

RESOURCE CHEAT SHEET

RESOURCE	CONTACT NUMBER	WEBSITE	NOTES
Family Violence Info Line	1-780-310-1818		Toll-free, 24/7, multilingual service available
Emergency Social Services	1-866-644-5135	https://www.alberta.ca/emergency-financial-assistance.aspx	Emergency food, shelter, medical benefits, and clothing.
Income Support	1-877-644-9992	https://www.alberta.ca/income-support.aspx	7:30 am to 8 pm (open Monday to Friday, closed statutory holidays)
Distress Centre Calgary	403-266-4357	https://www.distresscentre.com/	24 Hour Crisis support counselling service.
Central Alberta Sexual Assault Support Centre	1-866-956-1099	https://casasc.ca/	Sexual Assault supports via counselling, play therapy, police and court support, crisis support and education.
The Outreach Centre, Red Deer	403-347-2480	https://theoutreachcentre.org/	Domestic Violence and Suicide Prevention Supports, including counselling, supervised visitation for children, paralegal support, education.
Mountain View Food Bank Society	403-556-1693	office@mountainviewfoodbank.com	Provides food to those in need throughout MV County. Transport options available, see pamphlet in resource binder.
Chinook Arch Victim Services Society	1-844-828-4133	http://www.chinookarchvictimsservices.com/	Provides immediate crisis intervention, support, information, and referrals to victims of crime and trauma.
Legal Aid Alberta	403-297-2260	https://www.legalaid.ab.ca/	Provides affordable legal services in family law, domestic violence, child welfare, immigration, and youth and adult criminal defense.
Hope for Wellness	1-855-242-3310	https://www.hopeforwellness.ca/	Toll-free or connect to the online Hope for Wellness chat. Services are available to all Indigenous people across Canada who need immediate emotional support, crisis intervention or referrals to community-based services.

Child Abuse Hotline	1-800-387-5437		Call 911 if you or the person you are reporting is in immediate danger. Call the Child Abuse Hotline to get help if you, or children you know, are being neglected, abused or sexually exploited. If you believe a child is at risk, you must report it. Help is available in multiple languages 24/7.
Kids Help Phone	Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.		Available 24 hours a day to anyone in Canada aged 5 to 29 who wants confidential and anonymous care from trained responders.
Parent Information Line	1-866-714-5437		
Seniors Abuse Helpline	780-454-8888		
NEAREST WOMEN'S SHELTERS			
RED DEER Central Alberta Women's Emergency Shelter	403-346-5643	www.cawes.com	
CALGARY Calgary Women's Emergency Shelter	403-234-7233	www.calgarywomensshelter.com	
ROCKY MOUNTAIN HOUSE Mountain Rose Women's Shelter	1-877-845-4141	https://ldallacosta.wixsite.com/rmhshelter	
STRATHMORE Wheatland Crisis Society	403-934-6634	www.strathmoreshelter.com	
HIGH RIVER Rowan House	403-652-3311	www.rowanhouse.ca	
CALGARY Awo Taan Healing Lodge	403-531-1972	www.awotaan.org	Indigenous specific but will accept all other ethnicities.
Alberta Wide Shelter Search	Alberta Council of Women's Shelters (ACWS)	https://acws.ca/shelters/	Please note that these listings include ACWS member shelters only. For a map that includes other shelters in Alberta that are not members of ACWS – as well as shelters in other parts of Canada – please visit sheltersafe.ca .
Nationwide Shelter Search	Shelter Safe	https://sheltersafe.ca/	Provides information and a clickable map to help connect women and their children across Canada with the nearest shelter for safety and support.