



## Community Support and Resources

Attending courses in the Child and Youth Care Diploma program may activate you or bring up a lot of emotions and personal experiences. We want you to know that there is support both on and off campus that can support Indigenous students with specific activations around colonial history, Missing and Murdered Indigenous Women (MMIW), residential schools, community suicides, and more. The following are some of the resources that are offered within Calgary.

**Mental Health Team at Bow Valley College** – The mental health team provides a variety of services to support your wellbeing. You can access:

- Group sessions to help you develop strategies for managing anxiety, building better relationships, and increasing positive emotions
- Short-term one-on-one counselling support
- Wellness workshops to help you build or maintain wellbeing
- Mental health training to learn more about mental health and how to help yourself and others
- Specific Indigenous Counsellor through the Iniikokaan Centre

You can meet with a counsellor (via in-person/virtual/telephone) by booking an appointment either in-person, by phone at 403-410-1440, or by email at [counselling@bowvalleycollege.ca](mailto:counselling@bowvalleycollege.ca).

We are located at Learner Success Services on the first floor in South Campus.

<https://bowvalleycollege.ca/student-resources/student-life/counselling>

**National Centre for Truth and Reconciliation** – If you are a survivor and need emotional support, a national crisis line is available 24 hours a day, seven days a week (24/7). Residential School Survivor Support line: **1-866-925-4419** <https://nctr.ca/contact/survivors/>

**First Nations and Inuit Hope for Wellness** – The Hope for Wellness Help Line/on-line chat offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Call the toll-free Help Line 24/7 at **1-855-242-3310** <https://www.hopeforwellness.ca/>

**Aboriginal Friendship Centre of Calgary** – Get connected to Sweat Lodges, Elders, Drumming and other Cultural Programming. Contact **403-270-7379**

[Aboriginal Friendship Centre of Calgary](#)

**Alberta-wide Mental Health Helpline** – The Mental Health Help Line is a 24 hours a day, 7 days a week confidential service that provides support, information, and referrals to Albertans experiencing mental health concerns: **1-877-303-2642**

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

**Calgary Communities Against Sexual Abuse** – Offering sexual abuse and sexual assault crisis support and education. Call **403-237-5888**, Monday-Friday, 9am–5pm.

**Calgary Distress Centre** – Our highly trained volunteers and professional staff are here for you if you need someone to talk to and your call is confidential. This service is free and is offered in over 200 languages. Call or text our 24-hour crisis line at **403-266-4357** (or for the hearing impaired 403-543-1967) <https://www.distresscentre.com/>

**Child Abuse Program** – **403-943-7886**

**Non-emergency Calgary Police line** – **403-266-1234**

**ConnecTeen** – Need support? We're here for you. No one needs to know you reached out. 24-hour phone support **403-264-8336** or text messaging 587-333-2724

Daily online chat (available 3:00pm-10:00pm weekdays and noon-10:00pm on weekends)

<http://calgaryconnecteen.com/>

**National Transgender** – Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans: **1-877-330-6366**

<https://translifeline.org/hotline/>

**7 Cups** – Connects you to caring listeners for free emotional support, provides both text and message support in 140 languages, available 24 hours a day, 7 days a week

To get started go to: <https://www.7cups.com/p/bowvalley/> and enter password bow\_portal

**Talk Suicide** – If you are experiencing difficult or suicidal thoughts, you are not alone.

Call 24/7 in Canada: **1-833-456-4566** <https://talksuicide.ca/>

**Togetherall** – a free online community where you can safely connect with other people and access wellness support. Google or Firefox browser required: <https://togetherall.com/en-ca/>

**Bounceback** – a free guided self-help program for stress and mental wellness management with telephone coaching available. [https://bouncebackbc.ca/#gf\\_3](https://bouncebackbc.ca/#gf_3)

## Shelters:

**Awo Taan Healing Lodge Society** – An emergency women's shelter (crisis), they shield, support, and empower against family violence and provide a 32-bed full-service women's emergency shelter dedicated to providing services to women and children from all cultures. The shelter operates 24 hours a day, 7 days a week with both on-site and on-call counsellors available at all times. Call **403-531-1972** <https://awotaan.org>

**Calgary Drop-In Centre** (emergency shelter) – We provide essential care as well as health services and housing support to adults experiencing or at risk of experiencing homelessness. Our programs and services connect people to permanent housing that meets their individual needs. Call **403-266-3600** <https://calgarydropin.ca/>

**Calgary Women's Emergency Shelter** – We provide services to individuals and families impacted by family violence and abuse. Counsellors can answer questions, and provide confidential counselling, safety planning, and referrals. 24-hour **family violence helpline 403-234-7233**, toll-free 1-866-606-7233, text 403-604-6689, or email [help@ccwes.ca](mailto:help@ccwes.ca)  
**Men's counselling service (phone/virtual) 403-299-9680** or email: [mcsocalgary@cwes.ca](mailto:mcsocalgary@cwes.ca)  
<https://www.calgarywomensshelter.com/index.php>

**Inn From The Cold** (Families) – If your family needs emergency shelter or help with housing or social support, call **403-263-8384** [www.innfromthecold.org](http://www.innfromthecold.org)

**The Mustard Seed Calgary Shelter** – Provides emergency shelter, food, clothing, advocacy, mental health and addiction counselling, chaplaincy, tax clinics and legal advice. Advocates provide assistance when applying for Alberta Works, AISH, and obtaining referrals for clothing, prescription glasses, and legal assistance. Call **403-269-1319** <https://theseed.ca/services>

**YWCA Sheriff King Home** (Women and Children) – We support woman and children in crisis by meeting their immediate and most basic needs, then work directly with them to create positive change in their lives. Call **403-266-4111** <http://www.ywcaofcalgary.com/program/ywca-sheriff-king-home/>

## Addictions Services:

**The Addiction and Mental Health Help Line** – is a toll-free 24 hours a day, 7 days a week confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling.

Addiction Helpline: **1-866-332-2322**; Mental Health Helpline: toll-free **1-887-303-2642**  
<https://www.albertahealthservices.ca/amh/amh.aspx>

**Alpha House** – Provides a place of safety for men and women struggling with addictions, as well as mental and physical health issues. We operate a Shelter and Detox/Transitional facility, Outreach Programs, including the DOAP Team, Encampment Team, and the Needle Response Team, and Housing Programs with intensive case management support. Call **403-234-7388** or

**Outreach DOAP Team** Cell **403-998-7388** or email [info@alphahousecalgary.com](mailto:info@alphahousecalgary.com)  
<http://alphahousecalgary.com/>

**Families for Addition Recovery** – Support for parents/caregivers of children struggling with addiction (regardless of age) through 1 to 1 phone support, online parent support groups, and a free phone support line **1-855-377-6677 ext. 207** <https://www.farcanda.org/>

**Fresh Start** – Helping individuals and family members recover from addiction. Call **403-387-6266** to learn more about our programs or visit our website at <http://freshstartrecovery.ca>  
E: [info@freshstartrecovery.ca](mailto:info@freshstartrecovery.ca)

**Sunrise Healing Lodge** – Proved Indigenous based programs dealing with addictions in the community. We help men, women and their families recover from the destructive effects of alcohol, drug, and gambling addictions. **403-261-7921** <http://nass.ca/>

#### **Other Services:**

**Calgary Food Bank** – the first line of emergency food support for families and individuals facing crisis. Once the food emergency is addressed, we refer food bank clients to our proven partner agencies and programs. Call to book an appointment: **403-253-2059**  
<https://www.calgaryfoodbank.com/needfood/>