

Sunalta Community Hub

Covid-19 Resource List

www.sunalta.net

A helpful list of supports available to you!



*Hello! We have created this helpful list of Resources List so, you can know where to go for help and assistance. Below you will find a list of resources including food, financial and more; however, this is not all the resources available, so please contact us if you have questions or concerns
- We are here for you!*

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| Kellie Nixon Sunalta & Bankview Community Social Worker | kellie.nixon@calgary.ca 403-818-1849 |
| Angie Davis Program Director Sunalta Community Hub | angie@sunalta.net 403-333-7175 |
| Jenn Balderston Executive Director Sunalta Community Association | jenn@sunalta.net 403-330-8594 |
| Kelsey Prout Operations Manager | kelsey@sunalta.net 403-823-0322 |

Important Numbers

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| Community Resources (24 Hours) 2-1-1 | Information about referrals for community and social services. |
| City of Calgary (24 Hours) 3-1-1 | Information about all city of Calgary Services. |
| Health Link 8-1-1 | Health advice from a registered nurse. www.albertahealthservices.ca |
| Non-Urgent Police Concerns 403-266-1234 | For police concerns of a non-urgent nature www.calgary.ca/cps/Pages/Report-a-crime.aspx |

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Food Resources

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| Sunrise Community Hub Link. 403-874-8819 luisac@sunriselink.org | Speak with Luisa for support and resources. Call to get a Calgary Food Bank referral. |
| Sunalta Good Food Box 403-818-1849 Kellie.Nixon@calgary.ca | Community Kitchen's Good Food Box delivered to Sunalta once a month. |
| Fresh Routes 250-500-4214 Info@freshroutes.ca www.freshroutes.ca | Fresh food hamper. Delivery available to people in isolation (due to age, a pre-existing medical condition, are Covid-19 positive, or have symptoms). |
| Calgary Food Bank 403-253-2055 www.calgaryfoodbank.com | Emergency food hampers. You must call first to book an appointment time for pick up. |
| Halal Food Bank 403-466-6367 www.muslimfamilynetwork.org | Food support organized by the Muslim Family Network. Halal food hampers. |
| Kosher Food Bank 403-287-3510 www.jfsc.org | Food support organized by Jewish Family Service Calgary. |
| Ahmadiyya Muslim Youth Association (AMYA) 1-855-435-7811 | Support with shopping, grocery and urgent supplies. |
| Meals on Wheels 403-243-2834 www.mealsonwheels.com | Meal program. Provides doorstep, non-contact delivery during COVID-19. Subsidy program for low income Calgarians. |
| Brown Bagging for Kids 403 264 7979 bb4ck.org/help/ | A Food Finder app that provides the location of where you can access food resources. Online request form that can provide a grocery gift card for K-12 students in need of food resources. |
| Salvation Army Community Support Services 403-220-0432 | They give out small food hampers that last 2-3 days. Hamper size is based on family size. They also have baby essentials. |
| Society St. Vincent De Paul - Sacred Heart Church 403-250-0319 | Call for Information. Sunalta and Bankview Residents or those in the surrounding area |

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Financial Resources

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| Alberta Emergency Financial Response 1-877-644-9992 | If you are facing an unexpected emergency, you can apply to cover costs for food, clothing, child care, transportation, damage deposit and more. www.alberta.ca/emergency-financial-assistance.aspx |
| Momentum 403-272-9323 https://momentum.org/ | Money Talks is a weekly webinar, featuring keynote speakers about money management. Every week they pick a topic that is most helpful to our community, to support you during COVID-19. |
| Tax Support The individual due date for filling personal tax return has been extended till June 1, 2020 | Organizations offering tax clinics remotely: Calgary Vietnamese Women's Association cavwataxclinic.ca@gmail.com 587-719-1199 Connections Counselling dougj@connectcounselling.ab.ca 403-807-8165 Calgary Immigrant Women's Association hellent@ciwa-online.com 403-263-4414 ext.131 Sunrise Community Link Resource Centredarlene@sunriselink.org 587-583-6254 Women's Centre of Calgary Calgaryjessicac@womenscentrecalgary.org 403-264-1155 Synergy Prosperity taxclnicasap@gmail.com 403-690-7269 Salvation Army janeellen.forbes@salvationarmycalgary.org 403-220-0432 |

Seniors Resources

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| Senior Connect 403-266-4357 www.seniorconnectcalgary.org | Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community). |
| The Way In 403-736-4677 www.thewayincalgary.ca | Information, advice and help accessing programs and benefits for older adults. |
| Kerby Centre - Thrive 403-234-6571 www.kerbycentre.ca | Grocery pick up, delivery and medications pick up. |
| Elder Abuse Resource Line 403-705-3250 www.alberta.ca/get-help-elder-abuse.aspx | Confidential information and support, or to report a suspected case of elder abuse. |

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Physical & Mental Health Resources

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| Distress Centre 403-266-4357 www.distresscentre.com | Crisis support and urgent social work response. |
| Access Mental Health 403-943-1500 www.albertahealthservices.ca | Non-urgent advice on navigating the addiction and mental health system. |
| Addiction Helpline (24-hour) 1-866-332-2322 www.albertahealthservices.ca | Toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services. |
| Hope for Wellness 1 (855) 242-3310 www.hopeforwellness.ca | Mental health counselling and crisis intervention for Indigenous Peoples. Phone or chat available. |
| Kids Help Phone 1 (800) 668-6868 www.kidshelpphone.ca | 24/7 national service offering counselling, information, text-based support for youth. |
| Text 4 Hope Text COVID19HOPE to 393939 | Daily messages that are written by mental health therapists |
| Family Violence Information Helpline 310-1818 | Call to get help anonymously in more than 170 languages. |

Community & Educational Resources

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| Calgary Public Library www.calgarylibrary.ca | Has a digital resource home that will give you free access to eBooks, audiobooks, movies and more with your free Library card. |
| City of Calgary Neighbours Helping Neighbour www.calgary.ca/CSPS/cema/Pages/COVID19-NeighboursHelpingNeighbours.aspx | Website with printable tools and resources to get inspired and commit to three simple acts of kindness to support your neighbour, community and the city of Calgary. |
| Translated Covid-19 Resources https://www.calgarylip.ca/covid19-resources | Calgary Local Immigration Partnership (CLIP) page that includes documents and videos translated into commonly spoken languages. |

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