navigation	Page 3
Food Hampers & Grocery Programs	Page 3
Community Meals	Page 3
Local Food Programs	Page 3
School Food Programs	Page 4
Housing Assistance	Page 4
Shelters & Emergency Housing	Page 4
Clothing & Household Items	Page 4
Counselling & Mental Health	Page 4-5
Health Services	Page 5
Domestic Violence & Crisis Support	Page 5
Free Tax Clinics	Page 5
Utility & Financial Assistance	Page 5-6
Immigration & Newcomer Services	Page 6
Indigenous Services	Page 6
Youth & Family Programs	Page 6
Transportation Support	Page 6

Community Navigation

Organization	Phone	Website
211 Alberta	211	ab.211.ca

Food Hampers & Grocery Programs

Organization	Phone	Website
Calgary Food Bank	403-253-2055	calgaryfoodbank.com
Campus Food Bank – University of Calgary	403-220-8599	su.ucalgary.ca/foodbank
Community Food Centre – The Alex	403-455-5792	thealexcfbc.ca
Abundant Life Church Food Pantry	403-246-1804	alc-calgary.ca
Alexandra Centre Society	403-269-5588	alexandracentresociety.org
Jewish Family Service Calgary	403-287-3510	jfsc.org
Women’s Centre of Calgary	403-264-1155	womenscentrecalgary.org
Society of Saint Vincent de Paul	403-250-0319	ssvpcalgary.ca
Dashmesh Culture Centre Food Bank	403-590-0970	dashmesh.ca
Veterans Association Food Bank	1-833-422-8387	veteransassociation.ca
Falconridge Family Resource Centre Food Hampers	403-293-0424	falconridgefamilies.ca
Mosaic Community Food Security – Village Square	403-569-9675	mosaicpcn.ca

Community Meals

Organization	Phone	Website
Hope Mission	403-474-3237	hopemission.com
Meals on Wheels Calgary	403-243-2834	mealsonwheels.com
Mustard Seed	403-723-9422	theseed.ca

Local Food Programs

Organization	Phone	Website
Whitehorn Community Association Pop-Up Pantry	See website	whitehorncommunity.com
Community Kitchen Program of Calgary	403-538-3779	ckpcalgary.ca
Good Food Box	403-538-3779	ckpcalgary.ca
Calgary Community Fridge	See website	communityfridgeyyc.ca

📄 School Food Programs

Organization	Phone	Website
Calgary Board of Education Nutrition Programs	403-817-4000	cbe.ab.ca
Calgary Catholic School District Lunch Programs	403-500-2000	cssd.ab.ca
Brown Bagging for Calgary Kids	403-264-7979	bb4ck.org
Breakfast Club of Canada	See website	breakfastclubcanada.org

📄 Housing Assistance

Organization	Phone	Website
Calgary Housing Company	403-221-8400	calgaryhousingcompany.org
Métis Urban Housing Corporation	403-232-8654	metishousing.ca
Treaty 7 Urban Indian Housing Authority	403-270-7379	t7uiha.ca

📄 Shelters & Emergency Housing

Organization	Phone	Website
Calgary Drop-In Centre	403-266-3600	calgarydropin.ca
Inn From The Cold	403-263-8384	innfromthecold.org
Salvation Army Centre of Hope	403-410-1111	salvationarmy.ca
Avenue 15 Youth Shelter	403-543-9651	bgcc.ab.ca

📄 Clothing & Household Items

Organization	Phone	Website
Women in Need Society (WINS)	403-255-5102	winsyyc.ca
Calgary Interfaith Furniture Society	403-276-3173	furniturebank.ca
Good Neighbour YYC	403-805-8228	goodneighbouryyc.com
Making Changes Association	403-234-3666	makingchangesassociation.ca
Salvation Army Thrift Stores	403-410-1114	thriftstore.ca

📄 Counselling & Mental Health

Organization	Phone	Website
Distress Centre Calgary	403-266-4357	distresscentre.com
Calgary Counselling Centre	403-691-5991	calgarycounselling.com
Carya	403-205-5244	caryacalgary.ca

Eastside Family Counselling Centre	403-299-9699	eastsidefamily.ca
Community Connect YYC	403-234-7233	communityconnectyyc.ca
Sagesse	403-234-7337	sagesse.org
YW Calgary Counselling	403-263-1550	ywcalgary.ca

Health Services

Organization	Phone	Website
CUPS Community Health Centre	403-221-8780	cupshealth.org
Centre for Sexuality	403-283-5580	centreforsexuality.ca
HIV Community Link	403-508-2500	hivcl.org
Sheldon M. Chumir Health Centre	403-955-6200	albertahealthservices.ca
Alberta Child Health Benefit	780-427-6848	alberta.ca

Domestic Violence & Crisis Support

Organization	Phone	Website
Calgary Women's Emergency Shelter	403-234-7233	calgarywomensshelter.com
Awo Taan Healing Lodge	403-531-1972	awotaan.org
YW Crisis Shelter	403-263-1550	ywcalgary.ca
Wheatland Shelter	403-934-6634	wheatlandshelter.ca

Free Tax Clinics

Organization	Phone	Website
Carya Tax Clinic	403-205-5244	caryacalgary.ca
Momentum Tax Clinic	403-272-9323	momentum.org
Trellis Society Tax Clinic	403-219-3477	growwithtrellis.ca
Immigrant Services Calgary Tax Clinic	403-265-1120	immigrantservicescalgary.ca
SAMRU Tax Clinic	403-440-6269	samru.ca

Utility & Financial Assistance

Organization	Phone	Website
Alberta Utilities Consumer Advocate	310-4822	ucahelps.alberta.ca
ENMAX Customer Assistance Program	403-514-6100	enmax.com
ATCO Customer Relief Programs	310-5678	atco.com
Government of Alberta Utility Programs	310-0000	alberta.ca

Calgary Low-Income Transit Pass	311	calgary.ca/transit
---------------------------------	-----	--------------------

Immigration & Newcomer Services

Organization	Phone	Website
Calgary Catholic Immigration Society	403-262-2006	ccisab.ca
Calgary Chinese Community Service Association	403-265-8446	cccsa.ca
Calgary Immigrant Women's Association	403-263-4414	ciwa-online.com
Centre for Newcomers	403-569-3325	centrefornewcomers.ca
Immigrant Services Calgary	403-265-1120	immigrantservicescalgary.ca

Indigenous Services

Organization	Phone	Website
Aboriginal Friendship Centre of Calgary	403-270-7379	afccalgary.org
Calgary Aboriginal Urban Affairs Committee	403-268-1336	calgary.ca

Youth & Family Programs

Organization	Phone	Website
Boys & Girls Clubs of Calgary	403-543-9651	bgcc.ab.ca
YMCA Saddletowne	403-351-6577	ymcacalgary.org
YMCA Village Square	403-366-3900	ymcacalgary.org
Falconridge Castleridge Community Association	403-280-7837	fcca.ca
Genesis Centre of Community Wellness	403-930-6180	genesis-centre.ca
Punjabi Community Health Services	403-293-8111	pchs4u.com
Trellis Society	403-219-3477	growwithtrellis.ca

Transportation Support

Organization	Phone	Website
Calgary Transit Low Income Transit Pass	311	calgary.ca/transit