

COVID-19 RESOURCE LIST

Last updated: September 18, 2020

<p>Referral system accessible for all Albertans: 211 - dial 2-1-1, text INFO to 211 or connect through a 'live chat'</p> <p>Additional resource lists:</p> <ul style="list-style-type: none"> ○ 211 Alberta - Resources for COVID-19 ○ Women's Centre of Calgary ○ United Way of Calgary and Area COVID-19 Support for Individuals <p>Helpful Infographics:</p> <ul style="list-style-type: none"> ● Covid-19 Information for Calgarians ● Interim COVID-19 Support Plan for all Metis in Alberta ● Information for Employees, Renters, and Utility Customers in Alberta ● Financial supports for people impacted by Covid-19 ● Assembly of First Nations – Mental Wellness and COVID-19 Tips and Considerations ● Essential Numbers for Seniors in Calgary ● Deferred Mortgage Payment Information ● Drug Free Kids Canada <p>Resources for social service sector:</p> <ul style="list-style-type: none"> ● COVID-19 Social Sector Information & Resources ● Mental Health and Addiction COVID-19 Community Funding grant ● Green Municipal Fund – Sustainable Affordable Housing 	<p>Physical and Mental Health</p> <ul style="list-style-type: none"> ● Alberta Health Services <ul style="list-style-type: none"> ○ COVID-19 testing – online booking ○ COVID-19 and Your Mental Health ○ COVID-19 Interactive school map ○ Alberta Health Services - Indigenous Peoples & Communities ○ Translated Resources ● Calgary Counselling Centre - register for counselling online or call 403-691-5991. ● Distress Centre - chat online or call 403- 266-4357. ● Kids Help Phone - 24/7 national service offering counselling, information, text-based support for youth, call 1-800-668-6868. ● 24-hour Family Violence Information Line, call 310-1818, online chat available in English from 8 am to 8 pm. ● Wood's Homes Eastside Family Centre - call 403-299-9696 or email crtsupport@woodshomes.ca, connect through E-therapy by emailing etherapy@woodshomes.ca. ● Suicide Prevention and Support - call 1-833-456-4566 or text them from 2-10 pm at 45645. ● CUPS Health Clinic - open for limited access for urgent needs only Monday to Thursday from 10 am - 2pm from Monday to Thursday. Call the clinic prior to arriving at 403-221-8797. 	<ul style="list-style-type: none"> ● Alberta's One Line for Sexual Violence - call or text 1-866-403-8000. ● Calgary Women's Emergency Shelter: 24-Hour Family Violence Helpline can be reached by phone - 403-234-7233, email - help@cwes.ca, or text - 403-604-6689. ● PurposeMed – online clinic providing Albertans with free access to physicians without leaving their homes. ● Alberta Family Wellness Initiative ● YW Calgary – crisis line available at 403-266-0707. <ul style="list-style-type: none"> ○ Mindfulness ● Protection for Persons in Care Reporting Line - 1-888-357-9339 ● Alberta Provincial Abuse Helpline – 1-855-443-5722, Monday to Friday from 7 am to 8pm, 170-plus languages. ● Trauma-Informed Care Collective <ul style="list-style-type: none"> ○ Toolkit ● Catholic Family Services – Rapid Access Counselling, 403-233-2360 ● Rehabilitation Advice Line – 1-833-379-0563 ● YMCA At Home ● Community Connect YYC ● Immigrant Services Calgary – counselling services 403-705-4382 counselling@immigrantservicescalgary.ca
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<p>Indigenous Resources</p> <ul style="list-style-type: none"> • Indigenous COVID-19 Task Force, open Monday to Friday from 9 am - 4 pm. For updates visit the Aboriginal Friendship Centre of Calgary website or Facebook. Reach coordinator Lori Johnstone at 403-370-6422. For elder cultural support call Dakota Eaglewoman at 403-801-7482. • Alberta Health Services - Indigenous Peoples & Communities • Awo Taan Healing Lodge Society Family Wellness Centre connecting families with elder support, 403-531-1880 ext.100. • Métis Housing • Assembly of First Nations • Métis Nation of Alberta • Native Women’s Association of Canada • Sahwo mokhaak tsi ma taas are offering legal representation, information, education, and cultural support to Indigenous people who need help accessing the justice system. Reach out to liaison Lana at 403-716-6491 or their lawyer Sarah at 587-349-7998. • COVID-19 Indigenous Shelter Diversion Support - covidshelterdiversion@gmail.com • Indigenous Peoples Resilience Fund • Provincial Virtual After-Hours Cultural Support Line Monday, Tuesday, Thursday and Friday 4:00 p.m.-8:00 p.m. Call 1-855-735-6766. 	<ul style="list-style-type: none"> • The Hope for Wellness Help Line support and is available 24/7. Call 1-855-242-3310 or chat online. Counselling is available in English, French, Cree, Ojibway and Inuktitut, on request. • Indigenous Housing Capital Program • Alberta Métis Works • Urban Society for Aboriginal Youth • Indian Residential School Crisis Line <ul style="list-style-type: none"> ○ Call 1-866-925-4419 <p>Justice</p> <ul style="list-style-type: none"> • Calgary Legal Guidance – call 403-234-9266 • Court of Queen's Bench of Alberta, more details in FAQ • Centre for Public Legal Education Alberta, FAQs • Canadian Anti-Fraud Centre • COVID-19 Criminal Fine Payment Extension Process • Pro Bono Law Alberta resource centre here. • All persons entering a courthouse in Alberta are required to wear a face mask while in any public area of the courthouse subject to exceptions detailed in the Notice to the Profession and the Public. • Alberta Restorative Justice Association 	<p>Early Learning and Care</p> <ul style="list-style-type: none"> • Calgary Reads • City of Calgary at home activities, online activities and resources for Calgaryans of all ages. • Kids Up Front • Alberta Government <ul style="list-style-type: none"> ○ My Child’s Learning: A Parent Resource ○ 2020-21 school re-entry plan ○ Re-entry tool kit ○ Student Learning Hub • carya • YMCA virtually available, or connect through the YMCA Calgary's Parents Facebook Group. • CBE guidelines for re-entry • Watch Stress Explained - Elementary Edition and The word Indigenous - explained
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<p>Housing</p> <ul style="list-style-type: none"> • YW Calgary • Women in Need Society (WINS) the – Call 403-255-5102 ext. 226 or email referrals@womeninneed.net for assistance. • Calgary Housing Company • Sagesse • Brenda Stafford Centre • Alpha House Calgary • Residential Tenancy Dispute Resolution Service - Overview • Canadian Alliance to End Homelessness - Recovery for All • Calgary Drop-In Centre • A Way Home Canada and the Canadian Observatory on Homelessness – storytelling space • Youth Reconnect Program Model Guide • The Shift • Homeless Hub 	<p>Employment</p> <ul style="list-style-type: none"> • Canada’s COVID-19 Economic Response Plan – includes information on the Canada Emergency Response Benefit (CERB), Canada Emergency Student Benefit (CESB), Canada Emergency Wage Subsidy (CEWS), as well as further information and resources for individuals, businesses and sectors. • Momentum's Employment, Business, and Money Management Helplines and Coaching services available Monday to Friday from 8 am - 8 pm. • Calgary Workers Resource Centre • Prospect Human Services – employment and upskilling assistance • Calgary Youth Employment Centre • Making Changes Association – Employment and Life Skills • Elizabeth Fry Society of Calgary – job seekers toolkit for individuals with a criminal record and a hiring toolkit for employers seeking to hire individuals with a criminal record. • Future Education Society of Alberta • Business Link Resilient Recovery Program 	<p>Adult Literacy and Foundational Learning</p> <ul style="list-style-type: none"> • Calgary Public Library • Calgary Learns • Technology needs? The Electronic Recycling Association or Ruckify might be able to help. • City of Calgary at home activities, online activities and resources for Calgarians of all ages. • Community Education Service • Calgary John Howard Society • Community Resource Centre HUB <p>Seniors</p> <ul style="list-style-type: none"> • Kerby Centre – Thrive 403-234-6571 Seniors hotline 403-265-0661 Mask delivery 403-705-3175 • The Way In – 403-736-4677 • Elder Abuse hotline – Calgary Resource line 403-705-3250 • City of Calgary supports • CORE Alberta • Public Health Agency of Canada – COVID-19 resources
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<p>Transportation</p> <p>Calgary Transit has returned to full-service capacity on C-Trains and buses after lifting its COVID-19-related seating restrictions.</p> <p>Learn more about the Transit Watch program, see something, say something.</p> <p>Calgary Transit is expanding the Calgary Transit On Demand service. Learn more here.</p> <p>Low-income transit passes can be purchased online here. Alternatively, passes can be purchased in person at Customer Service Centre locations or the City Hall Cashiers. Learn more about Fair Entry programs and services here.</p>	<p>Financial Empowerment</p> <ul style="list-style-type: none">• Momentum• Sunrise Community Link Resource Center – for tax help contact Darlene Daskoch at 587-583-6254 or by email darlened@sunriselink.org.• Prosper Canada Learning Hub<ul style="list-style-type: none">◦ Financial Relief Navigator• Government of Canada – free virtual tax clinics• CUPS Tax Clinics are available once a month	<p>Food Security</p> <ul style="list-style-type: none">• Calgary Food Bank hampers - 403-253-2055• The Alex Community Food Centre – call 403-455-5792, Monday to Friday from 10 am to 4 pm.• Calgary Meals on Wheels - 403-243-3201• Fresh Routes – 587-779-5009• Google Map of no-cost or low-cost food options available in Calgary.• AHS – Household Food Insecurity in Alberta, Cost of Eating Healthy
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<p>Groups Tracking and commenting on the social impacts of COVID</p> <ul style="list-style-type: none"> • COVID-19 Social Impacts Network • Alberta Nonprofit Network <ul style="list-style-type: none"> ○ The Impact of Covid-19 on Alberta's Nonprofit and Voluntary Organizations Report • Canadian Centre for Policy Alternatives <ul style="list-style-type: none"> ○ Swimming with the sharks: Poverty, pandemics, and payday lenders • Proof Food Insecurity Policy Research <ul style="list-style-type: none"> ○ Food Insecurity in Canada ○ Fact Sheets • Canadian Poverty Institute <ul style="list-style-type: none"> ○ The Socio-Economic Impact of COVID19 on Vulnerable Populations in Calgary Brief 1: Employment and Financial Security ○ COVID-19: A Tipping Point for Gender Equality ○ The Employment Impact of COVID-19 on Calgary Neighbourhoods ○ Impact of Covid-19 on Informal Workers in Calgary ○ The Psycho-Social Impacts of Covid-19 	<ul style="list-style-type: none"> • University of Calgary - School of Public Policy <ul style="list-style-type: none"> ○ Economic Policy Trends - The Domestic Violence Crisis and COVID-19: Can Short-Term Rentals Help? ○ Alberta's Civil Society Pre- and Post-COVID-19: What's Government Got to Do With It? ○ COVID-19 implications for disability assistance clients ○ Canada's food security during the COVID-19 pandemic ○ Infrastructure Policy Trends June 2020: The Digital Divide and the Lack of Broadband Access During COVID-19. ○ Buying With Intent: Public Procurement For Innovation By Provincial And Municipal Governments. • Institute for Research on Public Policy The Demographics of Automation in Canada: Who Is at Risk? • United Nations <ul style="list-style-type: none"> ○ The Impact of COVID-19 on Food Security and Nutrition ○ Checklist for a Human Rights-Based Approach to Socio-Economic Country Responses to COVID-19 	<ul style="list-style-type: none"> ○ Policy Brief: Education during COVID-19 and Beyond • Women's National Housing & Homelessness Network <ul style="list-style-type: none"> ○ The State of Women's Housing Need & Homelessness in Canada report ○ 8 key opportunities to address the gaps. • Canadian Association of Social Workers <ul style="list-style-type: none"> ○ Ending Mandatory Minimums for Drug Offences • The Basic Income Canada Network: COVID-19 Stories Report • Business Council of Alberta <ul style="list-style-type: none"> ○ COVID-19 Exceptional Times Exceptional Measures Alberta CEO Survey ○ Skilled by Design: A Blueprint for Alberta's Future Workforce. • It's Time for Big Ideas—Time for a First Nations Universal Basic Income Program • UNICEF <ul style="list-style-type: none"> ○ Universal Child Benefits: Policy Issues and Options
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<p>Groups Tracking and commenting on the social impacts of COVID continued</p> <ul style="list-style-type: none"> • COVID-19 and People Experiencing Homelessness: Challenges and Mitigation Strategies • Parliamentary Budget Officer Report: Costing a Guaranteed Basic Income During the COVID Pandemic • Mental Health Research Canada <ul style="list-style-type: none"> ○ Mental Health in Crisis: How COVID-19 Is Impacting Canadians • Sustainable Calgary's 2020 State of Our City Report • Canadian Alliance to End Homelessness <ul style="list-style-type: none"> ○ Pandemic Response and Recovery Toolkit for Homeless System Leaders in Canada ○ Recovery for All: Proposals to Strengthen the National Housing Strategy and End Homelessness ○ Nanos Poll for the Canadian Alliance to End Homelessness • Agri-Food Analytics Lab: 2020 Food Price Report 	<ul style="list-style-type: none"> • Statistics Canada <ul style="list-style-type: none"> ○ Food Insecurity During the COVID-19 Pandemic ○ COVID-19 and visible minority groups' perceptions of safety ○ Persons with disabilities and COVID-19 ○ The impact of the COVID-19 pandemic on Canadian families and children ○ Economic impact of COVID-19 among Indigenous people ○ Shelters for victims of abuse with ties to Indigenous communities or organizations in Canada ○ Parents supporting learning at home during the COVID-19 pandemic ○ Shelters for victims of abuse with ties to Indigenous communities or organizations in Canada ○ Canadian Community Health Survey ○ Canadian Health Survey on Children and Youth ○ COVID-19 pandemic and its impacts on Canadian victim services 	<ul style="list-style-type: none"> ○ Changes in the socio-economic situation of Canada's Black population ○ Health Reports: Mental health of Canadian immigrants ○ Impacts of COVID19 on persons with disabilities ○ Canada's Official Poverty Dashboard of Indicators: Trends, September 2020 and snapshot infographic <ul style="list-style-type: none"> ○ • Hunger Lives Here: Risks and Challenges Faced by Food Bank Clients During COVID-19. • YWCA Canada – A Feminist Economic Recovery Plan for Canada: Making the economy work for everyone • Citizens for Public Justice – This Pandemic Discriminates by Gender and Race • The Learning Network Resources on Gender-Based Violence and the COVID-19 Pandemic • Impact of COVID-19 Black Canadian Perspectives • Raising Canada 2020 •
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<p>Groups Tracking and commenting on the social impacts of COVID continued</p> <ul style="list-style-type: none"> • CAMH – COVID-19 National Survey Dashboard • Broadbent Institute <ul style="list-style-type: none"> ○ The Case for a Wealth Tax in Canada • Government of Canada <ul style="list-style-type: none"> ○ Economic and Fiscal Snapshot 2020 ○ Epidemiological summary of COVID-19 cases in First Nations communities ○ • Calgary Chamber of Commerce <ul style="list-style-type: none"> ○ Dive Deeper: The Gendered Impact of COVID-19 • Under Reporting of Abuse of Older Adults in the Prairie Provinces: A Summary Report of Findings • July - Mental Health Index™ report • August - Mental Health Index report • Uncovering the hidden iceberg: Why the human impact of COVID-19 could be a third crisis • Barriers to Economic Security: Disability, Employment, and Asset Disparities in Canada • VCC survey data - Alberta and Perceptions of Basic Income • Parental Leave and Inter-Provincial Differences: the Case of Four Canadian Provinces. 	<ul style="list-style-type: none"> • Mental Health Commission of Canada <ul style="list-style-type: none"> ○ COVID-19 and Mental Health: Policy Responses and Emerging Issues ○ Resource hub • #AlbertaBETTER, More Than a Cheque: Reducing Poverty and Building Shared Prosperity in Alberta • Senior Poverty & Inequity: The Toronto Experience • Engaging lived and living expertise in COVID-19 recovery planning • Holes in the Social Safety Net: Poverty, Inequality and Social Assistance in Canada • Benefits Screening Tool pilots in the food and social services sectors • Angus Reid Institute examines Personal Finances & Poverty in Canada • CMHA - Return to the workplace: A psychological toolkit for heading back to work • Restoring Indigenous Rights • Community Justice Help: Advancing Community-Based Access to Justice 	<ul style="list-style-type: none"> • Homeless Hub <ul style="list-style-type: none"> ○ Closing the Circle: Discussing Indigenous Homelessness in Canada ○ Dignified living for all: Designing housing programs for Indigenous Women and Families • Calgary Chamber of Voluntary Organizations (CCVO) <ul style="list-style-type: none"> ○ From Emergency to Opportunity: Building a Resilient Alberta Nonprofit Sector After COVID-19 • Association between household food insecurity and mortality in Canada: a population-based retrospective cohort study • Food Insecurity and Social Assistance factsheet • Family Farmers to Foreign Fieldhands: Consolidation of Canadian Agriculture and the Temporary Foreign Worker Program
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<p>Groups Tracking and commenting on the social impacts of COVID continued</p> <ul style="list-style-type: none"> • Canadian Urban Institute <ul style="list-style-type: none"> ○ COVID Signpost 100 days ○ Rapid Placemaking to Bring Back Main Street: A Pandemic Recovery Toolkit for Local Communities • UN Women published From insights to action: Gender equality in the wake of COVID-19 and poverty pull out • Broadbent Institute released The Case for a Wealth Tax in Canada • CHAC submission to the Affordable Housing Review Panel here. • Responding to Youth Homelessness during COVID-19 and Beyond: Perspectives from the Youth-Serving Sector in Canada • Transition Supports to Prevent Homelessness for Youth Leaving Out-of-Home Care. • Family and Natural Supports: A Framework to Enhance Young People's Network of Support. • OECD's Education at a Glance 2020 • Risk mitigation tool for child and youth settings operating during the COVID-19 pandemic. 	<ul style="list-style-type: none"> • School of Public Policy's papers <ul style="list-style-type: none"> ○ Emergency homeless shelter beds and the cost of housing in 50 Canadian cities ○ Comprehensive Dental Care in Canada: The Choice Between Denticaid and Denticare ○ Starting from Scratch: A Micro-costing Analysis for Public Dental Care in Canada ○ Under Pressure: The Adequacy of Social Assistance Income • Impacts of COVID-19: Canada's LGBTQI2S Community in Focus • Youth Homelessness: Mental Health and Substance Use Patterns During COVID-19 • Canada's Forgotten Poor? Putting Singles Living in Deep Poverty on the Policy Radar • Beyond long-term care: The benefits of seniors' communities that evolve on their own 	<ul style="list-style-type: none"> • The Canadian Centre for Policy Alternatives <ul style="list-style-type: none"> ○ Alternative Federal Budget Recovery Plan ○ Decriminalizing Race: The case for investing in community and social support for imprisoned racialized women in Canada • Canadian Women's Foundation <ul style="list-style-type: none"> ○ Resetting Normal: Women, Decent Work and Canada's Fractured Care Economy ○ Women and Poverty in Canada
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