

Get help

Visit the **Navigation and Support Centre**
in Calgary (428 - 9 Avenue SE)

Monday to Friday, 8:30 a.m. to 4:30 p.m.
where you can:

- Talk to someone about housing and ongoing support for food, clothing and shelter
- Connect with financial supports
- Get help with an addiction
- Access Indigenous supports
- Seek mental health supports
- Get medical assistance
- Get ID
- Speak with Probation



**Call the Navigation and Support Centre at
403-410-1167 or Alberta Supports at 1-877-644-9992**

Alberta 



Calgary Homeless Shelters

Homeless shelters provide a short-term place to stay and basic needs for people experiencing homelessness.

Emergency Shelters

1 Alpha House Shelter

203 15 Avenue SE
Phone: 403-234-7388

2 Calgary Drop-In & Rehab Centre

1 Dermot Baldwin Way SE
Phone: 403-266-3600

3 Salvation Army Centre of Hope

(for men only)
420 9 Avenue SE
Phone: 403-410-1184

4 Mustard Seed

Foothills Shelter

7025 44 Street SE
Phone: 403-723-9422

5 YW Calgary

Emergency Shelter

(for women only)
1715 17 Avenue SE
Phone: 403-263-1550

6

The Mustard Seed

(for women only)
110 11 Avenue SE
Phone: 587-447-1345

7 Salvation Army

Women's Emergency

Shelter

1731 29th Street SW
Phone: 403-930-2711

Inn From the Cold

(for families)

#110, 706 7 Ave. S.W.
Phone: 403-263-8384