

GREATER FOREST LAWN

Covid-19 Resource List

A helpful list of supports available to you!



Hello! We have created this helpful list of local Greater Forest Lawn resources so you know what is available and who to contact for support as we all stay safe during the Covid-19 crisis. However, this is not all the resources available, so please contact us if you have questions or concerns—we are here for you!

Tara Selinger Forest Lawn Community Social Worker	Tara.selinger@calgary.ca 403 -660-1778
Binu Sebastian Dover Community Social Worker	Binu.sebastian@calgary.ca 403-510-3045
Anna Ross Penbrooke Meadows Community Social Worker	Anna.ross@calgary.ca 403-826-8855
Pat Shier Community Development Worker	Pshier@aspenfamily.org 403-472-0361
Ad Farshori Community Development Worker	Afarshori@aspenfamily.org 403-390-7400
Ariam Wolde-Giorgis Community Hub Coordinator	Awolde-giorgis@thealex.ca 403-863-3953

IMPORTANT NUMBERS

Community Resources (24-hour) 211	Information and referrals for community and social services.
City of Calgary (24-hour) 311	Information on all City of Calgary services.

FOOD RESOURCES

East Side Victory Outreach 403-273-1050	Food hampers. Call for pick up or free delivery. Hot lunches available on Tuesday, Wednesday and Thursday from 11am-3pm (curbside pickup).
Sunrise Community Link Resource Centre	Call to get a Calgary Food Bank referral.

Updated: April 29, 2020

403-204-8280	
Forest Lawn Salvation Army 403- 220-0432	Food hampers. Call to order your hamper; pick up available Monday to Friday 9am-5pm.
Women in Need Society (WINS) 403-255-5102 ext. 226	Call to get a Calgary Food Bank referral. Also have Free Goods program (furniture & household items).
Awo Taan Healing Lodge Society 403- 531-1880 ext. 100	Emergency Food Hamper for families; free delivery daily. Call Monday-Thursday 9am- 8:30pm and Friday to Sunday 9am-5pm.
The Alex Community Food Centre 403-455-5792	Support with food and basic needs referrals.
Fresh Routes Steven at 403-249-8350 www.freshroutes.ca	Fresh food hamper. Delivery available to people in isolation due to age, a pre-existing medical condition, are Covid-19 positive, or have symptoms.
GFL Free Little Pantries: <ul style="list-style-type: none"> • Eastside Victory Outreach (1840 38 St SE) • Penbrooke Meadows Community Association (6100 8 Ave SE) • Forest Heights Community Association (4909 Forego Ave SE) 	Free food items available in pantries. Food can also be donated for other residents in need.
Calgary Food Bank 403-253-2055	Emergency food hampers. You must call first to book an appointment time for pick up.
Halal Food Bank 403-466-6367	Food support organized by the Muslim Family Network.
Kosher Food Bank 403-287-3510	Food support organized by Jewish Family Service Calgary.
Veteran's Association Food Bank 403-367-8387	No-cost food hampers available to military veterans and RCMP veterans. Call to arrange for a hamper.
Ahmadiyya Muslim Youth Association (AMYA) 1-855-435-7811	Support with shopping, grocery and urgent supplies.
Eleven Eleven 587-999-6616	Free pickup and delivery of food and other necessary supplies.
Hope Mission Hub 403-474-3237	Emergency Food Hampers. Call to arrange.
YYC Grocery Delivery 403-830-6538 (10-5pm) www.yycgrocerydelivery.com/	Grocery shop for you and deliver to your door, have detailed grocery list ready when you call. E-transfer or cash.
One Voice Canada 403-671-8272	Food Hampers – basic and SE Asian diet, feminine hygiene available. Delivery available.

FOOD RESOURCES continued

Al Quaim Charity Foundation 403-999-4614 riyazkhawaja5@gmail.com	Food hampers. Delivering to those in quarantine, isolation or low-income Calgarians.
Meals on Wheels 403-243-2834	Meal program. Non-contact delivery during COVID-19. Subsidy program for low income Calgarians.
Youth Centres of Calgary <ul style="list-style-type: none"> • East of Ian Bazalgette School parking lot (3909 26 Ave. SE) • Sunrise Community Link Resource Centre (3303 17 Ave. SE). • Forest Lawn High School (1304 44 St. SE) 	Free bagged lunches. Curbside pickup available every day from 11am-1pm.

FINANCIAL RESOURCES

Momentum www.momentum.org	Money Management - for help with your finances 403-204-2664 Employment - if you have lost your job due to the economy or COVID-19. 403-204-6194 Business - to talk to a business coach if you own a small business. 403-204-2657
Tax Support Organizations offering tax support remotely: <i>*The due date for filing individual tax returns has been extended to June 1, 2020.</i>	Calgary Vietnamese Women's Association cavwataxclinic.ca@gmail.com 587-719-1199 Connections Counselling dougj@connectcounselling.ab.ca 403-807-8165 Calgary Immigrant Women's Association hellent@ciwa-online.com 403-263-4414 ext. 131 Sunrise Community Link Resource Centre darlened@sunriselink.org 587-583-6254 Women's Centre of Calgary jessicac@womenscentrecalgary.org 403-264-1155 Synergy Prosperity taxclinasap@gmail.com 403-690-7269 Kerby Centre vineetak@kerbycentre.com 403-705-3219 Salvation Army janeellen.forbes@salvationarmycalgary.org 403-220-0432 Centre for Newcomers Info@centrefornewcomers.ca 403-569-3325

SENIORS RESOURCES

Greater Forest Lawn 55+ Society 403-272-4661	Call to purchase single serve, homemade meals for \$5. Free delivery available.
Senior Connect 403-266-4357	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
The Way In 403-736-4677	Information, advice and help accessing programs and benefits for older adults.
Kerby Centre - Thrive 403-234-6571	Grocery pick up, delivery and medications pick up.
Elder Abuse Resource Line 403-705-3250	Confidential information and support, or to report a suspected case of elder abuse.
Men in Kilts Calgary@meninkilts.com	Free grocery shopping for seniors or others who cannot leave their homes.

PHYSICAL & MENTAL HEALTH RESOURCES

Health Link 811	Health advice from a registered nurse.
Distress Centre 403-266-4357	Crisis support and urgent social work response.
Access Mental Health 403-943-1500	Non-urgent advice on navigating the addiction and mental health system.
Addiction Helpline (24-hour) 1-866-332-2322	Toll free confidential support: alcohol, tobacco, other drugs and problem gambling, information and referrals.
Wood's Homes – Eastside Family Centre 403-299-9696	Single-session counselling is no-cost and no appointment is necessary. Call to talk to a counsellor.
Kids Help Phone 1-800-668-6868	24/7 national service offering counselling, information, text-based support for youth.
Hope for Wellness 1 (855) 242-3310	Mental health counselling and crisis intervention for Indigenous Peoples. Phone or chat available.
Calgary Women's Emergency Shelter 403-234-7233	Those fleeing domestic violence and in need of safe housing can call the 24-Hour Family Violence Helpline.
Family Violence Information Helpline 310-1818	Call to get help anonymously in more than 170 languages.

INDIGENOUS RESOURCES

Indigenous Covid-19 Task Force 403-370-6422 ictf@afccalgary.org	Community support available Mon. to Fri from 9am-4pm including food and non-food hampers, help filling out forms, referrals for mental health and addiction supports, and Elder cultural supports.
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