

RESOURCES

Community Resources

Crisis Services

Distress Centre	403-266-4357	www.distresscentre.com
Woods Homes Community Resource Team 24 hour telephone and mobile crisis team for children, adolescents, adults and families	403-299-9699	www.woodshomes.ca

Addictions

Alberta Health Services Youth Addictions Services Adult Addictions Services	403-297-4664 403-297-3071	www.albertahealthservices.ca
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Counseling/Support

Calgary Counseling Centre	403-265-4980	www.calgarycounselling.ca
Calgary Family Therapy Centre	403-802-1680	www.familytherapy.org
Carya (formerly Calgary Family Services)	403-269-9888	www.caryacalgary.ca
Catholic Family Services	403-233-2360	www.cfs-ab.org
Distress Centre	403-266-4357	www.distresscentre.com
Hull Services	403-251-8000	www.hullservices.ca
Jewish Family Services	403-287-3510	www.jfsc.org
Native Counselling Services of Alberta	403-237-7858	www.ncsa.ca
Woods Homes Eastside Family Centre	403-299-9696	www.woodshomes.ca

Mental Health

Access Mental Health	403-943-1500	www.albertahealthservices.ca
Canadian Mental Health	403-297-1410	www.cmha.calgary.ab.ca
Distress Centre	403-266-4357	www.distresscentre.com

Shelter

Avenue 15 Crisis shelter for 12-17 year old homeless and runaway youth who need help getting off the streets	403-543-9651	www.boysandgirlsclubsofcalgary.ca
Wood's Homes Exit Youth Shelter Short-term safe shelter (up to 15 days) for youth ages 12-17	403-509-2323	www.woodshomes.ca