

EMERGENCIES		
RESOURCES	SERVICE HOURS	SERVICES
911	<i>24/7</i>	Be Prepared to answer the following questions: <ul style="list-style-type: none">- 911 for what city?- Do you need Police, Fire, or Ambulance?- What is the address of the emergency- What is the phone number you are calling from?- Tell me exactly what happened

URGENT HELP		
RESOURCES	SERVICE HOURS	SERVICES
Alberta Health Services Mental Health Helpline <i>Phone: 1-877-303-2642</i>	24/7	<ul style="list-style-type: none"> - Confidential, anonymous service - Information about mental health programs and services - Referrals to other agencies if needed
Calgary Distress Centre <i>Phone: 403-266-4357 (HELP)</i> <i>Email: help@distresscentre.com</i> <i>Location: Suite 500, 999 8th Street SW</i> Website	24/7 Crisis line Confidential Online Chat : 3-10 p.m. MT daily	Provide compassionate, accessible crisis support that enhances the health, well-being and resiliency of individuals in distress
Connecteen <i>Phone: 403-264-8336</i> <i>Text: 587-333-2724</i> <i>Email: ConnecTeen@distresscentre.com</i> Website	Phone: 24/7 Live Chat & Text: Monday to Friday: 3pm – 10pm Saturday and Sunday 12 – 10pm	Provides confidential peer support service for teenagers in Calgary and area via
Health Link <i>Phone: 811 or 1-866-408-5465 (toll-free)</i> Website	24/7	Connects you with a registered nurse who will assess symptoms and determine the best care for you
Woods Homes <i>Phone: 403-299-9699 or 1-800-563-6106</i> <i>Text: 587-315-5000</i> <i>Email crtsupport@woodshomes.ca etherapy@woodshomes.ca</i> Website	24/7 crisis counselling by phone Text and live chat : 9am-10pm Mobile response: 12-7pm	<ul style="list-style-type: none"> - Crisis counselling - Virtual counselling - Family support

COUNSELLING SUPPORT			
RESOURCES	SERVICE HOURS	SERVICES	COST
<p>Alberta Health Services South Calgary Walk-In Counselling <i>Phone: 403-943-9374</i> 403-943-1500 (Switchboard) <i>Location: 31 Sunpark Plaza SE</i> Calgary, Alberta T2X 3W5 - 2nd Floor of Mental Health Area Website</p>	<p>Monday-Thursday: 4pm-7pm Friday: 9am-12 pm Weekends: Closed</p>	<p>Provides psychotherapy for adults (18 and older) experiencing moderate to severe mental illness.</p> <p>*Note: Single session therapy will be available by <u>appointment only</u>. There is no walk-in during this time. Please call to book an appointment</p>	
<p>CCASA – Calgary Communities Against Sexual Abuse <i>Phone:</i> <i>Support and Information Line: 403-237-5888</i> <i>Alberta's One Line for Sexual Violence: 1-866-403-8000</i> <i>TTY line: 403-508-7888</i> <i>Email: info@calgarycasa.com</i> <i>Location: Northland Building, Suite 700, 910-7th Ave SW. Calgary, AB T2P 2N8</i> Website</p>	<p>If you have been sexually assaulted within the last 96 hours, please go to the Sheldon Chumir Health Centre and ask for the Sexual Assault Response Team.</p>	<ul style="list-style-type: none"> - Crisis Intervention - Support and information line - Individualized specialized counselling - Group counselling - Sexual assault response team - Calgary Sexual Assault Response Team (CSART) - Clinical Services - Educational resources & Outreach 	Free
<p>Calgary Distress Centre <i>Phone: 403-266-4357 (HELP)</i> <i>Email: help@distresscentre.com</i> <i>Location: Suite 500, 999 8th Street SW</i> Website</p>	<p>Counselling services via phone or video Evening and emergency appointments</p> <p>Crisis line 24/7</p>	<ul style="list-style-type: none"> - Counselling - Crisis support 	Free
<p>Calgary Counselling Centre <i>Phone: 403-265-4980</i> <i>Counselling: 833.827.4229</i> <i>Email: contactus@calgarycounselling.com</i> <i>Location: Suite 1000 105 12 Ave. SE, Calgary, AB</i> Website</p>	<p>Services online or over the phone Monday – Thursday: 8:30am-7:30pm Friday: 8:30am-5pm Saturday: 9am-3:30pm</p>	<p>Individuals & couples, families and group counselling</p>	Sliding scale, starting at \$5

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<p>Calgary Family Counselling Centre <i>Phone:</i> (403) 802-1680 <i>Email:</i> cftc@ucalgary.ca <i>Location:</i> #600, 1816 Crowchild Trail NW, Calgary, AB Website</p>	<p>Monday – Thursday: 9am-6pm Friday: 9am-5pm</p>	<p>Professional therapists work with families whose children are experiencing psychological, emotional, or behavioural problems.</p>	<p>Free</p>
<p>Student Wellness Services <i>Phone:</i> 403-210-9355 <i>Email:</i> sar@ucalgary.ca <i>Location:</i> Room 370, MacEwan Student Centre Website</p>	<p>Counselling offered remotely via Skype, Microsoft Teams, and phone</p>	<p>Single session counselling</p> <p>For non-urgent mental health support email: sar@ucalgary.ca</p> <p>Can book medical appointments, mental health appointments, chiropractic appointments, and massage appointments via the phone number listed. Virtual and in-person appointments available</p>	<p>Cost dependent on care</p>
<p>University of Calgary Psychology Clinic <i>Phone:</i> 403-220-7731 <i>Email:</i> PsyClinic@ucalgary.ca <i>Location:</i> EDC 281, 2750 University Way NW, Calgary, AB Website</p>		<p>Assessment and psychotherapy services for those struggling with a range of issues, including emotional disturbances (e.g., depression, anxiety), effects of trauma, relational problems, life transitions, stress management, insomnia, difficulties with behavioural change, and identity issues.</p>	<p>Sliding scale</p>
<p>Wood's Homes/Eastside Family Centre <i>Phone:</i> 403-299-9696 <i>Email:</i> efc.ecounselling@woodshomes.ca <i>Location:</i> 495 36 St NE #255, Calgary, AB T2A 6K3 Website</p>	<p>Hours: Monday 1-7pm Tuesday-Thursday: 11am-7pm Friday: 12-5pm Saturday: 11am-4pm Closed Sundays and holidays</p>	<ul style="list-style-type: none"> - Crisis support - Counselling - Multilingual - Consultation via email <p>24/7 crisis counselling by phone 403-299-9699 or 1-800-563-6106 Text: 587-315-5000 (9am-10pm) live chat: 9am-10pm</p>	<p>Free</p>

MENTAL HEALTH SUPPORTS AND RESOURCES			
RESOURCES	SERVICE HOURS	SERVICES	COST
Addiction Helpline Phone: 1-866-332-2322 Website	24/7	Toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services for adults and youth requiring addiction services.	Free
Alberta Health Services Access Mental Health Phone:403-943-1500 website	Monday – Friday 8am-5pm	Non-urgent service providing information, consultation, and referrals for individuals residing in the Calgary zone with addiction and/or mental health concerns.	Free
Alberta Health Services Adult Addictions Services Calgary Phone: 403-367-5000 Location: 3 rd floor, 707 10 Ave SW, Calgary, Alberta, T2R 083 Website	Telephone Only Monday-Thursday 9am-8pm Friday 9am-4pm	Non-medical treatment facility for those experiencing problems related to their use of alcohol, drugs, gambling, or sex addiction. All programs and services are voluntary, confidential, and free of charge. Must be 18+	Free
Alberta Health Services Harm Reduction Projects and Supervised Consumption Site Phone: 403-955-3380 Email: harm.reduction@ahs.ca Scs.calgary@ahs.ca Location: Supervised consumption site, main floor, Sheldon Chumir Health Centre, 1213 4 St. SW, Calgary AB, T2R 0X7 Website Website 2	24/7	Safeworks harm reduction program <ul style="list-style-type: none"> - Risk reduction supplies and information - Safer substance use and overdose prevention - Testing and counselling - Physical and mental health assessments and interventions 	Free

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<p>Alberta Quits Helpline <i>Phone: 1-866-710-7848</i> Website</p>	<p>Monday - Sunday 8AM to 8PM</p>	<p>Telephone tobacco cessation counselling, support, and information for all Albertans.</p>	<p>Free</p>
<p>Aventa Addiction Treatment for Women <i>Phone: 403-245-9050</i> <i>Email: info@aventa.org</i> <i>Location: 610- 25 Avenue SW, Calgary, AB T2S 0L6</i> Website</p>	<p>24/7 live-in facility (403)-245-9050 for Monday-Friday 8:00am-4:00pm (403)-541-4658 for Evenings/Weekends</p>	<p>Trauma informed, gender-specific, concurrent capable, live-in addiction treatment services for women. Women must be 18 years of age and over.</p>	<p>\$40 assessment fee is due at the time of assessment</p>
<p>CCASA – Calgary Communities Against Sexual Abuse <i>Phone:</i> <i>Support and Information Line: 403-237-5888</i> <i>Alberta's One Line for Sexual Violence: 1-866-403-8000</i> <i>TTY line: 403-508-7888</i> <i>Email:</i> info@calgarycasa.com <i>Location: Northland Building, Suite 700, 910-7th Ave SW. Calgary, AB T2P 2N8</i> Website</p>	<p>If you have been sexually assaulted within the last 96 hours, please go to the Sheldon Chumir Health Centre and ask for the Sexual Assault Response Team.</p>	<ul style="list-style-type: none"> - Crisis Intervention - Support and information line - Individualized specialized counselling - Group counselling - Sexual assault response team - Calgary Sexual Assault Response Team (CSART) - Clinical Services - Educational resources & Outreach 	<p>Free</p>
<p>Calgary Distress Centre <i>Phone: 403-266-4357 (HELP)</i> <i>Email:</i> help@distresscentre.com <i>Location: Suite 500, 999 8th Street SW</i> Website</p>	<p>Counselling services via phone or video Evening and emergency appointments Crisis line 24/7</p>	<ul style="list-style-type: none"> - Counselling - Crisis support 	<p>Free</p>
<p>Carya <i>Phone: 403-269-9888</i> <i>Email:</i> info@caryacalgary.ca <i>Location: 180, 839 5 Avenue S.W. Calgary, Alberta, T2P 3C8</i> Website</p>	<p>Monday – Friday 8:00am – 5:00pm</p>	<ul style="list-style-type: none"> - Community Hubs - Family Support - Individual Well-Being & Education - Support for Older Adults - Youth Engagement 	

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<p>Family Violence <i>Phone:</i> 310-1818 403-234-7233 403-266-4357 Alberta Provincial abuse helpline: 1-855-4HELPAB (1-855-442-5722) Child abuse hotline: 1-800-387-KIDS(5437) Protection for persons in care reporting line: 1-888-357-9339 <i>Text:</i> 403-604-6689 Live Chat Website</p>	<p>Call 911 if in danger Online chat 8am-8pm *English only</p>	<ul style="list-style-type: none"> - Multilingual - Anonymous - Access to help - Information for family violence, child abuse, persons in care - Victims services - Shelters - Sexual assault services - Indigenous services - Pet safety - Legality and rights 	
<p>Sexual Violence Support <i>Phone:</i> 403-220-2208 <i>Email:</i> svsa@ucalgary.ca <i>Location:</i> MSC 373F, MacEwan Student Centre Website</p>	<p>Remote support available</p>	<ul style="list-style-type: none"> - Give support - Get support - Request workshop and/or materials 	<p>Free</p>
<p>Text4Hope (Alberta Health Services) <i>Text:</i> COVID19HOPE to 393939</p>	<p>Daily text messages for three months. Daily messages with advice and encouragement.</p>	<ul style="list-style-type: none"> - Free based on phone plan 	
<p>Women's Health Collective <i>Phone:</i> 403-265-9590 <i>Location:</i> 3rd floor, 223 12 Ave SW, Calgary, Alberta, T2R 0B9 Website</p>		<ul style="list-style-type: none"> - Counselling 	<p>Sliding scale</p>

UCALGARY HEALTH AND WELLNESS RESOURCES			
RESOURCES	SERVICE HOURS	SERVICES	COST
<p>Campus Mental Health Strategy <i>Phone:</i> <i>Email:</i> mhstrategy@ucalgary.ca Website</p> <p>If you are in danger and or have safety concerns about a situation involving imminent risk of harm, call 9-1-1.</p>	<p>Mental health during COVID-19: Receive mental health support remotely - available to students, faculty and staff who need it.</p>	<p>The Campus Mental Health Strategy's vision is to be a community where we care for each other, learn and talk about mental health and well-being, receive support as needed, and where individually and collectively we realize our potential.</p>	Free
<p>Mental Health & Wellness Subcommittee - Graduate Students' Association <i>Email:</i> wellness.gsa@ucalgary.ca <i>Instagram:</i> ucalgary_mhwc <i>Twitter:</i> ucalgary_mhwc <i>Facebook:</i> Mental Health and Wellness GSA University of Calgary</p>	<p>Events will be online for Fall 2020</p>	<p>The subcommittee's purpose is to enhance the mental health of students through events, campaigns, education and advocacy initiatives.</p>	Free
<p>Post-Alcohol Support Space (PASS) <i>Phone:</i> 403-220-5333 (Call Safewalk to request and escort from any on-campus location) You can call for yourself or someone you're with <i>Email:</i> campus.security@ucalgary.ca <i>Location:</i> Cascade Hall (Accessible by escort from Safewalk or the Student Medical Response (SMR) team) Website</p>	<p>PASS is open on Saturdays only</p>	<p>PASS is a medically supervised, judgment-free space on campus where members of the university community can sleep off the effects of alcohol and/or cannabis on Saturday nights.</p> <p>It's confidential and open to any member of the UCalgary community.</p>	Free

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<p>Peer Support <i>Phone: 403-210-9355, option #2</i> <i>Email: megan.mackay@ucalgary.ca</i> <i>Location: Room 370, MacEwan Student Centre</i> Website</p>		<p>Volunteers are trained in active listening and helping skills. Everything you tell them is confidential, unless you're at risk or harming yourself or someone else. Find peer support, self help resources, and workshops.</p>	<p>Free</p>
<p>Sexual Violence Support <i>Phone: 403-220-2208</i> <i>Email: svsa@ucalgary.ca</i> <i>Location: MSC 373F, MacEwan Student Centre</i> Website</p>	<p>Remote support available</p>	<p>Registered social worker with professional experience in domestic and sexual violence, education and mental health.</p>	<p>Free</p>
<p>Student at Risk Team <i>Phone: 403-220-4923</i> <i>Email: SAR@ucalgary.ca</i> <i>Location: Room 370, MacEwan Student Centre</i> Website</p> <p>If you think there's an immediate risk of harm, call 9-1-1 or Campus Security at 403-220-5333</p>	<p>The team is available during regular UCalgary business hours</p>	<p>When a student is identified as being at risk, the team conducts an assessment for risk of violence, and engages with an identified student as early as possible to minimize potential for harm.</p> <ul style="list-style-type: none"> - Facilitate group training or consultations about recognizing or supporting a student at risk - Drug and alcohol information - Health sexuality 	<p>Free</p>

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<p>Student Wellness Services <i>Phone:</i> 403-210-9355 <i>Email:</i> sar@ucalgary.ca <i>Location:</i> Room 370, MacEwan Student Centre Website</p>	<p>Counselling offered remotely via Skype, Microsoft Teams, and phone</p>	<p>Single session counselling</p> <p>For non-urgent mental health support email: sar@ucalgary.ca</p> <p>Can book medical appointments, mental health appointments, chiropractic appointments, and massage appointments via the phone number listed. Virtual and in-person appointments available</p>	<p>Cost dependent on care</p>
<p>University of Calgary Psychology Clinic <i>Phone:</i> 403-220-7731 <i>Email:</i> PsyClinic@ucalgary.ca <i>Location:</i> EDC 281, 2750 University Way NW, Calgary, AB Website</p>		<p>Assessment and psychotherapy services for those struggling with a range of issues, including emotional disturbances (e.g., depression, anxiety), effects of trauma, relational problems, life transitions, stress management, insomnia, difficulties with behavioural change, and identity issues.</p>	<p>Sliding scale</p>

UCALGARY GENERAL RESOURCES			
RESOURCES	SERVICE HOURS	SERVICES	COST
<p>Campus Security <i>Phone: 403-220-5333</i> <i>Email: campus.security@ucalgary.ca</i> <i>Location: MacEwan Student Centre, Room 260</i> <i>Website</i></p> <p><i>Safewalk- Main Campus</i> <i>Phone: 403-220-5333</i> <i>Email: safewalk@ucalgary.ca</i> Approach Safewalk volunteer and request a walk</p> <p><i>Safewalk- Downtown Campus</i> <i>Phone: 403-473-2614</i> <i>Email: dtsecure@ucalgary.ca</i> <i>Location: Security Desk 8th Ave or NE8th St</i> Can book if advance or go to location</p>	<p>Safewalk Main campus 24/7 Can use campus Help Phones to call</p> <p><i>Safewalk-Downtown Campus</i> Monday-Thursday 11am-8pm Friday 11am-6:30pm Saturday 11am-5pm</p>	<ul style="list-style-type: none"> - Safewalk service is available 24/7 to walk students, staff, and campus visitors safely to their destination on campus. - Security alerts: In the event of a situation affecting the UCalgary community, updates will be posted on the Campus Security website. - Robbery Prevention & Response 	Free
<p>Faith and Spirituality Centre <i>Phone: 403.220.5451</i> <i>Location: MacEwan Student Centre (MSC) 487</i> <i>Website</i></p>	<p>Tuesday-Friday 9 a.m. - 4 p.m.</p> <p>All multi-faith spaces are closed for booking for the fall semester in accordance with AHS and University Health and Safety Protocols.</p>	<p>Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains) Emotional, spiritual, and academic concerns Drop in or call for appointment Website links to yoga, meditation, and mindfulness sessions offered across campus</p>	Free
<p>International Student Services <i>Email: international.advice@ucalgary.ca</i> <i>Location: MacEwan Student Center, 275</i> <i>Website</i></p>	<p>ISS is online Advising hours: 9am-12pm; 1pm-4pm</p>	<ul style="list-style-type: none"> - Immigration Information - Resources - ISS Programs & Events - Advising 	Free

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<p>Office of Diversity, Equity, and Protected Disclosure <i>William Yimbo (Education Specialist)</i> <i>Phone: 403-220-4405</i> <i>Email: william.yimbo@ucalgary.ca</i> <i>Rachel Trebilco (Sexual Violence Support Advisor)</i> <i>Phone: 403-220-8140</i> <i>Email: rachel.trebilco1@ucalgary.ca</i> <i>Location: Administration Building, (AD 116), 2500 University Dr. NW, Calgary, AB, T2N 1N4</i> Website</p>		<p>Committed to an equitable, diverse and inclusive campus that is accessible to all and free from harassment, bullying, and discrimination.</p>	<p>Free</p>
<p>Ombudsperson/Student Rights Advisor <i>Phone: 403 220-6420</i> <i>Email: ombuds@ucalgary.ca</i> <i>Location: MacEwan Student Centre, Room 274</i> Website</p>	<p>In-person support has been temporarily suspended.</p>	<p>Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation. Can assist with term and final grade reappraisals, appeals of academic and non-academic violations and other issues affecting your academic progress at the University</p>	<p>Free</p>
<p>Q Centre <i>Phone: (403) 220-4460</i> <i>Email: qcentre@ucalgary.ca</i> <i>Location: Closed in person for Fall 2020</i> Website</p>	<p>Online only for Fall 2020</p>	<p>Provides a safe and inviting space for the LGBTQA+ community at U of C. Features a library and peer support services. Program coordinators and volunteers plan events and direct clients to relevant resources.</p>	<p>Free</p>

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<p>Women's Resource Centre <i>Phone:</i> 403-220-8551 <i>Fax:</i> 403-210-7970 <i>Email:</i> women@ucalgary.ca <i>Location:</i> MacEwan Student Centre 482 Website</p>	<p>Monday - Friday 8:30 a.m. - 4:30 p.m (via Zoom or Skype)</p> <p>Virtual front desk: Monday to Friday 1-3 p.m</p>	<p>Peer support for everyone including students, staff, and faculty. Find help to develop practical skills to support feminist theory learned in the classroom. Workshops and events centered around wellness</p>	<p>Free</p>
<p>Writing Symbols Lodge <i>Phone:</i> 403.220.6034 <i>Email:</i> writingsymbolslodge@ucalgary.ca <i>Location:</i> Writing Symbols Lodge, 390Z MacEwan Student Centre Website</p>	<p>Monday to Friday, 8:30 a.m. – 4:30 p.m. Advising via Zoom or telephone</p>	<p>Writing Symbols Lodge staff are dedicated to enriching the quality of the student experience and encourage the success of First Nations, Métis and Inuit students through a variety of programs and services.</p> <p>Facilities:</p> <ul style="list-style-type: none"> - Red Lodge Student Lounge (refrigerator, microwave, toaster, coffee-maker, kettle) - Computer lab - Indigenous Students' Council office - Shared study space - Ceremonial Room 	<p>Free</p>

UCALGARY STUDENT SUPPORT RESOURCES			
RESOURCES	SERVICE HOURS	SERVICES	COST
Faculty of Graduate Studies Phone: 403-220-4938 Email: graduate@ucalgary.ca Location: Earth Sciences, 1010 Website	Virtual hours: Tuesday - Thursday: 10 AM - 2 PM	Student services - Graduate scholarship office - Graduate program officers - Graduate academic advisors - My GradSkills	Free
Faith and Spirituality Centre Phone: 403.220.5451 Location: MacEwan Student Centre (MSC) 487 Website	Tuesday-Friday 9 a.m. - 4 p.m. All multi-faith spaces are closed for booking for the fall semester in accordance with AHS and University Health and Safety Protocols.	Pastoral counselling, spiritual direction and faith dynamics (Drop in or contact specific chaplains) Emotional, spiritual, and academic concerns Drop in or call for appointment Website links to yoga, meditation, and mindfulness sessions offered across campus	Free
Ombudsperson/Student Rights Advisor Phone: 403 220-6420 Email: ombuds@ucalgary.ca Location: MacEwan Student Centre, Room 274 Website	In-person support has been temporarily suspended.	Acts as a neutral third party that guides students through policies, procedures and options available depending on the situation. Can assist with term and final grade reappraisals, appeals of academic and non-academic violations and other issues affecting your academic progress at the University	Free

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<p>Student Accessibility Services <i>Phone: (403)220-8237</i> <i>Email: access@ucalgary.ca</i> <i>Location: Student Accessibility Services</i> <i>MacEwan Student Centre</i> <i>452</i> Website</p>	<p>Online only Monday – Wednesday and Friday: 9:00 a.m. – noon Monday – Friday: 1 – 4 p.m</p>	<p>Accessible, equitable and supportive learning environment that enhances each student's academic and personal development</p>	<p>Free</p>
<p>Student Success Centre <i>Phone: 403-220-5881</i> <i>Email: success@ucalgary.ca</i> <i>Location: Taylor Family Digital Library, 3rd Floor</i> Website</p>	<p>Virtual front desk: Monday to Friday, 10 a.m. - 4 p.m. A SSC staff member will answer your questions via the chat function or by video.</p>	<ul style="list-style-type: none"> - Advising support - Learning support programs - Writing support programs 	<p>Free</p>

FAITH-BASED RESOURCES		
RESOURCES	SERVICE HOURS	SERVICES
Catholic Family Services Phone: 403.233.2360 Email: intake@cfs-ab.org info@cfs-ab.org Location: 250, 707 – 10 Avenue SW Calgary, AB T2R 0B3 Website Twitter: @CFS_Calgary	Monday: 8:30 a.m. – 5:00 p.m. Tuesday & Wednesday: 8:30 a.m. – 8:00 p.m. Thursday: 8:30 a.m. – 8:00 p.m. Friday: 8:30 a.m. – 4:30 p.m.	Counselling, education and community outreach programs focused on: <ul style="list-style-type: none"> - Mental Health and Well-being - Empowering Parents - Healthy Children Success in School
Hindu Society of Calgary Phone: 403-291-2551 Location: 2225 24 Ave NE, Calgary, Alberta, T2E 8M2 Website	Monday- Sunday 10am-1pm and 5pm-9pm	Religious, cultural, and social services
Jewish Family Service Calgary Phone: (403)-287-3510 Email: info@jfsc.org Website	Monday-Thursday: 8:30am-5:00pm Friday: 8:30am-2:00pm	<ul style="list-style-type: none"> - Older Adult Outreach and Support - Home Support Services - Basic Needs - Resettlement and Integration - Post War Support Program - Financial Coaching - Domestic Violence Support - Community Education - COVID-19 Mental Health Support Line
Muslim Families Network Society Phone: 403-466-6367 Email: muslimfamilysociety@yahoo.com LOCATION: #1129 3961 52 Ave NE, Calgary, Alberta, T1J 0J7 Website		Enhance physical, social, and spiritual wellbeing of individuals and families in Calgary <ul style="list-style-type: none"> - Education - Poverty relief - Social support - Food bank - Clothing and food drives
SIKH SOCIETY OF CALGARY Phone: 403-246-1776 Email: info@sikhsocietyofcalgary.org Location: 739 81 st SW, Calgary, Alberta, T3H 4C6 Website		Promotes integration, participation, and community service

EDUCATION, TRAINING, AND WEBINARS		
RESOURCES	SERVICE	COST
<p>Naloxone Training <i>Phone: 403-210-9355</i> <i>Email:</i> staffwellness@ucalgary.ca <i>Website</i></p>	<p>Naloxone kits are available from Staff Wellness, Student Wellness Services, and at participating pharmacies in your community. Information about recognizing and responding to an overdose and training for intermuscular injection of naloxone will be provided with the naloxone kits.</p> <p>Students should call to book training with a registered nurse in Student Wellness Services</p>	Free
<p>Wellness Webinar Series (Taylor Institute for Teaching and Learning and the Campus Mental Health Strategy) Check out the webinars here</p>	<p>Evidence-based wellness webinars with practical tips for mental wellness through the COVID-19 pandemic and beyond. Topics include self-care, resilience, and emotional wellbeing.</p>	Free
<p>Wellness Services Webinars Check out the webinars here</p>	<p>Webinars, events, training, end education virtually and on campus.</p>	Free Some may have a fee

MENTAL WELLNESS AND HEALTH PROMOTION RESOURCES		
RESOURCES	SERVICE	COST
APPS- MINDFULNESS		
<p>Aura</p> <p><i>Find the app in the App Store or Google Play.</i></p> <p><i>Find their website here.</i></p>	<p>Emotional health and sleep app that provides a mood tracker, calming music, stories, guided meditation, and more.</p>	<p>Short meditation (3 minutes) and other features are free. Longer meditations are available with a paid subscription.</p> <p>Lifetime - \$399 Annual - \$59.99/year Monthly Premium - \$11.99/month</p>
<p>Calm</p> <p><i>Find the app in the App Store or Google Play.</i></p> <p><i>Find their website here.</i></p>	<p>Mindfulness app that provides sleep stories, guided meditation, wellness classes, and guided stretches.</p>	<p>Most content is paid. <i>Annual</i> - first week free then \$76.99/year</p>
<p>Headspace</p> <p><i>Find the app in the App Store or Google Play.</i></p> <p><i>Find their website here.</i></p> <p><i>Check out their youtube channel for more free content.</i></p>	<p>Mindfulness app that provides guided meditation, breathing exercises, calming music and more.</p>	<p>Free content includes several guided meditation, breathing, and mindfulness exercises. More free content can be found on their youtube channel.</p> <p>Paid content includes mindfulness courses, sleep music, and workouts. <i>Annual</i> - first 2 weeks free then \$69.99/year <i>Monthly</i> - first 1 week free then \$12.99/month</p>
<p>Insight timer</p> <p><i>Find the app in the App Store or Google Play.</i></p> <p><i>Find their website here.</i></p>	<p>Mindfulness app that provides guided yoga and meditation, relaxing music, and insightful talks. Lots of free content compared to other mindfulness apps.</p>	<p>Most content is free.</p> <p>Paid content includes more courses. <i>Annual</i> - \$79/year</p>

APPS- PHYSICAL ACTIVITY		
Downdog <i>Find the app in the App Store or Google Play.</i> <i>Find their website here.</i>	Yoga app that provides a variety of guided yoga sessions, including relaxation yoga, stretching yoga, and active yoga.	Free for students
Nike Run Club <i>Find the app in the App Store or Google Play.</i> <i>Find their website here.</i>	Running app that provides guided running, tracks your progress, and allows you to share your workouts with friends.	Free
Nike Training Club <i>Find the app in the App Store or Google Play.</i> <i>Find their website here.</i>	Training app with a range of workout classes including yoga, cardio, strength training, and more.	Free
YOUTUBE CHANNELS		
Grounding	5-4-3-2-1	Free
Guided imagery	Nature Forest Beach Ocean	Free
Guided meditation	Great meditation Michael Sealey Relax For A While	Free
Physical activity	SELF MadFit Nike POPSUGAR fitness Group HIIT	Free
Progressive muscle relaxation	Relax For A While Progressive Muscle Relaxation PMR	Free
Yoga	Yoga with Adriene SarahBethYoga lululemon	Free

University of Calgary's Graduate Students' Association Events		
GSA Book club <i>Register here</i>	Graduate student book club from 5-6pm on the last Thursday of each month. Starts September 24th, 2020.	Free, must register in advance
GSA Dance crew <i>Register here</i>	Graduate student dance classes from 6-6:45pm on Thursdays.	Free, must register in advance
GSA Strength training <i>Register here</i>	Graduate student strength training from 6-6:45pm on Thursdays.	Free, must register in advance
GSA Yoga <i>Register here</i>	Graduate student yoga session from 6-7pm on Mondays. Starts September 14th, 2020.	Free, must register in advance