



Hello! This is a list of helpful resources including food, health as well as holiday supports available. If you have questions or want to know more, contact us at the Alex Community Food Centre at **(403) 455-5792**—we are here for you!

What is the Alex Community Food Centre?

The Alex Community Food Centre (CFC) is a welcoming place for people to come together to grow, cook, share and advocate for good food for all. The CFC provides people with access to high-quality food in a dignified setting through healthy meals and an affordable produce market. The CFC offers multifaceted and responsive programming in a shared space where food builds health, hope, skills and community.

Along with our partners, Community Food Centres Canada, we envision a Canada where everyone has the means and knowledge necessary to access good, healthy food in a dignified way, and the ability and opportunity to be heard on the food issues that affect them. We envision a robust, diverse food economy that sustains farmers and the land, and a social consensus that food is a key determinant of health and a public good.

IMPORTANT NUMBERS	
Community Resources (24-hour) 211	Information and referrals for community and social services including basic needs and baby items.
City of Calgary (24-hour) 311	Information on all City of Calgary services.

CHRISTMAS PROGRAMS	
Women's Centre of Calgary 39, 4 th Street NE (403) 264-1155	Toy Room Program available from December 8-22, 2020. Gifts for all children and women. Call to book an appointment or drop-in welcomed (if Covid-19 restrictions allow).
Society of St. Vincent de Paul (403) 250-0319	Christmas hampers available. Registration required and can self-refer. Hampers delivered December 19-20, 2020. Closed <i>for a month after holidays</i> (dates to be announced).
The Magic of Christmas 401 33rd St NE (403)-803-1619 www.themagicofchristmas.org	Must be referred by a qualified agency, health professional or support group between October 15-December 10 (Doctors, teachers, social workers, police officers & nurses). Request referral form by calling 403-803-1619.
Alexandra Centre Society: Christmas Hampers (403) 269-5588 info@alexandracentresociety.org	Must be referred through Community Resource Centres or your social worker by sending email. Provides food hampers but can include toiletry kits, hats, grocery gift certificates, and wrapping paper. Priority to those living in Inglewood, Ramsay, Beltline, Victoria and East Village.
North East Calgary Adopt a Family Society: Christmas Hamper (403) 590-6656	Must live in NE Calgary and not have received a hamper in the last 4 years. Apply through local resource center or call (403) 293-0424 to see if you qualify.
Closer to Home: Adopt a Family (403) 543-0555	Self-referral accepted. Offered through North Central Family Resource Network, located in Beddington, so priority given to NW families.
Boys and Girls Clubs of Calgary: Adopt a Family Christmas Hamper (403) 543-0550	Call to be referred to the Adopt a Family Christmas hamper. Must be already registered in other Boys and Girls Club programs, and referred by their staff. Hampers can include gift cards, clothing, school supplies, kitchen items.
Mustard Seed: Holiday Food Hamper (403) 269-1319	For singles, couples, and families. Registration from October 17-December 11 until supplies last. Will be delivered to home address. Confirmation and delivery times will be sent via email the week of December 14, 2020.
Calgary Fire Fighters Toy Association cfdtoyassoc@gmail.com	Limited space available; first come first serve. Deadline for applications is Nov 15 2020. Christmas toy party for families with children under 12 years old is on Dec 15. The Women's Centre, teachers and the Salvation Army can refer. Email for more info.

FOOD RESOURCES (Including Holiday Information)	
The Alex Community Food Centre (403) 455-5572 4920 17 Avenue SE	Free Meal to Go Program on Friday mornings from 10am-12pm. Get a healthy frozen meal, salad kit and fruit for you and family. Bi-weekly Affordable Produce Market on Wednesdays; purchase produce at a discounted price and grab a free meal to go. Closed for the holidays from December 23, 2020 to January 3, 2021.
Calgary Food Bank (403) 253-2055 www.calgaryfoodbank.com	Call to book a food hamper. Specialty hampers available including renal, infant, celiac and prenatal. No Christmas hampers this year, but turkeys will be added to hampers if available. Open Monday - Friday, 8:30 a.m. to 7 p.m. Closed for holidays from December 29-30, re-opening January 4.
Salvation Army- Forest Lawn (403) 220-0432	Food hampers and free bread program. Call to order. Pick up available Monday to Friday 9am-5pm. Walk in if just need bread. Thrift store vouchers available upon request; based on needs assessment. Closed from December 24 (noon) to January 1.
Awo Taan Healing Lodge Society (403) 531-1880 ext. 100	Emergency Food Hamper available for families; free delivery daily. Call Monday-Thursday 9am- 8:30pm and Friday & Sunday 9am-5pm. Will be closed December 25, 26 and January 1.
Veteran's Association Food Bank (403) 367-8387	Call to arrange no-cost food hampers (available to military veterans and RCMP veterans). Open Monday to Friday from 8 a.m. - 4 p.m.; Saturday 10 a.m. - 4 p.m. Order Christmas hampers by December 15; will be sent out December 19-20, 2020.
Meals on Wheels (403) 243-2834	Meal program. Provides doorstep, non-contact delivery during COVID-19. Free delivery available within Calgary city limits on minimum orders of \$24. Payment is required online at the time of ordering. Closed December 24 and 25, January 1.
Halal Food Bank Organized by the Muslim Family Network. (403) 466-6367	Call to book an appointment for a halal food hamper. Can provide nonperishable items, fresh meat, and grocery gift cards. Require proof of income. Hampers delivered on Sunday. Open during the holidays.
East Side Victory Outreach (403) 273-1050	Emergency food hampers and Calgary Food Bank referral available. Hot lunches available on Tuesday, Wednesday and Thursday from 10am-2pm for pickup.
Brown Bagging for Kids www.bb4ck.org/help (403) 264-7979	Visit website or call to request grocery card. Visit foodfinderycc.com or text FOOD to 587-318-0232 free food locations.
Calgary Covid-19 Food Map www.tinyurl.com/covidfoodyyc	Virtual map showing locations and info of food resources in Calgary.

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DELIVERY RESOURCES	
Eleven Eleven (587) 999-6616 adam@freshstartrecovery.ca	Free pickup and delivery of food and other necessary supplies for people who are unable to leave home for health reasons, are seniors, have disabilities, or are isolating due to Covid-19.
Al Quaim Charity Foundation (403) 999-4614	Food hampers and basic needs items. Delivering to those in quarantine, isolation or low-income Calgarians.

SENIORS RESOURCES	
Greater Forest Lawn 55+ Society (403) 272-4661	Meal program for seniors and families. Call to purchase single serve, homemade meals for \$5. Free delivery available.
Senior Connect (403) 266-4357	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
Calgary Seniors' Resource Society (403) 266-6200 calgaryseniors.org	Offers supports and programs for seniors, volunteer drop offs (food, supplies, etc.) and pet assist (food deliveries, pet care, etc.). Monday to Friday from 8:30 am - 4:30 pm.
The Way In (403) 736-4677	Information, advice and help accessing programs and benefits for older adults.
Kerby Centre - Thrive (403) 234-6571	Grocery pick up, delivery and medications pick up.

HEALTH RESOURCES	
Distress Centre (403) 266-4357	Crisis support and urgent social work response.
Access Mental Health (403) 943-1500	Non-urgent advice on navigating the addiction and mental health system.
Addiction Helpline (24-hour) 1-866-332-2322	Toll free confidential service, which provides alcohol, tobacco, other drugs and problem gambling support, info, and referrals services.
Wood's Homes at The Eastside Family Centre (403) 299-9696	Single-session counselling is no cost and no appointment is necessary. Call to talk to a counsellor.
Calgary Women's Emergency Shelter (403) 234-7233	Those fleeing domestic violence and in need of safe housing can call the 24-Hour Family Violence Helpline.
Family Violence Info Helpline 310-1818	Call to get help anonymously in more than 170 languages.

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INDIGENOUS RESOURCES	
Indigenous Covid-19 Task Force (403) 370-6422 ictf@afccalgary.org	Community support available Monday to Friday from 9am-4pm including food hampers, assistance filling out forms, referrals for mental health and addiction supports, and Elder cultural supports.

OTHER RESOURCES	
Shelters	Shelters are open during the holidays and will offer regular supports and services. To find a shelter call 211 or go online to https://www.alberta.ca/find-shelters.aspx
Fair Entry 311 www.calgary.ca/fairentry	Open 24hrs a day and 7 days a week. Fair Entry is an application process for subsidized City of Calgary programs and services such as Calgary Transit Low Income Transit Pass Program, Property Tax Assistance program, Seniors Services Home Maintenance Program, No Cost Spay Neuter Program.
Mustard Seed Neighbour Centre (403) 453-0770 #24, 6060 Memorial Drive NE	Open Monday, Wednesday, and Friday from 9 am-4 pm and Tuesday and Thursdays 1pm-7pm. Get help with employment, advocacy and counselling available. Free Wi-Fi and laptop usage. Programming for youth and adults.
Sunrise Community Link Resource Centre (403) 204-8280 3303 17 Avenue SE	Open Mon, Wed, Fri from 10am-1pm. Free Bread program available and help with advocacy or access other supports including technology, tax support or to access their basic needs fund.
Momentum Employment <ul style="list-style-type: none"> ▪ (403) 204-6194 Business <ul style="list-style-type: none"> ▪ (403) 204-2657 s Money Management <ul style="list-style-type: none"> ▪ (403) 204-2664 	Open Monday to Friday from 8:30am-4:30pm. Get support with Employment, Business and Money Management helplines and coaching available.
Women In Need Society (WINS) (403) 255-5102 ext. 226	Call to get a Calgary Food Bank referral. Free Goods (furniture, house items etc.) available as well.
Children's Cottage Society Crisis Line: (403) 233-CARE (2273)	If you are a parent experiencing high stress or losing patience with your child, call the crisis line to access support.