

Family Resource Guide

Community Resources
January 2019



**Calgary Board
of Education**

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Calgary Services

Inform Alberta (211)

- www.informalberta.ca
Dialling 211 will connect you to a full range of community, social and government services information. 211 is free, confidential, available in many languages and operates 24-hours a day, 7 days a week.

Calgary Indigenous Services Listings (311)

- www.calgary.ca
- Produced by the City of Calgary, this resource lists programs and services specific to the Indigenous community as well as those that are open to the general population. May be of special interest to Aboriginal community.

Calgary Community Services Guide and Citizens Services (311)

- calgary.ca/communityguide (Calgary Community Services Guide PDF copy available)
- Produced by the City of Calgary, intended for low income and vulnerable individuals to find services.

Calgary Police Services

- Produced by the City of Calgary, this resource lists programs and services specific to the Calgary Police Service
- Emergency: 9-1-1
- Non Emergency 403-266-1234

Calgary Public Library

- www.calgarylibrary.ca
- Programs available: technology access and free printing, Careers and Small Business support, inter-library loans, Sunlife Musical Instrument Loan, Ideal Lab (free meeting rooms), Homebound Readers (delivery of books to your home), Special Services (accessibility technologies available for use/loan), and Settlement Services (programs to support new immigrants).

Calgary Youth Services Guide (311)

- www.calgary.ca (Calgary Youth Services Guide PDF copy available)
- Produced by the City of Calgary, this resource lists programs and services available to youth in Calgary.



Children's Cottage Society

- 403-233-2273 (24/7 Crisis Line)
- Programs available: Crisis Nursery (child care up to 72 hours for new borns up to age 8), Brenda House (homeless shelter), Healthy Families (in home parenting support), Community Respite (in-home respite for parents, free day care).

Community Resources Centres (211)

- 403-266-4357 (24/7 Crisis Line)
- Programs available: parent education (ADHD, aggression, autism, biting, bullying, car seat safety, child development, divorce and separation, first aid, grief and bereavement, new baby, nutrition, ODD, positive guidance, routines, sensory processing disorder, separation anxiety, sexuality, speech development, toilet training, twins and multiples), community resources, crisis support and family fun activities.

Made by Mama

- madebymomma.org
- Peer to peer hands-on support to families who are struggle. Services available: cooked meals, maternity clothes, in home support while moms need to complete work around the house or get rest, birthday presents for children, quick house tidy to assist moms with cleaning, breast feeding support, photo sessions to assist families who are facing terminal illness, lending libraries, etc.

The Women's Centre

- 403-264-1155
- Assists women with peer support, legal advice, computer and equipment use, taxes, basic needs assistance, ID clinics, Commissioner of Oaths, referrals, birthday programs, emergency funds, food box, etc.

Clothing

Boots for Kids Foundation of Alberta

- 403-262-2097
- Provides winter boots and other clothing to needy elementary school children in Alberta

Jacket Racket

- 403-286-0089
- Gently used coats, snow pants, hats and mittens donated to school boards.

My Best Friend's Closet

- 403-262-5776
- Provides teenage girls from low income homes (ages 12-18) with fashionable and functional clothes.

Salvation Army Calgary Community Support Services

- 403-220-0432
- The Salvation Army gives work boots free to clients with a job confirmation.

Walk in Closet

- 403-262-5776 ext. 1
- Provides business attire to women, facing financial barriers, who want to join the workforce, return to school or engage in volunteer activities. They also provide other services to assist women.

Women in Need Thrift Store

- 403-255-5102
- www.womeninneed.net/frc (website provides a list of locations within Calgary)

Christmas Resources

Kinette Club of Calgary – Adopt a Family Program

- adoptafamily@kincalgary.net

Firefighters' Toy Association (the City of Calgary)

- james.blayney@calgary.ca

The Magic of Christmas

- 403-803-1619

The Salvation Army (Christmas Toy & Tree, Food Hampers)

- 403-410-1158 (bookings start in October for Christmas toys, trees and hampers)

Domestic Violence Supports and Services

Alberta Provincial Abuse Line

- 1-855-443-5722 403-531-1972
- Help line for assistance with resources, supports, services and referrals to address your concerns about abuse or neglect of an Albertan.

Awo Taan Healing Lodge Society

- 403-531-1972 24-hour Crisis Line
- Provides Shelter and community services, guided by Aboriginal traditional teaching, to anyone affected by family violence and abuse.

Calgary Women's Emergency Shelter

- 403-234-7233 24-hour Crisis Line
- Provides safe, secure housing, food, clothing, referrals and counselling for women and children fleeing domestic violence.

YWCA Sheriff King Home and Mary Dover Transitional Housing

- 403-266-0707 24-hour Crisis Line
- Provides safe, secure housing, food, clothing, referrals and counselling for women and children fleeing domestic violence.

Educational Services

Calgary Board of Education

- www.cbe.ab.ca
- No child is ever denied access to education in the CBE because of inability to pay. Waivers are available. Can apply for waivers directly online or speak with the school for assistance with the application process.

Calgary Catholic School District

- www.cssd.ab.ca
- Calgary Catholic School District makes provisions for families who are unable to pay school fees. Speak with the principal at your child's school for more information.

Financial Services

Alberta Emergency Financial Assistance

- 1-866-644-5135 (Available 24/7)
- www.alberta.ca/emergency-financial-assistance.aspx
- Financial assistance for unexpected emergencies

My Alberta Supports

- 1-877-644-9992
- www.myalbertasupports.ca
- Find and apply for services and benefits for work or training, low income, disabilities, personal safety, homelessness, fleeing domestic violence, childcare, special diets, utility connection fees, school expenses for children and more.

Family Supports For Children With Disabilities

- 403-297-7971
- www.humanservices.alberta.ca/disability-services
- Provides a wide range of family-centred supports and services to help strengthen families' and encourage their child's participation in activities at home and in the community.

Food

Food Banks Alberta

- 1-866-251-2326
- www.foodbanksalberta.ca

The Alex Community Food Centre

- 403-455-5792
- Offers food access, food skills, and education and engagement programs to low-income community members.

Community Kitchen Program of Calgary

- 403-275-0258
- Programs available: Calgary's Cooking (individual cooking and meal plan), Good Food Box (fresh fruits and vegetables at a low cost), Souper Stars (kids cooking program in partnership with schools), Tummy Tamers (hot lunches at the City's Park n' Play locations), and Welcome Home (hamper).

Lists: Access to Food in Alberta Listings (last updated in 2016)

- www.albertahealthservices.ca/assets/Infofor/hp/if-hp-sn-access-to-food-in-alberta.pdf
- Lists information about where to find emergency, low cost food and community food programs.

Resources: Food Resources (211 Alberta)

- For hamper and free meal information (halal, kosher, also available through specific organizations)

Furniture

Calgary Inter-Faith Furniture Society

- 403-276-3173
- Free furniture through referrals (schools can make referrals)

Feed-A-Need

- 403-280-1232
- A city-wide charitable initiative that seeks to connect those who wish to give with those who need their help. They do this by picking up furniture and household items from donors and delivering them to those in need across Calgary.

Women in Need Society

- 403-255-5102
- Website (list of locations within Calgary) www.womeninneed.net/frc

Health Services

Alberta Association of Optometrists

- Eye See, Eye Learn (resource for teachers and parents)
- www.optometrist.ab.ca
- Optometrists detect, diagnose and treat eye health problems in children as they enter the school system. Alberta Health Care covers the cost of comprehensive eye exams for all children in the province. Provides free prescription eyeglasses to kindergarten students.

Alberta Child Health Benefit (ACHB)

- 1-877-469-5437
- For low income families, ACHB covers children's health expenses: dental care, prescription drugs, eye exams and glasses, essential diabetic supplies, emergency ambulance services and essential over the counter medications.

Alberta Health Services – Dental Clinics and Public Health

- 403-955-6888 (Sheldon M. Chumir Helath Centre location)
- 403-944-9999 (Sunridge Mall location)
- Dental services available to low-income clients
- For additional dental information see [Appendix B](#)

The Alex Community Health Centre

- 403-266-2622
- Provides free basic health care and dental clinics
- Programs available: Health, Housing and Food

Calgary Urban Project Society (CUPS)

- 403-221-8780
- Provides free basic health care and dental clinics

Health Link

- 811
- Talk to a public health nurse about health related questions; 24 hours a day, 7 days a week.

Primary Care Network (PCN)

- www.calgaryareadocs.com
- Alberta Health Services Program to assist Albertans: coordinate access to primary health care, help find a family doctor, coordinate health services (including specialized and long term care) and increase wellness.

Housing | Rent and Utilities Services

Alberta Works Housing and Utility Support (moving to Alberta Supports Centres)

- 1-866-644-5135 toll free

Calgary Housing Company

- 587-390-1200 (for all office locations)
- The Calgary Housing Company provides properties with subsidized rent.

Calgary Urban Project Society (CUPS)

- 403-717-0922
- Provides free basic health care and dental clinics as well as information about health, family education and housing.

The Distress Centre (24/7)

- 403-266-1605
- 24 hour support, free crisis counselling and resources.

The Red Cross

- 403-541-6100
- The Red Cross provides a Community Housing Project for low-income people living in Calgary.
- Programs available: Emergency & Disaster Services, First Aid & CPR, Health Equipment Loans, Migrant & Refugee Services, Swimming & Water Safety, and Violence, Bullying & Abuse Programs

Salvation Army Calgary Community Support Services

- 403-410-1111
- Programs available: Family Resource Centre (childcare available while participating in programs), computer skills training, self care and life skills training (for women), addictions live-in recovery programs, and other services.

YWCA

- 403-263-1550
- YWCA provides support for women and their children towards finding affordable housing.
- Programs available: Domestic Violence and Crisis Supports (24 hour crisis line, shelter and outreach support), emergency shelters, transitional housing, community housing/supports, group counselling and family counselling.

Infant Care

Best Beginning

- 403-228-8221
- Best Beginning is a Calgary Health Region program that provides support from social workers, nurses, dietitians and outreach workers to provide free information, support and referrals for pregnant women. Milk, vitamins and food are available as well. Support and resources available in multiple languages.

Children's Milk Program

- 403-253-2059 (provided through the Calgary Inter-Faith Food Bank)
- Free fresh milk and infant formula to low income families with children, pregnant or nursing mothers. Home deliveries or agency pick ups.

Healthy Babies Network

- 403-205-8551 (Healthy Babies Network nurse) or 403-777-7635 Catholic Family Services mainline
- Support for low income pregnant and parenting women with food/vitamin supplements and pre/post-natal support, addiction and mental health support, Well Child Services, Best Beginnings, and information.

Infantcare Alberta

- 855-747-2273
- Financial relief as sleep and nutritional supports. Assistance with food, bus tickets and limited financial assistance.

Salvation Army Community Support Services

- 403-220-0432
- Programs to support families with preschool programs, toy loan pool, childcare for program participants, and recreational play time. Also have programs for school aged children.

Mental Health and Counselling Services

Access Mental Health

- 403-943-1500
- Email | mental.health@albertahealthservices.ca
- <https://www.albertahealthservices.ca/amh/amd.aspx>
- Clinicians provide telephone Information and help Albertans navigate the health system, specifically about addiction and mental health. Phone lines are open Monday to Friday 7:30am – 7:00pm. This is not a crisis service. Callers in crisis will be connected with a crisis service provider.

Calgary Counselling Centre

- 403-691-5991
- Offers affordable individual and group counselling

CARYA

- 403-269-9888
- Building strength in Calgary's diverse population through counselling, collaboration, community development, homecare and individual and family support.

Catholic Family Service of Calgary

- 403-233-2360
- Programs available: Mental Health and Well Being, Empowering Parents, Healthy Children, and Success in School, Marriage Preparation, and Online Self Help.

Distress Centre

- 403-266-4357 (24 hour crisis line)
- Provides professional counseling, information on community, social, and health services

Jewish Family Service Calgary

- 403-287-3510
- Program available: Community Support Services, Counselling, Domestic Violence, and Education Services

Mental Health Help Line

- 1-877-303-2642 24-hour Crisis Line
- Provides 24/7 support: crisis intervention, information about mental health programs and services, and referrals to other agencies if needed.

Mobile Response Team

- 403-266-1605 (Distress Centre Hotline for referral)
- Outreach team of nurses, social workers and psychologists available to the general public to assist during times of crisis or distress.

Suicide Prevention Line

- 1-800-784-2433

Wood's Home

- Community Resource Team 403-299-9699 or 1-800-536-6106 24-hour Crisis Line
- Eastside Family Centre 403-299-9696 (Northgate Village Mall, #255, 495 36 Street NE)
 - No charge, walk-in counselling for families, couples and individuals
 - Focused counselling or e-therapy (via email)
- Reach 117 – 7 Avenue SW
 - No cost, walk-in clinical and mental health supports to clients (15-24 years old)

Newcomers to Canada

Calgary Catholic Immigration Society (CCIS)

- 403-262-2006
- Programs available to immigrants and refugees: Business Employment & Training, Community Development and Integration Services, Family and Children Services, and Resettlement and Integration Services

Calgary Immigrant Women's Association (CIWA)

- 403-263-4414
- CIWA offers services for immigrant and refugee women, youth, children and families. Programs available: Career Services, Family Services, Language Training and Childcare, Settlement and Integratin, Workplace Services

Centre for Newcomers (CFN)

- 403-569-3325
- Programs Available: Settlement Services, Youth Programs, English Langaue Program, Jobs and Career Planning and Assistance, Multicultural Peer Mentorship for Professionals, Canadian Business Essentials for Accounts, Ethnicity Catering Training Program, Child Care, Volunteering Experiences and Opportunities.

Immigrant Services Calgary

- 403-265-1120
- Programs Available: Settlement and Integration, English Testing/Education, Translation and Interpretation Services, Employment Support, Children/Adult and Senior Programs, Family Support and Counselling.

Parenting Services

Ability Hub

- 403-210-5000
- Provides programs, supports and activities for families and individuals with autism.

Calgary Immigrant Women's Association (CIWA)

- 403-263-4414
- Cross-cultural parenting and educational programs for parents of children 0-6 and teenagers.
- Free childcare and first language support available.

Calgary Urban Project Society (CUPS)

- 403-717-0922
- Free Parenting Programs/Education for families (mainly with children 0-5 years).
- Family Resource Centre on premises that can provide resources and referrals.

Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD)

- 403-225-8512 (leave a message)
- CHADD holds monthly Support Group meetings for parents of children and adults with ADHD, attention deficit hyperactivity disorder.

Children's Link Society

- 403-230-9158
- www.childrenslink.ca
- Provides resources, child care information, parent-to-parent connections and hope to families and professionals who care for and work with children and youth with special needs from birth to age 21.

Closer to Home

- 403-543-0550
- Programs available: Early Intervention and Prevention, In-Home Family Support, Indigenous Services, Foster Care, Group Care

Community Parenting Education Program (CPEP)

- 403-542-0870
- Family strengthening program (open to all families with children ages 5-17 years). CPEP is particularly helpful to parents of children with disruptive behaviour disorders such as Attention Deficit Disorder (ADHD), Oppositional Defiance Disorder (ODD) and Conduct Disorder (CD).

Families Matter

- 403-205-5178
- Provides parenting education resulting in healthy child development and confident and competent parents who are connected within their communities. Programs available: Family Mental Health, Parenting Programs, Professional Development and other services.

Family and Community Resource Center

- 403-955-3272
- Alberta Children's Hospital program that provides information, resources and supports to families.

In-Sync Program (associated with CARYA)

- 403-269-9888
- A free, play-based, multi-sensory program aimed at building, enhancing, and strengthening the parent-child relationship.

Jordan's Principle (Government of Canada Initiative)

- 1-866-553-0554 (24/7)
- Initiative to give extra help to all First Nations children when needed so they have an equal chance to thrive. Funded services available in three areas: health, social and education.

Parents and Children Together

- 403- 671-1710
- Programs available: parent education/discussion group on a variety of topics and children's program (child-directed play).

YWCA Compass (children up to 12 years old)

- 403-264-3440
- Education and support to parents of children up to 12 years of age with positive parenting strategies (specific to their child), social and problem solving skills, goal setting, in-home visits and referrals to other community services.

YWCA Triple P Positive Parenting Program

- 403-262-0497
- Positive parenting workshop to promote children's development, manage misbehavior and emotional challenges in children and teenagers.

Urgent Family Care (through CARYA)

- 403-269-9888
- Urgent family care services: in-home childcare and practical support

We Connect You

- 403-275-6666
- www.weconnectyou.ca
- Online resource to: parent link centre, resources, referrals, workshops and individual supports.

Wood's Home

- Fetal Alcohol Spectrum Disorder (FASD) Support 403-263-3447
 - Face to face support in the home, and telephone/text/email support.
- Home Connections 403-270-5696
 - In-home support services for children, youth and families intended to strengthen relationships and help navigate difficult issues

Sports, Recreation and Mentorship Services

Boys & Girls Clubs of Calgary

- 403-276-9981
- Programs available: Youth Housing & Shelters, Community Clubs and Experiential Learning, Education and Youth Employment, Indigenous Initiatives, Community Based Care and Support, Mahmawi-Atoskiwin (traditional Indigenous wellness).

The City of Calgary (311)

- Can obtain information on active living programs, Park & Play and Stay & Play program, Youth drop-in open gyms and other recreational opportunities
- Calgary Parks & Recreation 403-268-2489
- Available: subsidies for recreational programs and admissions to the City of Calgary recreational facilities.

Crew (formerly Athletes Mentoring Program - Catholic Family Services)

- 403-233-2360
- Mentorship program for youth ages 10-14 with varsity athletes from the University of Calgary, Mount Royal University and Southern Alberta Institute of Technology.

Real Me (offered by Centre for Newcomers)

- 403-569-3325
- Support and help for immigrant youth aged 12-24 years first generation immigrants or first generation Canadians who are currently involved in gangs or at risk for gang involvement to reach their highest future potential as contributing members of society.

YMCA Calgary

- 403-237-9622
- Recreational programs, camps, and child care.

Youth Can Fish 2 Society

- 403-719-0723
- Teaches outdoor skills (fishing, camping, cooking, and fish conservation) to boys and girls ages 8 - 14 as part of a week long summer camp. (free of cost)

Sports and Recreation Funding

City of Calgary Fee Assistance (311)

- Fair Entry Program: Pay less for access to City of Calgary pools, recreation facilities, and many fun activities in the City Call to find out how to apply

Family Supports For Children With Disabilities

- 403-297-7971
- www.humanservices.alberta.ca/disability-services

Jumpstart

- 1-877-616-6600
- www.canadiantire.ca/jumpstart

KidSport Calgary

- 403-202-0251
- Financial assistance and/or equipment for kids to participate in organized sports.

YMCA Calgary

- 403-237-9622
- Fee assistance is available.

Summer Camps (at no cost)

City of Calgary Day Camps

- www.liveandplay.calgary.ca

Green Fools Social Circus Camps

- 403-242-7118 or 403-237-9010
- Free circus camps for youth at risk, new immigrant and first nation youth (ages 8 and up).

Jumpstart (Canadian Tire)

- www.jumpstart.canadiantire.ca
- Funding available for sports or activities (\$300 per activity and max \$600 per year). Assistance with registration fees, equipment and/or transportation.

MEG Energy Summer Science Camp (Mount Royal University)

- Indigenous youth in grades 10-12
- Participant costs, including food, accommodations at MRU and transportation to and from camp excursions, are covered for the duration of the camp. Transportation to and from bus depot and MRU are also available.

Most Immigrant Service Agencies

- Most immigrant service agencies will have summer camps free of charge for immigrant students.

SAIT Summer Camps

- 403-210-5650
- Bursaries available starting in January for summer of that year; covers full cost of camp and lunch program.

YMCA & Boys and Girls Club (day and overnight camps available)

- 70% off of summer camp program costs for all Fair Entry families.
- Camps with Indigenous centred/focus also available.



Transportation Services

Access Calgary

- 403-537-7770
- Door-to-door service, shared rides on Calgary handi-Bus or taxi, for people unable to take a bus, must have an application completed by a doctor or other professional and cost is one bus ticket.

Calgary Transit

- 403-262-1000
- Fair Entry (low-Income) monthly transit pass available



Appendix A: Crisis | Agency's Contact Information

Name of Agency	Contact / Information
Alberta Health Services Addiction Helpline	1-866-332-2322
Alberta Mental Health Mobile Response Team	403-266-1605 Provides mobile mental health services, including: crisis intervention, prevention, urgent psychiatric assessments, trauma response, mental health education, professional consultations
Boys & Girls Club of Calgary	403-828-HOPE (4673) Shelter for homeless youth that connects teens to vital support programs in the community. The Boys and Girls Club services recognize and respond to the emerging needs of kids and families; particularly those most affected by complex social and economic issues
Bullying Helpline	1-888-456-2323
Calgary Youth Drug Line	403-269-3784
Child Abuse Hotline	1-800-387-5437
Connect Family and Sexual Abuse Network (Alberta)	1-877-237-5888 Connect is a service for people who have big and small questions about relationships and experiences. Their goal is to help people recognize unhealthy relationships and abusive relationships in all its forms.
ConnecTeen 24-hr Peer Support Line	403-264-TEEN (8336) Text 587-333-2724 Monday to Friday 5pm–10pm, Sat and Sun 12pm – 10pm) Non-urgent questions - Email: connectteen@distresscentre.com A program by the Distress Centre offering confidential phone support for teens. Peer support (teen to teen) is available online and over the phone between 5pm – 10pm daily
Distress Centre	403-266-HELP (4357)
Distress Centre TTY (hearing impaired)	403-543-1967
Eating Disorder Helpline	1-866-633-4220
Kerby Elder Abuse Line	403-705-3250 24-hour crisis line
Kids Help Phone (24/7 support line)	1-800-668-6868 If you need to talk to someone about anything you might be struggling with, call the Kids Help Phone. Available 24/7.
Police Emergency	9 1 1
Police non-emergency calls	403-266-1234
Social Service Response Team (SSRT)	403-297-2995
The Doorway	403-269-4688 Provides young people, ages 17-24, living on the streets with resources and supports to help these young people leave them.
Woods Homes Crisis Line (CRT)	403-299-9699 / Toll-free 1-800-563-6106 Text 587-315-5000 (9am – 10pm) Online Chat Counselling (9am – 10pm, 7 days a week) The Community Resource Team (CRT) is a 24/7 telephone and mobile support service. Each of their team of professionals represents the psychology, social work, marriage and family therapy disciplines, and provides service to all individuals and families

Appendix B: Alberta Health Services | Dental Care

HOW TO GET DENTAL CARE IN THE CALGARY ZONE

PROGRAM	WHO IS ELIGIBLE	COVERAGE
Alberta Child Health Benefit (ACHB) Phone: 1-877-469-5437 Web: http://employment.alberta.ca/FCH/2076.html E-mail: achb@gov.ab.ca	- Children under the age of 18 (19 if attending high school) in low-income families. - Eligibility based on income and number of eligible children in the family. - Must apply. Call for an application or download from website.	- Free basic health benefits and routine dental services. - Show benefit card to a dental provider.
Alberta Health Services - Calgary Zone Community Dental Clinics Chumir 403-955-6888 Northeast 403-944-9999 Airdrie 403-912-8484	- Children and adults with limited income that do not have a dental plan. - Eligibility based on income and family size. - Families must apply. Call for application or download from website.	- Reduced fee dental care. - Routine and basic services including cleanings, x-rays, fillings and removal of teeth.
Alberta Health Services - Calgary Zone Oral Health Education Phone: 403-22-TEETH (228-3384)	- Infants, children, families, adults and seniors. - Targeted communities and groups.	- Services vary according to client group. - Visit the website for details.
Alberta Health Services - Calgary Zone Alberta Children's Hospital Dental Clinic Phone: 403-955-7836 Fax: 403-955-5000 Web:	- Children, infants and teens with medical, physical and/or mental health conditions. - Healthy children under 3 years of age with significant dental needs. - Referral letter required and can be faxed.	- Involved with Cleft Palate and Craniofacial clinic. - There is a fee for dental services provided. - The dental clinic will complete and submit insurance/benefit forms as required.
Alberta Health Services - Calgary Zone Foothills Medical Centre Dental Clinic Phone: 403-944-2401 Fax: 403-283-5260 Address: 1403 29th St NW Calgary AB	- People with medical, physical and/or mental health conditions. - Referral required and can be faxed or mailed.	- There is a fee for dental services provided. - The dental clinic will complete and submit insurance/benefit forms as required.
Non-Insured Health Benefits Program (NIHB) Phone: 1-888-495-2516 Website: www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php	All registered First Nations and Inuit persons that are residents in Canada.	- Routine services and comprehensive (with pre-approval) dental services. - Show status registry card to a dental provider.
Care for a Smile Dental Program Phone: Morley 403-881-2111 Siksika 403-734-3959 T'suu Tina 403-251-7575 Eden Valley 403-881-2111	For infants and children of First Nations Communities in Alberta.	Free services including fluoride varnish, sealants, fillings and teaching about tooth brushing and flossing.
Cleft Palate Dental Indemnity Program Phone: 403-943-7308	- Alberta residents, under the age of 25 and covered under Alberta Health Care Insurance Plan. - Have a congenital cleft affecting the hard palate. - Registered at a Cleft Palate Clinic in Alberta.	- Funding for dental treatment directly related to the cleft site. - Must use all 3rd party insurance coverage and all other government programs first.
Burns Memorial Fund Phone: 403-234-9396 Web: http://www.burnsfund.com	- Must be under the age of 21 and lived in Calgary for at least 6 months. - No dental insurance/benefits. - Referral letter and treatment plan needed.	- Payment or cost-sharing for dental or orthodontic treatment. - Payments are not given for services already provided in a dental office before applying to the Burns Fund.



HOW TO GET DENTAL CARE IN ALBERTA HEALTH SERVICES - CALGARY ZONE A GUIDE FOR PROFESSIONALS

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PROGRAM	WHO IS ELIGIBLE	COVERAGE
Dental Assistance Program for Seniors (DASP) Phone: 1-800-642-3853 Web: www.seniors.gov.ab.ca/financial_assistance/DASP/index.asp	- Residents of Alberta who are 65 years of age and older (Canadian citizens or landed immigrants) - Eligibility based on income. - Must apply if not already enrolled in the Alberta Seniors Benefit Program or Optical Assistance for Seniors Program. Call for an application or download from website.	- Coverage dependant upon annual income. - Checkups, cleanings, fillings, extractions, root canals and basic dentures. - Must pay for any amounts above the maximum amount covered by this program. - Advise the dental provider of coverage (no benefit card).
Interim Federal Health Program (IFHP) Phone: 1-800-770-2998 Web: www.servicecanada.gc.ca/eng/goc/interim_health.shtml	People with refugee status during first year in Canada.	- Emergency dental services only (pain, infection, bleeding or trauma). - Call a dental provider or Calgary Health Zone Community Dental Clinic.
Department of Veterans Affairs (DVA) Phone: 1-866-522-2122 Web: www.vac-acc.gc.ca/general	- Veterans must be assessed for eligibility. - Coverage specific to each individual program.	- Basic dental care, dentures and comprehensive dental services provided with pre-approval. - Show healthcare identification card to dental provider.
Alberta Works Phone: 1-866-644-5135 or 403-310-0000 Web: www.employment.alberta.ca/hb	People and their dependants who are receiving income support (social assistance).	- People who cannot work are eligible for supplemental coverage (basic dental services and dentures). People who can work are eligible for standard coverage (limited to pain and oral infection relief, and dentures). - The health benefits card will indicate level of coverage (standard or supplemental dental) - Show health benefit card to a dental provider.
Assured Income for the Severely Handicapped (AISH) Phone: 1-866-644-5135 Web: http://www.seniors.gov.ab.ca/AISH	AISH clients and their dependants.	- Routine dental services and dentures. - Show health benefit card to a dental provider.
Alberta Adult Health Benefit (AAHB) Phone: 1-866-644-5135 or 403-310-0000 Web: www.employment.alberta.ca/ahb	- People who leave income support or AISH and have employment or Canada Pension Plan Disability program - Pregnant women - People with ongoing prescription drug needs - Eligibility also based on income	- Basic services (extractions, fillings, etc.) and in some cases teeth cleaning. - See on-line policy manual for details on who has what coverage. - Client must show benefit card to dental provider.
Calgary Urban Project Society (CUPS) Phone: (403) 221-8780 Web: www.cupshealthcentre.com	- People with no access to dental services can apply based on income. - Referral needed through CUPS nurse.	- Limited, free dental services for teeth removal and some fillings. - Services are provided on specific days only.
Dental Assistant Schools Phone: SAIT 403-284-8380 Columbia College 403-235-9314	- Adults and children who do not require scaling of teeth. - People with or without dental insurance.	- Low-fee services. - Services include teeth polishing, fluoride treatment, and x-rays. - Services are not offered year round.

HOW TO GET DENTAL CARE IN THE CALGARY ZONE

PROGRAM	WHO IS ELIGIBLE	ELIGIBILITY CRITERIA	COVERAGE
Alberta Health Services, Calgary Zone Community Oral Health Phone: 403-943-6797 Web: http://www.albertahealthservices.ca/services.asp?pid=service&rid=1042857	☒ Children ☒ Adults ☒ Seniors	• Infants, children, families, adults and seniors. • Targeted communities and groups.	• Preventative services only • Varies according to client/age group. • Visit the website for details.
Alberta Health Services, Calgary Zone Public Health Dental Clinics Chumir 403-955-6888 Northeast 403-944-9999 Web: http://www.albertahealthservices.ca/services/PPage13202.aspx	☒ Children ☒ Adults ☐ Seniors	• Individuals and families with limited income that do not have a dental plan. • Eligibility based on income and family size. • Clients must apply. Download application from website.	• Reduced fee dental care. • Emergency dental care involving extractions, and basic services including checkups, cleanings, x-rays, and fillings • Clinic does not operate like a private dental office and does see dental emergencies. Appointment times are an estimate and wait times may vary
Alberta Health Services, Calgary Zone Alberta Children's Hospital Dental Clinic Phone: 403-955-7836 Fax: 403-955-5000 Web: http://www.albertahealthservices.ca/services.asp?pid=service&rid=1006554	☒ Children ☐ Adults ☐ Seniors	• Children, infants and teens with medical, physical and/or mental health conditions. • Referral letter required and can be faxed.	• There is a fee for dental services provided. • The dental clinic will complete and submit insurance/benefit forms as required. • Linked to Cleft Palate and Craniofacial clinic.
Alberta Health Services, Calgary Zone Foothills Medical Centre Dental Clinic Phone: 403-944-2401 Fax: 403-283-5260 Web: http://www.albertahealthservices.ca/info/service.aspx?id=1781	☐ Children ☒ Adults ☒ Seniors	• People with medical, physical and/or mental health conditions. • Referral required and can be faxed or mailed.	• There is a fee for dental services provided. • The dental clinic will complete and submit insurance/benefit forms as required.





PROGRAM	WHO IS ELIGIBLE	ELIGIBILITY CRITERIA	COVERAGE
Alex Dental Health Bus Phone: 403-615-9052 Web: http://www.thealex.ca/clients/	☒ Children ☒ Adults ☐ Seniors	- Youth 6-24 years old - Clients of the Alex Youth Health Centre - Students at partnership schools	- Oral health screenings and referral for treatment - Hygiene services: scaling, polish, fluoride - Dental sealants
Alberta Works Phone: 1-877-644-9992 Web: http://humanservices.alberta.ca/financial-support/2073.html E-mail: hs.ascc@gov.ab.ca	☒ Children ☒ Adults ☒ Seniors	People and their dependants who are receiving income support (social assistance).	- People who cannot work are eligible for supplemental coverage (basic dental services and dentures). People who can work are eligible for standard coverage (limited to pain and oral infection relief, and dentures). - The health benefits card will indicate level of coverage (standard or supplemental dental). - Show health benefit card to a dental provider.
Alberta Works: Alberta Adult Health Benefit (AAHB) Phone: 1-877-469-5437 Web: http://humanservices.alberta.ca/financial-support/2085.html E-mail: hs.aahb@gov.ab.ca	☐ Children ☒ Adults ☐ Seniors	- People who leave income support or ALSH and have employment or Canada Pension Plan Disability program. - Pregnant women. - People with ongoing prescription drug needs. - Eligibility also based on income.	- Basic services (extractions, fillings, etc.) and in some cases teeth cleaning. - See on-line policy manual for details on who has what coverage. - Client must show benefit card to dental provider.





PROGRAM	WHO IS ELIGIBLE	ELIGIBILITY CRITERIA	COVERAGE
Alberta Works: Alberta Child Health Benefit (ACHB) Phone: 1-877-469-5437 Web: http://www.humanservices.alberta.ca/financial-support/2076.html E-mail: hs.achb@gov.ab.ca	☒ Children ☐ Adults ☐ Seniors	- Children under the age of 18 years (19 if attending high school) in low-income families. - Eligibility based on income and number of eligible children in the family. - Must apply. Call for an application or download from website.	- Free basic health benefits and routine dental services. - Show benefit card to a dental provider.
Assured Income for the Severely Handicapped (AISH) Phone: 1-877-644-9992 Web: https://www.alberta.ca/aish.aspx E-mail: hs.ascc@gov.ab.ca	☒ Children ☒ Adults ☒ Seniors	AISH clients and their dependants.	- Routine dental services and dentures. - Show health benefit card to a dental provider.
Burns Memorial Fund Phone: 403-234-9396 ext 5 Web: http://www.burnsfund.com/programs/childrens-fund/oral-health/ Email: portia.vip@burnsfund.com	☒ Children ☐ Adults ☐ Seniors	- Must be under the age of 21 and lived in Calgary for at least 6 months. - Children in low income situations with urgent or significant dental needs that are NOT covered by ACHB or private insurance. - Application form and treatment plan needed.	- Payment or cost-sharing for dental or orthodontic treatment. - Payments are not given for services already provided in a dental office before applying to the Burns Fund. - Will consider up to \$2,000/family within a 3-year period.
Children's Oral Health Initiative (COHI) Phone: Morley 403-881-2111 Siksika 403-734-3959 T'suu Tina 403-251-7575 Eden Valley 403-881-2111	First Nations and Inuit ☒ Children ☐ Adults ☐ Seniors	For infants and children of First Nations Communities in Alberta.	Free services including fluoride varnish, sealants, fillings and teaching about tooth brushing and flossing.





PROGRAM	WHO IS ELIGIBLE	ELIGIBILITY CRITERIA	COVERAGE
Calgary Urban Project Society (CUPS) Phone: (403) 221-8797 (no insurance coverage) Web: www.cupscalgary.com/	☐ Children ☒ Adults ☒ Seniors	Friday Afternoons – Must be low income with no dental insurance. *Requires referral from CUPS nurse before extraction day.	Free extraction services ONLY, on a first come first serve basis.
Cleft Palate Dental Indemnity Program Phone: 403-955-2528 Web: http://www.aboutface.ca/healthcare-contacts/cleft-palate-dental-indemnity-program/	☒ Children ☒ Adults ☐ Seniors	- Alberta residents, under the age of 25 years and covered under Alberta Health Care Insurance Plan. - Have a congenital cleft affecting the hard palate. - Registered at a Cleft Palate Clinic in Alberta.	- Funding for dental treatment directly related to the cleft site. - Must use all 3rd party insurance coverage and all other government programs first.
Dental and Optical Assistance for Seniors Program (DASP) Phone (eligibility): 1-877-644-9992 (Dental claims – Alberta Dental Service Corp): 1-800-232-1997 Web: http://www.seniors-housing.alberta.ca/seniors/dental-optical-assistance.html	☐ Children ☐ Adults ☒ Seniors	- Residents of Alberta who are 65 years of age and older (Canadian citizens or landed immigrants). - Eligibility based on income. - Must apply if not already enrolled in the Alberta Seniors Benefit Program or Optical Assistance for Seniors Program. Call for an application or download from website.	- Coverage dependent upon annual income – maximum of \$5,000 coverage for eligible procedures every 5 years. - Checkups, cleanings, fillings, extractions, root canals and basic dentures. - Must pay for any amounts above the maximum amount covered by this program. - Advise the dental provider of coverage.





PROGRAM	WHO IS ELIGIBLE	ELIGIBILITY CRITERIA	COVERAGE
Dental Assistant Training Programs Phone: SAIT 403-284-8380 Columbia College 403-235-9314	☒ Children ☒ Adults ☒ Seniors	- Adults and children who have seen their regular dental service provider within the past year. - People with or without dental insurance	- Low-fee services. - Services include teeth polishing, fluoride treatment, and x-rays. - Scaling of teeth may be offered. - Services available only during some months
Interim Federal Health Program (IFHP) Phone: 1-888-242-2100 Web: http://www.cic.gc.ca/english/refugees/outside/arriving-healthcare.asp	Refugees ☒ Children ☒ Adults ☒ Seniors	Individuals covered under the Supplemental Coverage – coverage length varies based on your eligible group	- Emergency dental care - Contact dental provider or Alberta Health Services Public Health Dental Clinics
Mosaic Primary Health Network (MPCN) Phone: 403-250-5066 ext. 1 Website: http://mosaicpcn.ca/services/Pages/Oral-Health-Services.aspx	☒ Children ☐ Adults ☐ Seniors	Residents of Calgary living within the MPCN catchment area.	- Free of charge: dental screenings and fluoride varnish for children age 1 to 5 years on the Ronald McDonald Care Mobile. - Check website for monthly schedule
Mustard Seed Phone: 403-269-1319 Email: info@theseed.ca Website: www.theseed.ca	☐ Children ☒ Adults ☐ Seniors	Must be a resident of the Mustard Seed.	Contact Mustard Seed for dental services offered.





PROGRAM	WHO IS ELIGIBLE	ELIGIBILITY CRITERIA	COVERAGE
Non-Insured Health Benefits Program (NIHB) Phone: 1-888-495-2516 Website: https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit/benefits-services-under-non-insured-health-benefits-program/dental-care-benefits.html	First Nations and Inuit ☒ Children ☒ Adults ☒ Seniors	All registered First Nations and Inuit persons that are residents in Canada.	- Routine services and comprehensive (with pre-approval) dental services. - Show status registry card to a dental provider.
Smiles 4 Canada Email: administration@smiles4canada.ca Website: http://smiles4canada.ca/	☒ Children ☐ Adults ☐ Seniors	- Low income youths before their 14th birthday with orthodontic needs - See website for application form and program information	Orthodontic services