



COMMUNITY RESOURCES DURING THE COVID19 PANDEMIC

Food Security, Health & Safety, Stress, Anxiety, etc, Finances & Government

FOOD SECURITY	Description	Contact Information	Website / Link
Edgemont Community Association (ECA)	Edgemont Community Association volunteers can assist residents in need of pickup and delivery of food or prescriptions	volunteers@edgemont.ab.ca	www.edgemont.ab.ca
Calgary Co-op Hamptons	Food Store hours: 8:00 am – 8 pm Monday, Wednesday & Friday from 8:00 - 9:00 am has been specially designated for senior shoppers, those living with disabilities or immunocompromised individuals.	403 299 6711	https://www.calgarycoop.com/stores/hamptons/
Calgary Co-op Care Package	Free delivery of a Calgary Co-op Care Package containing food essentials, free of charge, to anyone required to be quarantined as directed by a public health agency. These Calgary Co-op Care Packages will contain non-perishable food items such as canned meat, pasta sauce, and juice, and will be delivered to those affected in the Calgary-area. These care packages will be available until April 15 as long as inventory permits	memberengagement@calgarycoop.com You will be asked for your name, address, phone number, the start and end date of your quarantine, as instructed by a public health agency, as well as your closest Calgary Co-op store. Contact by email or at 403-219-6064 if you have any questions.	https://www.calgarycoop.com/covid19/
Real Canadian Superstore Edgemont	NEW store hours 8 AM – 8 PM Superstore is open only to Seniors and those requiring more assistance on Tuesday and Thursdays, 7-8 am	Contact volunteers@edgemont.ab.ca to organize a volunteer to pick up and deliver to your doorstep	www.realcanadiansuperstore.ca
Safeway Dalhousie	7am – 8 pm 7 am – 8 am every day is restricted to seniors and immune compromised customers		https://www.safeway.ca/store/safeway-dalhousie-station/?utm_source=G&utm_medium=lpm&utm_campaign=Sobeys

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WalMart	8 am – 8 pm online shopping, free pick up.	Contact volunteers@edgemont.ab.ca to organize a volunteer to pick up and deliver to your doorstep	https://www.walmart.ca/en/grocery/N-117
Men in Kilts	The window washing folks are offering shopping and delivery - they will pick up your list and an envelope with the money, go to the store, pick up your supplies. Then they leave the supplies on your front step, ring the bell and be on their way, free of charge.	calgary@meninkilts.com	www.meninkilts.ca
Shopper Drug Mart Beacon Hill	Store and Pharmacy Hours 9:00 AM - 8:00 PM our designated Post Office is here, as well. Canada Post hours are not the same as store hours	(403) 275-6336	https://www1.shoppersdrugmart.ca/en/home https://www.canadapost.ca/cpc/en/our-company/news-and-media/corporate-news/coronavirus-disease-covid-19.page
SPUD.CA	Order online Free local delivery	www.spud.ca	https://www.spud.ca/index.cfm?login=0&goto=/index.cfm
Calgary Food Bank	NEW drive through service available. If you are scheduled for a hamper that you are not able to pick up yourself, you can designate someone to pick it up in the Food Bank drive through. This person will need a simple note giving this person (named or just indicated as a volunteer to pick-up and deliver) authority to pick up on your behalf. If possible include a photo of their ID (which would be returned in the grocery bag or destroyed)	Food Bank Phone: 403-253-2055 If you need someone to pick up a hamper for you once ordered, contact ECA volunteers at volunteers@edgemont.ab.ca	www.calgaryfoodbank.com
BowWest Community Resource Centre	BowWest helps people access support for basic needs like housing, food, transportation and clothing. Services can be accessed by phone at this time. If not answered leave a voicemail with your name, phone number and issue and they WILL GET BACK TO YOU	Phone: 403-374-0448	www.bowwest.org
Distress Centre	access to an entire network of community, social, health and government services, for issues including needing food, lost your job, don't know how you will pay rent, are struggling with your children.	211	www.ab.211.ca

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Kerby Centre (Seniors)	Services for Seniors Centre is closed during the Pandemic but services and information can be accessed by phone	Grocery Delivery Program (THRIVE) 403-234-6571 Information Hotline 403-265-0661	www.kerbycentre.com
STRESS, ANXIETY, ETC	Description	Contact Information	Website / Link
BowWest	Services can be accessed by phone at this time. If not answered leave a voicemail with your name, phone number and issue and they WILL GET BACK TO YOU	Phone: 403-374-0448	www.bowwest.org
Calgary Immigrant Women's Association	Offices are closed. Services including counselling & support by phone	403-263-4414 and leave a message for call back	www.ciwa-online.com
Distress Centre	Providing an entire network of free community, social, health and government services, for issues including needing food, lost your job, don't know how you will pay rent, struggling with your children. Offices are closed, but services can be accessed by phone or email in over 200 languages	Call 211 Crisis Line – 403.266.HELP (4357) 24 hour support Hearing Impaired – 403.543.1967 Email: help@distresscentre.com	www.distresscentre.com
Distress Centre Services for Teens	ConneCTeen Online Chat Is available from 3:00pm – 10:00pm weekdays and noon-10:00pm on weekends at	www.CalgaryConneCTeen.com	www.CalgaryConneCTeen.com
Calgary Counselling Centre	Counselling in a wide variety of areas including stress, depression, addiction or PTSD	Phone 403-265-4980	https://calgarycounselling.com/counselling
Text4Hope	for stress, anxiety & depression	Text COVID19HOPE to 393939 to subscribe	https://www.albertahealthservices.ca/topics/Page17019.aspx?fbclid=IwAR3JONz-fGtdBVEAg1eroMmaYtMR5ABvNtpIH8Oc9oX11Rxx3fOfKsGC0Sg

STRESS, ANXIETY, ETC			
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Kerby Centre for seniors	Services for seniors	information hotline 403-265-0661	www.kerbycentre.com
Calgary Seniors Resource Society	Calgary Seniors is committed to keeping our clients, volunteers and staff safe and healthy. We care deeply about the well-being of our people and we are ensuring those who need help get it quickly.	403-266-6200	www.calgaryseniors.org
Inn from the Cold Society	Referral services for financial, social, or mental health support (Available in more than 170 languages)	info@innfromthecold.org	www.innfromthecold.org
The Immigrant Education Society	helping immigrants adjust to life in Canada	(587) 392-4177 (General Inquiries) wwreception@immigrant-education.ca	https://www.immigrant-education.ca/
Calgary Catholic Family Services	Our wide range of counselling, education and community outreach programs equip people with the knowledge and skills to deal with issues and live life to its fullest. Service available by phone & online at this time	403-205-5294 Or intake@cfs-ab.org	https://www.cfs-ab.org/
HEALTH & SAFETY			
	Description	Contact Information	Website / Link
Health Link	Call 811 if you feel ill and need to know where to go to get tested for COVID-19 or for other health concerns	Call 811	www.albertahealthservices.ca
SHOPPERS DRUG MART (Beacon Hill)	Store Hours 9AM - 8PM Canada Post hours may not be the same as store hours	(403) 275-6336 Email asdm2305@shoppersdrugmart.ca Northland Store (403) 288-0761	Consult a Doctor online https://www.getmaple.ca/shopperscanada-fghaeignifaoeif/
Calgary Catholic Family Services	Our wide range of counselling, education and community outreach programs equip people with the knowledge and skills to deal with issues and live life to its fullest. Service available by phone & online at this time	Phone 403-233-2360 403-205-5294 or intake@cfs-ab.org	https://www.cfs-ab.org/
Calgary Co-op Pharmacies And Home Health Care	Pharmacies: MON-FRI, 8am-6pm SAT & SUN, 10am-6pm Home Health Care: 9am - 5pm	Hamptons Pharmacy 403 299 6713	https://www.calgarycoop.com/stores/hamptons/
Calgary Counselling Centre	Counselling in a wide variety of areas including stress, depression, victims of violence, addiction or PTSD	Phone 403-265-4980	https://calgarycounselling.com/counseling

HEALTH & SAFETY	Description	Contact Information	Website / Link
Distress Centre	You will have access to an entire network of community, social, health and government services, for issues including needing food, lost your job, don't know how you will pay rent, are struggling with your children. One of the key resources they can connect you with is the Mobile Response Team.	CALL 211 Contact the 24 hour crisis line at 403-266-HELP	https://www.distresscentre.com/
Family Violence Info Centre	Family violence includes physical, verbal, emotional, financial and sexual abuse, neglect, stalking or being kept from seeing other people or forced to stay in one place.	Family Violence Info Line: 310-1818 Bullying Helpline: 1-888-456-2323 Child Abuse Hotline: 1-800-387-5437	https://www.alberta.ca/family-violence-find-supports.aspx
Kerby Centre	Seniors Services	Phone Information Hotline 403-265-0661	www.kerbycentre.com
Women's Centre	Women's Services available at this time by phone or email	Phone: 403-264-1155 Email: info@womenscentrecalgary.org	www.womenscentrecalgary.org
YWCA of Calgary	When and where she needs us most, they provide emergency shelter, housing, counselling and support.	Crisis Line: (403) 226-0707 Phone: (403) 263-1550	https://www.ywcaofcalgary.com
FINANCE & GOVERNMENT	Description	Contact Information	Website / Link
City of Calgary	Calgary information for the common good	311	http://www.calgarycommongood.org
UTILITIES	The City of Calgary is providing deferrals for the next three months with water, wastewater, sewer, waste, and recycling bills. There will be no penalties and no interest. The City will prorate amounts into the last six bills of the year.	311	
ENMAX	ENMAX has implemented a COVID-19 Relief Program to assist those affected. Their program includes offering customers affected by COVID-19 access to increased payment flexibility including instalment plans, extending payment dates and/or suspension of collection-related activities on their ENMAX and City	Call ENMAX at 310-2010 for more information.	

	<p>of Calgary municipal services. In addition, they have suspended any disconnection of electricity service for non-payment until further notice.</p> <p>Residential customers can defer electricity and natural gas bill payments for the next 90 days to ensure no one will be cut off, regardless of the service provider. This covers only electricity and natural gas, regardless of the service provider.</p>		
Alberta Government	<p>Alberta government offers various benefits and service.</p> <p>There is a one-time emergency isolation payment with one-time payment of \$573. The Alberta government expects the program to be accessible by a simple online application next week through the provincial webpage.</p> <p>You are eligible if you are self-isolating, and not already receiving employment insurance benefits.</p>		<p>https://www.alberta.ca/covid-19-supports-for-albertans.aspx</p> <p>www.alberta.ca</p>
Alberta Student Loans	<p>The Alberta government will implement a six-month, interest-free moratorium on <u>Alberta student loan</u> payments. Students will be automatically enrolled in the six-month loan holiday program.</p>		
Alberta Banks and Credit Unions	<p>Alberta Treasury Bank, First Calgary Financial, and Alberta credit unions may also assist you if you have bank accounts or loans, but you need to contact them directly. Connect First Union is offering the option to skip up to 3 monthly payments on line of credits, loans and car payments. Check out the specific links for First Calgary Financial, Mountain View Financial, Chinook Financial and Legacy Financial.</p>	Contact ATB at 1 800 332 8383	<p>https://www.connectfirstcu.com/COVID-19</p>
GOVERNMENT OF CANADA	<p>Our Federal Government has a variety of programs</p>		<p>https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html</p>

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Canada Child Benefit	There will be a temporary increase to Canada Child Benefit payments by approximately \$300 in May 2020 for each child. This payment will happen automatically and no application is required if you are already receiving this child benefit.		
Canada Student Loans	A six-month, interest-free reprieve on <u>Canada student loan</u> payments. Students will be automatically enrolled into the six-month loan holiday program.		
Goods and Service Tax Credit	There will be a one-time payment by early May 2020 of the Goods and Services Tax credit (GSTC), which will double the maximum annual GSTC payment amounts for the 2019-20 benefit year, for amount of \$400 to \$600 for single person and couple respectively. This payment will happen automatically if you are already receiving this GST tax credit.		
Emergency Care Benefit	<p>The Emergency Care Benefit will provide up to \$900 bi-weekly, for up to 15 weeks. This flat-payment Benefit would provide income support to:</p> <ul style="list-style-type: none"> -Workers, including the self-employed, who are quarantined or sick with COVID-19 but do not qualify for EI sickness benefits. -Workers, including the self-employed, who are taking care of a family member who is sick with COVID-19, such as an elderly parent, but do not qualify for EI sickness benefits. -Parents with children who require care or supervision due to school closures, and are unable to earn employment income, irrespective of whether they qualify for EI or not. <p>For Canadian who lose their jobs or have reduced hours there is the Emergency Support Benefit of up to \$900 biweekly, up to 15 weeks, which provide income support to workers who don't qualify for paid sick leave or employment insurance. This benefit will be provided by the Canadian Revenue Agency, but there is no application process yet.</p>	<p>Application for the benefit will be available in April 2020, Canadians will need to re-attest every two weeks to reconfirm their eligibility. Canadians will be able select one of three way to apply for the Benefit:</p> <ol style="list-style-type: none"> 1. by accessing it on their CRA My Account secure portal; 2. by accessing it from their secure My Service Canada Account; or 3. by calling a toll free number equipped with an automated application process 	<p>Information will be provided when available at: https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update.html</p>

Employment Insurance Benefits

Employment Insurance benefits for COVID 19 related leave, where the one week waiting period is waived. Visit the weblink where you apply, with to following conditions: -The one-week waiting period for EI sickness benefits will be waived for new claimants who are quarantined so they can be paid for the first week of their claim -People claiming EI sickness benefits due to quarantine will not have to provide a medical certificate

