



## Community Supports

### **Alberta's One Line – 1-866-403-8000**

- Call or text for advice and support regarding experiences of sexual violence
- Can provide counselling and referrals anywhere in Alberta

**CSART** – Calgary Sexual Assault Response Team - Provides medical care and emotional support for people who have been sexually assaulted in the past 4 days (96 hours). **403-955-6030**

**CCASA** – Calgary Communities against Sexual Abuse - the primary sexual abuse and sexual assault crisis and education service provider for Calgary and surrounding areas. - **403-237-5888**

**Community Connect YYC** – we are connecting Calgary's communities with affordable and barrier-free access to phone or video counselling sessions and removing lengthy wait times that make it challenging to access much-needed social services. Direct online booking tool, available 24/7.

**National Sexual Assault Hotline** – can also refer you to a local rape crisis center  
**1-800-656-HOPE (4673)** 24/7 or [Online Counseling](#)

**Assaulted Women's Helpline:** PH: **1-866-863-0511**

Support Services for Male Survivors of Sexual Abuse: **1 866 887 0015**

[Canadian Centre for Male Survivors of Child Sexual Abuse](#)

**Distress Centre** – 24/7 crisis support line - **403-266-4357**

## Family and Relationship/Domestic Violence

**Family Violence Helpline** - 24 hour support, 170 languages  
**403-234-7233 (SAFE)** Toll-Free: **1-866-606-7233 (SAFE)** Toll free: **310-1818**

### **CONNECT – Family & Sexual Abuse Centre**

- One phone call connects to Calgary's services and support for survivors of sexual assault
- Provides access to comprehensive services & support for domestic violence, sexual violence and sexual abuse. 24/7 Crisis Line: **1-877-237-5888**

### **National Domestic Violence Hotline**

**1-800-799-7233** or Text **LOVEIS** to **22522**

**Alberta Council of Women's Shelters** – a map of member shelters across the province,  
Toll free: **1-866-331-3933**, then press **1**

**Calgary & Area Child Advocacy Centre** - [reception@calgarycac.ca](mailto:reception@calgarycac.ca) - **403-428-5300**  
- Support folks through the reporting process; Up to 18 years of age

**Alberta Health Services** counselling support for youth who have been sexually abused – **403-428-5320**

**Child Abuse Hotline** – **1-800-387-5437**



## LGBTQ2S+ Services

**Trans Lifeline** a non-profit dedicated to the well-being of transgender people. The organization provides a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are available to support the needs of your community. **1-877-330-6366 24/7**

**Skipping Stone** - Skipping Stone is a one of a kind, nationally recognized agency that connects trans and gender diverse youth, adults and families with the comprehensive and low barrier access to the support they need and deserve.

**LGBT Youthline** – confidential, non-judgemental and informed LGBTQ2S+ peer support  
Toll free: **1-800-268-9688** (2 pm to 7:30 pm, Sunday to Friday)  
Text: **647-694-4275**

**Love is Respect Hotline**  
**1-866-331-99474** (24/7) or Text “loveis” **22522**

**The Anti-Violence Project** – serves people who are LGBTQ  
Hotline **212-714-1124** Bilingual 24/7

**LGBT National Help Center** - **1-888-843-4564** or Youth Talkline 1-800-246-7743  
Online Peer Support Chat (<https://www.glbthotline.org/peer-chat.html>) or Weekly Youth Chatrooms h

**FORGE** – serves transgender and gender nonconforming survivors of domestic and sexual violence; provides referrals to local counselors

**The Network La Red** – serves LGBTQ, poly, and kink/BDSM survivors of abuse; bilingual, survivor-led organization to end partner abuse. Hotline 24/7 - **617-742-4911** Toll-Free – **1-800-832-1901**

**LGBTQ+ Newcomer Services** (Calgary): Resources for LGBTQ+ newcomers.

## BIPOC Services

**Hope for Wellness Helpline** – offers immediate mental health counseling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French. On request, phone counselling is also available in, Cree, Ojibway & Inuktitut.  
Toll free: **1-855-242-3310** (24/7), [Text is available](#).

**Native Counselling Services of Alberta** – if you need help with court processes or Children’s Services, or connecting to youth supports and other community resources  
Métis and Indigenous Children’s Services offices or Delegated First Nations Agencies – if you are a member of either community and need help with supports for your children

**Elbow River Lodge** (Calgary): The Elbow River Healing Lodge offers a full range of primary care services and visiting specialists to First Nations (Status and Non-Status), Métis, and Inuit peoples and their families.

**The Awo Taan Emergency Shelter**: 24 hour crisis line: 403-531-1972 or 403-531-1976 - an emergency shelter for Indigenous women and children that provides culturally appropriate services and supports.

**A National Residential School Crisis Line** - has been set up to provide support for former Residential School students. You can access emotional and crisis referral services by calling 24-Hour National Crisis Line: **1-866-925-4419**



[Indigenous Services at CPL](#) (Calgary): Speak with an elder. Dates and times listed in the link. Elder Adrian Wolfleg is a trained counselor.

[Healing Bones Lodge](#) (Calgary): An Indigenous healing lodge centered on Indigenous healing and spiritual practices.

[Recovery College](#) (Calgary) Free mental health classes on a variety of subjects to help with your healing and recover. Indigenous smudge and resources are available. There are two Black peer support workers at the downtown location.

[Healing in Color](#) - Directory of BIPOC therapists in Canada and other resources.

[QYOC](#) - Queer Youth of Colour (Calgary): A collective dedicated to the safety of queer youth of colour in YYC -- Email is the best way to contact QYOC

[Moving Forward Family Services](#) - Lower-cost counselling services in multiple languages -

**Calgary Immigrant Women's Association** - Professional, culturally-sensitive counselling for immigrant women and their families who are experiencing transition challenges, relationship problems, abuse and trauma. Telephone: **403-263-4414**

## Health Resources

### **Calgary Sexual Assault Response Team (CSART)**

Telephone: **403-955-6011**

Address: Sheldon M. Chumir Health Centre, 1213 4th Street SW (24-hour service)

Specialized doctors and nurses provide comprehensive care to individuals who have experienced sexual assault (rape) or abuse within the past 72 hours. These confidential clinics offer STD testing, treatment, emergency contraception and support. Clients may choose what services they wish to receive.

Sexual and Reproductive Health Clinical Services - Family Planning Services

Telephone: **403-228-7430** (Monday to Friday, 8 a.m. - 4:30 p.m.)

[Sexual and Reproductive Health Clinics](#) - We are a youth-friendly clinic and will see people that fit into one or more of the following categories:

- are 29 years old or younger
- have no Alberta Health Care
- can't afford birth control
- need a translator
- need special services (HIV PrEP, pregnancy options support, emergency contraception, diaphragm fittings)
- have a need for our services that they can't meet elsewhere

[Centre for Sexuality](#) - Centre for Sexuality is a nationally recognized, community-based organization. We have been leading the way in the areas of sexuality, healthy relationships, human rights, gender identity, sexual orientation, equality and consent. The Centre for Sexuality focuses on three areas: Healthy Bodies, Healthy Relationships and Healthy Communities. Offer comprehensive information about birth control, pregnancy options, STI testing, and communication and decision making around topics of sex.

Telephone: **403-283-5580**

Address: 700 – 1509 Centre Street SW



[MOSAIC – Primary Care Network](#) - offers free access to women’s and children’s health services with or without a family doctor. For refugees arriving in Calgary, our specialized primary care clinic offers a range of health care services to support the unique resettlement needs of our patients. As we work to manage acute illnesses and stabilize chronic diseases, we engage patients in preventative health care and provide education to increase independent navigation of the health system.

## **Victim Services and Legal Supports**

[Help for Victims of Crime](#) – support is available if you have experienced physical or emotional harm as a result of a crime,

[Victim Services Units](#) – if you need help with restraining and protection orders or other supports for victims of crime,

[Legal Aid Alberta](#) – if you need help with legal issues

Toll free: **1-866-845-3425** (8:15 am to 4:15 pm, Monday to Friday)

[Elizabeth Fry Society of Edmonton](#) – independent legal advice for survivors of sexual violence; available to adults (18+) of any gender who live in Alberta and have experienced sexual violence in Alberta.

Phone: **780-784-2213** (9 am to 4 pm, Monday to Thursday; 9 am to 3 pm, Friday)

## **Financial Supports**

[Family Violence](#) – Help with costs to leave – if you need help with expenses and other supports to leave an abusive situation and get to safety and start a new life

[Victim Restitution and Recovery](#) – to have the offender pay your out-of-pocket expenses related to a crime

[Safer Spaces Certificate to End Tenancy](#) – if you are in a domestic violence situation and need to end your tenancy agreement without paying a penalty

## **Help in Other Languages**

Find out about helplines, victim services, shelters and other supports:

[Arabic](#)

[Punjabi](#)

[Chinese Simplified](#)

[Somali](#)

[Chinese Traditional](#)

[Spanish](#)

[French](#)

[Tagalog](#)

[Hindi](#)

[Urdu](#)

[Korean](#)

