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CBE Indigenous Family Resource Guide













Calgary Board of Education

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CBE Indigenous Family Resource Guide

This resource guide is designed to support Indigenous students and families within the Calgary Board of Education. It provides access to Indigenous-focused supports and resources, helping families navigate available services. Grounded in the Indigenous Education Holistic Lifelong Learning Framework, this guide reflects our commitment to holistic support for self-identified Indigenous students.

The CBE Indigenous Family Resource Guide can be used in addition to the CBE Family Resource Guide which provides a broad range of services, including food, housing, financial aid, and mental health resources.

The CBE Indigenous Family Resource Guide is not an exhaustive resource list, please note it will be revised bi-annually.

For families who need further guidance on available supports, 211 Alberta is a 24/7, free, confidential service which connects individuals with thousands of programs, including Indigenous-specific supports for housing, food security, crisis services, and more. By calling 211 or visiting their website, you can get real-time assistance in finding the most relevant resources for Indigenous students and families.

If you are experiencing an emergency, please call 911.

If you have any questions about this guide, please email us at IndigenousEducation@cbe.ab.ca

Cultural and Community Support

Aboriginal Friendship Centre of Calgary

The Aboriginal Friendship Centre of Calgary is a vital hub for Indigenous people in the city. They offer a wide range of services and programs designed to support urban Indigenous individuals and families, including cultural activities, social services, health programs, and community support initiatives. The AFCC serves as a gathering place to connect with culture, access resources, and build community.
📞 Phone: 403-270-7379
✉ Email: info@afccalgary.org
🌐 Website: Aboriginal Friendship Centre of Calgary

Blackfoot Confederacy

The Blackfoot Confederacy serves as a central governing body for the Blackfoot First Nations. They address areas such as health, education, culture, and governance, playing a vital role in preserving Blackfoot culture and heritage while fostering community development and self-determination.
📞 Phone: 587-287-1100
✉ Email: info@blackfootconfederacy.ca
🌐 Website: Blackfoot Confederacy

Braiding the Sweetgrass

This culturally grounded program supports Indigenous youth and families by integrating traditional teachings, ceremonies, and land-based learning. It fosters healing, resilience, and well-being through guidance from Elders and Knowledge Keepers, cultural teachings and ceremonies, land-based learning opportunities, and holistic support for youth and families.
📞 Phone: 587-438-5428
✉ Email: bts@hullservices.ca
🌐 Website: Braiding the Sweetgrass – Hull Services

Calgary Foundation

The Calgary Foundation supports charitable initiatives that enhance the quality of life for Calgarians, including those focused on Indigenous communities and education. They provide grants to organizations that promote well-being, education, and cultural support, contributing to a more inclusive and equitable society. The Foundation supports various programs and services dedicated to Indigenous youth, families, and communities, aligning with the goal of fostering reconciliation and cultural understanding.
📞 Phone: 403-802-7700
✉ Email: info@calgaryfoundation.org
🌐 Website: Calgary Foundation

Calgary Indigenous Court

The Calgary Indigenous Court is a specialized criminal court that provides culturally appropriate justice for Indigenous Peoples. It integrates Indigenous traditions, Elders, and restorative justice principles to support rehabilitation and healing. Services include guidance from Elders and Knowledge Keepers, restorative justice approaches, community support connections, and culturally informed sentencing.
🌐 Website: Calgary Indigenous Court

Diamond Willow Youth Lodge - Miskanawah

The Miskanawah Diamond Willow Youth Lodge offers a range of programs and services to support Indigenous youth in Calgary. These programs include visits with cultural knowledge keepers, Elder hours, employment, education, mental health support, Indigenous crafts, drumming workshops, monthly Sunday dinners, movie nights, sports and recreation, game night, and skill-building and employment preparation. The Lodge also has a youth council and offers opportunities for youth to become members.
📞 Phone: 403-247-5003, ext. 2 for West, ext. 1 for East
🌐 Website: Miskanawah Diamond Willow Youth Lodge

Inn From the Cold

Inn from the Cold provides shelter, housing, and support services for families experiencing homelessness, including Indigenous families. Their programs focus on stability, well-being, and long-term solutions through emergency shelter and transitional housing, family-centered support services, housing programs with financial assistance, and culturally responsive programming for Indigenous families.
📞 General Telephone Line (24/7 support): 403-263-8384
✉ Family Support Email (non-emergent inquiries): gethelp@innfromthecold.org
🌐 Website: Inn from the Cold

Métis Calgary Family Services

Métis Child and Family Services provides a range of culturally appropriate services and supports to Métis children, families, and communities, focusing on child welfare, family preservation, and community well-being. They offer programs and resources related to prevention, early intervention, and support for families facing challenges, all while promoting the safety and healthy development of Métis children and respecting their unique cultural heritage.
📞 Phone: 403-240-4642
✉ Email: mail@mcfs.ca
🌐 Website: Métis Child and Family Services

Otipemisiwak Métis Government

The Métis Nation of Alberta provides information about Métis culture, history, and governance, as well as programs and services available to Métis people. Parents can find resources related to education, health, employment, housing, and cultural preservation, helping them connect with their Métis heritage and access supports for their families. The MNA website also offers news and updates relevant to the Métis community in Alberta.
Phone: 780-455-2200
Website: Métis Nation of Alberta

Status Card Service Aboriginal Friendship Centre of Calgary

Offering first-time registration in addition to status card renewals to all eligible community members. Appointments are best for first-time registration and require long birth certificates with ID.
Call (368) 999-8041
www.afccalgary.org

Urban Society for Aboriginal Youth (USAY)

Urban Society for Aboriginal Youth (USAY**)** is committed to empowering Indigenous youth in Calgary through a variety of programs and services aimed at leadership development, cultural connection, education, along with health and wellness. USAY creates a safe and supportive environment where Indigenous youth can explore and embrace their cultural identity, build valuable life skills, and work towards their personal and professional goals.
Phone: 403-262-9445
Website: USAY

Education and Learning Supports

Aboriginal Futures

Aboriginal Futures provides educational, training, and employment services to Indigenous individuals, helping them develop skills and access opportunities for career success. They offer career counselling, workshops, and resources to support lifelong learning and professional growth.
Phone: 403-253-5311
Email: info@aboriginalfutures.com
Website: Aboriginal Futures

Calgary John Howard Society – Indigenous Youth Outreach, Advocacy, and Support

The Ksísskstaki Ikamotaan program offers outreach, advocacy, and support for Indigenous youth (ages 12-24) at risk of criminal behavior. The program helps guide them toward positive life choices through mentorship and cultural teachings.
Phone: 403-266-4566
Email**:** info@cjhs.ca
Website: Indigenous Youth Outreach

Indigenous Mental Health Support in Education

Alberta Health Services (AHS) is committed to supporting the well-being of Indigenous Peoples by providing culturally appropriate mental health services for First Nations, Métis, and Inuit individuals across Alberta. The Indigenous Mental Health program offers accessible, holistic care that integrates both traditional and Western approaches to healing. Services include individual and family counseling, psycho-educational group therapy, trauma-informed therapy, access to Traditional Wellness Counsellors, mental health assessments, outreach services, support liaison services, assisted referrals, and culturally safe, patient- and family-centered care.
Email: indigenouswellnesscore@ahs.ca
Website: Indigenous Health - Services by Zone

Aboriginal Students Program (Métis Calgary Family Services - Education Programs)

The Aboriginal Students Program is a stay-in-school initiative designed for urban Aboriginal youth, offering a holistic approach to education that integrates traditional learning, caring, and sharing practices. The program provides culturally grounded learning opportunities, holistic support for academic success, and access to traditional knowledge and teachings.
Phone: 403-240-4642
Website: Métis Family Services

Old Sun Community College

Located in Siksika, Alberta, Old Sun Community College offers post-secondary education and training to members of the Siksika Nation. The college provides various accredited programs, including adult basic education, university and college preparation, and Blackfoot language classes.
Phone: 403-734-5812
Website: Old Sun Community College

RIEL Institute for Education & Learning

The RIEL Institute provides education and training programs in a culturally supportive atmosphere for Indigenous students. They emphasize community involvement and cultural connection in learning.
Phone: 403-248-0824
Email: info@rielinstitute.com
Website: RIEL Institute

Trellis Society – Iiyika'kimaat Program

"Iiyika'kimaat" means "to try hard" in Blackfoot. This program supports Indigenous youth (ages 12-21) in reaching their full potential through culturally relevant activities, mentorship, and leadership development.
Phone: 403-219-3477
Email: info@growwithtrellis.ca
Website: Iiyika'kimaat Program

YMCA Calgary – Indigenous Programs

The YMCA provides both drop-in and registered programs for Indigenous children, youth, and families. These programs focus on cultural identity, leadership development, recreation, and fostering strong connections to Calgary's urban Indigenous community.

Website: YMCA Indigenous Programs

Emergency and Crisis Support Services

Niitoiyis Family Support Society

Niitoiyis Family Shelter provides safe, temporary shelter and crisis support for Indigenous women and children fleeing domestic violence. Their services include 24/7 crisis intervention, secure accommodation, culturally grounded support programs, and assistance with safety planning, resource access, and advocacy.

Phone: 403-531-1972 or 403-531-1976

Website: Niitoiyis Emergency Shelter

Eagles Nest Stoney Family Emergency Shelter

Located in Mînî Thnî (Morley), Alberta, Eagle's Nest Stoney Family Shelter provides a safe haven for women and children of the Stoney Nakoda First Nation experiencing family violence. Their services include secure accommodation, food, clothing, and childcare, 24/7 crisis intervention, danger assessment and safety planning, advocacy and referrals, and cultural support, including a smudge room and guidance from Elders.

24-Hour Crisis Line: 403-881-2000

Website: eaglesnestshelter.ca

Indian Residential School Support Line

The Indian Residential School Crisis Line provides 24-hour support for former students and their families, offering emotional support and crisis referral services.

Toll-Free Crisis Line: 1-866-925-4419

🌐 More Info: Government of Canada - Indian Residential Schools Resolution Health Support Program

Additionally, the Indian Residential School Survivors Society offers 24/7 crisis support for survivors.

Toll-Free Crisis Line: 1-800-721-0066

More Info: Indian Residential School Survivors Society

Missing and Murdered Indigenous Women and Girls (MMIGW) Help Line

The MMIWG Help Line is a national, toll-free support service providing 24/7 crisis support and referrals for Indigenous women, girls, and their families.

This service offers a safe, culturally sensitive space to talk about experiences and access assistance and resources.

Phone: 1-844-413-6649

Website: MMIWG Help Line

Native Counselling Services of Alberta – Indigenous Courtwork Program

The Indigenous Courtwork Program provides culturally appropriate guidance, support, and resources to Indigenous individuals navigating the legal system. Courtworkers help clients understand their legal rights, responsibilities, and available options, ensuring fair treatment and advocacy within the justice system.

Phone: Contact your local NCSA office for assistance
Website: Indigenous Courtwork Program

Piikani Crisis Line

The Piikani Crisis Line provides confidential support and crisis intervention for individuals in need, offering a safe space to talk and explore options during challenging times.
For more information, contact:

Phone: 403-965-2390
Website: Aakom-Kiyii Health Services

Emergency Food Support

Calgary Food Bank

The Calgary Food Bank is the first line of emergency food support for families and individuals facing crisis. As the city's main charitable food hub and the most accessible food bank we have the capacity to serve families, individuals, and organizations.

Website: https://enoughforall.ca/indigenous
Email: info@vibrantcalgary.com

Aboriginal Friendship Centre – Community Food Hampers at the Hub

Our downtown Indigenous Hub (iitaohkanitsini'kotsiiyio'p – "place of conversation") is a welcoming space for community connection, cultural engagement, and direct support.

Phone: (403) 270-7379
Website: https://www.afccalgary.org/series/community-food-hampers-at-the-hub/

Niitoiyis Family Support Society

Offers emergency food hampers and non-food hampers.

Phone: 403-531-1880
Website: Niitoiyis Family Support Society

Health and Wellness Services

Aakom-Kiyii Health Services

Aakom-Kiyii Health Services, located on Piikani Nation, offers a full range of community health and home care services to the Piikani people and their families. The services provided include traditional holistic approaches to care, health promotion, disease prevention, curative care, rehabilitative care, and social resource advocacy. Additionally, they offer Non-Emergency Medical Transportation for status, registered individuals living on the Piikani Nation.
Phone: 403-965-3809
Website: Aakom-Kiyii Health Services

Alberta Health Services - Indigenous Liaison Services

In Calgary, Alberta, Alberta Health Services provides facility-based Indigenous cultural support to assist First Nations (Status and Non-Status), Métis, and Inuit individuals and their families. This service helps individuals feel comfortable in the hospital setting by offering referrals to appropriate resources, supporting discharge planning, facilitating communication with healthcare providers about Indigenous culture, and assisting with cultural practices such as smudging and access to Elders. This program is part of the Indigenous Health Program.
For more information, contact the Indigenous Wellness Core:
Phone: 1-844-944-4744
Email: IndigenousWellnessCore@ahs.ca
Website: Alberta Health Services

Elbow River Healing Lodge at Sheldon Chumir Centre

The Elbow River Healing Lodge provides culturally appropriate healing services for Indigenous individuals and families by integrating traditional Indigenous healing practices with conventional healthcare approaches. Their offerings include traditional healing and spiritual care, Elder support and counselling, mental health services such as individual and family therapy, addictions treatment and recovery support, physical healthcare including chronic disease management, and community wellness programs.
Phone: 403-955-6600
Email: elbow.riverhealinglodge@ahs.ca
Website: Elbow River Healing Lodge

First Nations Health Authority

The First Nations Health Authority (FNHA) is a valuable resource for Indigenous families seeking information on health topics, including physical, mental, emotional, and spiritual well-being. While its primary focus is on British Columbia, the FNHA offers a broad range of information that can be helpful to families across Canada. The FNHA provides resources related to traditional healing practices, programs, services, health initiatives, and community health planning, all from a holistic perspective.
Phone: 1-866-913-0033 (toll-free)
Email: info@fnha.ca
Website: First Nations Health Authority

First Nations Health Consortium

The Alberta First Nations Health Care Commission website is a valuable resource specifically for First Nations people in Alberta. It provides information about programs and services related to health care, including community health, primary care, mental health, addictions support, and traditional wellness. The AFNHC website also offers insights into health initiatives, funding opportunities, and news relevant to First Nations health in Alberta. It's an essential resource for individuals, families, and communities seeking to access and understand available healthcare supports.
Phone: 1-877-488-4440
Website: Alberta First Nations Health Care Commission

Jordan's Principle

Jordan's Principle is a human rights principle established by the Canadian Human Rights Tribunal (CHRT) to make sure that First Nations children do not face gaps, delays, or denials in accessing government services because of their identity as First Nations children. Jordan's Principle is named in memory of Jordan River Anderson. He was a young boy from Norway House Cree Nation in Manitoba.
Jordan's Principle supports substantively equal access to a wide range of health, social and educational products.
Phone: 1-855-572-4453
Email: jordansprincipleab-principedejordan@sac-isc.gc.ca
Website: Jordan's Principle

Indigenous Mental Health Sheldon Chumir Health Centre

The Indigenous Health Program at the Sheldon M. Chumir Centre offers comprehensive, culturally sensitive healthcare designed to meet the unique needs of Indigenous individuals and families in Calgary. This program integrates traditional healing practices with conventional medicine, ensuring culturally appropriate care. Services include primary care, mental health support, chronic disease management, and connections to community resources, all while maintaining respect for Indigenous culture and values in every aspect of care.
Phone: 403-955-6645 (IMH Intake Line)
Website: Indigenous Health Program

Indigenous Support Line – Primary Care Alberta

Available to support Indigenous people navigate the healthcare system, address any patient concerns, support with referrals, assist with cultural support, provide primary care support or general support. Open Monday to Friday.
Phone: 1-844-944-4744 or 811
Website: https://www.albertahealthservices.ca/info/Page18213.aspx

Mustard Seed

The Mustard Seed's Indigenous Wellness Program offers cultural healing practices like beading, drum making, and ribbon skirt making to promote wellness.
Website: Indigenous Wellness Program

Non-Insured Health Benefits Program (NIHB)

The Non-Insured Health Benefits Program (NIHB) provides eligible First Nations and Inuit clients with coverage for health benefits not included in other social programs, private insurance, or provincial or territorial health insurance. The program covers a range of medically necessary goods and services, including vision care, dental care, mental health counselling, medical supplies and equipment, prescription drugs and select over-the-counter products, as well as medical transportation.
Phone: 1-800-232-7301 (toll-free)
Email: abnihbqa-qrssna@sac-isc.gc.ca
Website: Non-Insured Health Benefits Program

Siksika Nation Mental Health Support

The Siksika Health Mental Health Services page offers a comprehensive overview of the mental health supports available within the Siksika Nation. It provides a wide range of services, including crisis response, addictions support, and individual and family therapy. Specialized programs are available for specific populations, such as children, youth, and Elders. The services incorporate traditional wellness practices alongside contemporary mental health treatments, demonstrating a strong commitment to holistic well-being.
Phone: 403-734-5660
Main Siksika Health Line: 403-734-5600
Website: Siksika Health Mental Health Services

Native Counselling Services of Alberta - Sunrise Healing Lodge

The Native Counselling Services of Alberta website offers a range of culturally informed programs and services designed to support Indigenous individuals and families. Their focus areas include justice-related services, family support, community wellness, and cultural connection. The site provides details on programs like court worker support, addictions treatment, healing lodges, and initiatives aimed at strengthening families and communities.
Phone: 780-451-4002
Email: reception@ncsa.ca
Website: Native Counselling Services of Alberta

Tsuut'ina Health and Wellness

Tsuut'ina Health and Wellness provides a wide range of health services to the Tsuut'ina Nation, focusing on supporting community members through culturally appropriate healthcare. Their services include primary health care, mental health and wellness programs, health promotion, and other community health services. They aim to improve the overall health and well-being of Tsuut'ina Nation members by incorporating cultural values into their healthcare approach.
Main Reception: 403-251-7575
Website: Tsuut'ina Health and Wellness

Housing Supports

Niitoiyis Family Support Society

Provides shelter and housing support for Indigenous women and children fleeing violence. Offers crisis support, basic needs, and safety planning.

Phone: 403-531-1972 / 403-531-1976
Website: Niitoiyis Family Support Society

Inn from the Cold

Helps families maintain housing or secure permanent housing with financial support, case management, and emergency shelter if needed.

Phone: 403-263-8384
Email: gethelp@innfromthecold.org
Website: Inn from the Cold

Ka-pe-kiwehtahat – Miskanawah

This agency has already been listed and offers various supports.

Phone: 403-247-5003
Website: Miskanawah

Métis Calgary Family Service - Rainbow Lodge

Offers affordable housing and advocacy for Indigenous families experiencing homelessness. Addresses challenges related to addictions, employment, and parenting.

Phone: 403-240-4642 Ext. 402
Email: rbl@mcfs.ca
Website: Métis Calgary Family Services

Treaty 7 Housing

Treaty 7 Housing offers affordable rental housing for Indigenous individuals and families in urban areas. Their housing programs are designed to support those in need by providing safe and stable accommodations with rent set at 25% of household income. Services include subsidized rental housing for Indigenous families and long-term housing solutions for low-income Indigenous individuals, helping to ensure stable living conditions for those facing financial challenges.

Phone: 403-332-0025
Website: Treaty 7 Housing

Trellis Home Stay

Supports families at risk of homelessness by offering financial aid, case management, and housing stabilization services.

Phone: 403-219-3477 (Option #1)
Website: Trellis

Indigenous Tutoring and Mentorship Programs

Niitoiyis Family Support Society – Youth Mentorship Program

The Youth Mentorship Program at Awo Taan Healing Lodge Society provides Indigenous youth with guidance, support, and cultural teachings through positive mentorship. The program focuses on fostering leadership skills, building resilience, and promoting healthy relationships. Mentors work with youth to help them navigate challenges and achieve their goals, while also incorporating traditional Indigenous knowledge and practices into their growth and development.

Phone: 403-531-1880 ext 110 & 111
Website: Youth Mentorship Program

ITMP – Indigenous Tutoring Mentorship Program

The Indigenous Tutoring and Mentorship Program focuses on providing academic tutoring and mentorship to Indigenous students, helping them succeed academically while incorporating cultural teachings and guidance. The program connects Indigenous youth with mentors who provide support in their academic journey.

Website: ITMP Program

John Howard Society – Mentorship for Indigenous Youth

The Ksísskstaki Ikamotaan program, offered by the John Howard Society, provides mentorship and support for Indigenous youth (ages 12-24) who are at risk of criminal behavior. The program focuses on guiding youth toward positive life choices through mentorship, cultural teachings, and personal development, helping to strengthen their connections to culture and community.

Phone: 403-266-4566, 1-855-451-6947
Email: info@cjhs.ca
Website: Mentorship for Indigenous Youth

Métis Calgary Family Service: Aboriginal Student Program

The Aboriginal Students Program is a stay-in-school initiative for Urban Aboriginal Youth, offering a diverse approach to holistic opportunities and practices that embrace traditional methods of learning, caring, and sharing. The program focuses on enhancing self-esteem and social skills, motivating positive work habits and attendance, encouraging proactive involvement in school, fostering positive peer group development, and cultivating cultural pride among youth.

For more information, contact Métis Calgary Family Service:

Phone: 403-240-4642
Email: mail@mcfs.ca
Website: http://mcfs.ca/development/?page_id=651

Trellis: All In for Youth

The All In for Youth program at Trellis provides a combination of tutoring, mentorship, and extracurricular activities for youth. This program aims to empower youth through positive role models and academic support, helping them reach their full potential.

Website: Trellis All In for Youth

RIEL Institute for Education & Learning: Warriors 2 Leaders

The Riel Institute is a non-profit organization that offers the Warriors 2 Leaders program, aimed at helping Indigenous youth succeed in school by building their resiliency and connecting them to community resources. The program offers a variety of activities, including cultural events, sports, and mentoring, and is free to participants, running throughout both the school year and summer. It helps youth build strong relationships with mentors and other Indigenous youth, provides access to cultural activities and events, offers opportunities for sports and recreational activities, supports the development of leadership skills, and provides assistance with homework.
For more information, contact RIEL Institute for Education & Learning:
Phone: 403-248-0824
Email: warriors2leaders@rielinstitute.com
Website: https://www.rielinstitute.com/about-1

Indigenous Elder Supports

Elders' Guidance Circle – Calgary Public Library Downtown Central Location

Meet virtually with an Elder or Knowledge Keeper for drop-in discussions at the Children's Lodge on site or book for a private session if you have a specific request.
Website: https://www.calgarylibrary.ca/connect/indigenous-services/elders-guidance-circle

Niitoiyis Family Support Society (formerly Awo Taan Healing Lodge Family Wellness Centre)

Women's Healing Circle every Monday 5:00-7:00pm
Men's Healing Circle every Wednesday 5:30-8:30pm
Phone: 403-809-9456
Website: https://www.niitoiyis.com/

Aboriginal Friendship Centre of Calgary

Elder is available upon request.
Phone: 403-270-7379
Website: https://www.afccalgary.org/

Elder Connections at Miskanawah

Connect with Elders over the phone and seek mental, emotional, and spiritual guidance from the comfort of you own home. Through one-on-one support, Elders will provide oral teachings surrounding mentorship, spiritual guidance, physical awareness, and overall mental wellness.
Available Tuesday to Friday from 9am – 4pm by phone request.
Phone: 403-700-8440
Website: NEconnector@miskanawah.ca
Phone: 403-714-4895
Website: NWconnector@miskanawah.ca

Mental Health Support and Life Promotion

Alberta Health Services Honouring Life Indigenous Youth Suicide Prevention Program

Honouring Life (formerly Aboriginal Youth and Community Empowerment Strategy or AYCES) is a youth life promotion and suicide prevention program developed to support First Nation and Métis communities by building capacity in mental wellness, resiliency, and healthy lifestyle promotion. The vision of Honouring Life is that Indigenous youth in Alberta experience life with hope, meaning, belonging, and purpose; and that Indigenous communities have the knowledge, vision, and capacity to support joyful, vibrant, and purposeful youth.
Website: https://www.albertahealthservices.ca/info/Page2735.aspx

Eastside Community Mental Health Services

Free mental health clinic offering a range of supports. Access a session with a mental health professional who can provide crisis support, advice, and connections to resources; call for a rapid-access appointment. Phone line is open from m8am to 11pm, 7 days a week.

Phone: 403-299-9699

Website: https://www.woodshomes.ca/eastside-community-mental-health-services/

Hope for Wellness Help Line

The Hope for Wellness Help Line is a national, toll-free service that provides immediate mental health support and crisis intervention to Indigenous peoples across Canada.
Experienced counsellors offer culturally sensitive support to help individuals during times of need.
Phone: 1-855-242-3310
Website: Hope for Wellness Help Line

Indigenous Mental Health Support

Alberta Health Services (AHS) is committed to supporting the well-being of Indigenous Peoples by providing culturally appropriate mental health services for First Nations, Métis, and Inuit individuals across Alberta. The Indigenous Mental Health program offers accessible, holistic care that integrates both traditional and Western approaches to healing. Services include individual and family counseling, psycho-educational group therapy, trauma-informed therapy, access to Traditional Wellness Counsellors, mental health assessments, outreach services, support liaison services, assisted referrals, and culturally safe, patient- and family-centered care.

Website: https://www.albertahealthservices.ca/info/page7628.aspx

Kids Help Phone
Kids Help Phone is always open, offering young people across Canada mental health support and a non-judgmental space.
📞 TEXT: 686868
📞 Phone: 1-800-668-6868
🌐 Website: https://kidshelpphone.ca/

South Calgary Health Centre
This urgent care site provides urgent, single-session mental health care. Call for an appointment.
📞 Phone: 403-943-9374

Suicide Crisis Helpline

If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8: Suicide Crisis Helpline is here for you. When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help.
📞 Phone: 988
🌐 Website: https://988.ca/

The Summit: Owerko Family Walk in Services

Free, walk-in mental health clinic, provides a session with a mental health professional who can provide crisis support, advice, and connections to resources. Open 9am to 9pm on weekdays; 9am to 5pm on weekends.
📞 Phone: 587-534-7200
🌐 Website: https://www.albertahealthservices.ca/summit/Page18262.aspx

Woods Home Mobile Crisis Family Support

Telephone and mobile therapeutic crisis services for families experiencing a crisis between parent and child or concerns with mental health. Crisis counselling team available 8 am to 11 pm, 7 days a week.
📞 Phone: 403-299-9699
🌐 Website:

Pet Resources

The City of Calgary – 311

The City of Calgary through 311 can assist people with pet licensing, lost pets, animal complaints & disputes, and adoptions. They also operate at No Cost Spay/Neuter program through the Fair Entry program.
Phone: 311
Website: https://www.calgary.ca/our-services/animal-services.html

Calgary Humane Society: Community Service

Calgary Humane Society is committed to helping you preserve the important bond you share with your companion animal. Our Community Services provide a range of resources to support you in caring for your beloved companion, ensuring that surrender is not your only option.
If you find yourself unable to care for your animal, please don't hesitate to reach out to us.
Phone:403-205-4455
Website: https://www.calgaryhumane.ca/

Calgary Pet Wellness and Spay and Neuter Clinic

Calgary Pet Wellness & Spay/Neuter Clinic offers veterinary exams, surgery, vaccinations, microchipping, parasite control and prevention.
Phone:403-569-7387
Website: https://calgaryspayandneuter.ca/services

Healthy Paws Forward Veterinary Hospital: Resources

Here, you will find a collection of helpful links and resources to assist you in making informed decisions about your pet's health and well-being.
Phone: 403-475-7297
Website: https://www.healthypawsvet.ca/

Women's Centre of Calgary: Animals and Pets Resource

Options for temporary boarding, emergency food, and surrendering your pet If you are unable to care for your pet there are options available to ensure your pet is taken care of. If you need help, start by asking family, friends, and trusted neighbours if they would be able to temporarily or permanently help care for your pet.
Phone: 211
Website: https://www.womenscentrecalgary.org/wp-content/uploads/2023/01/Pet-Resources.pdf

Post-Secondary and High-School Supports & Work Experience

Alberta Government – Resources for Indigenous Students

The Alberta Government provides a range of resources and support services for Indigenous students to help them achieve academic success. These resources include financial aid, mentorship opportunities, access to culturally relevant education, and guidance to assist with post-secondary pathways. They aim to support Indigenous students in achieving their personal and educational goals, while also fostering cultural pride and community engagement.
📞 Phone: 780-427-3722
📞 Toll-Free: 1-800-222-6485
🌐 Website: Resources for Indigenous Students

ATCO – Indigenous Education Program

ATCO is committed to supporting Indigenous youth in their educational journey by offering scholarships and programs focused on enhancing access to education and promoting success. Their Indigenous Education Program aims to create opportunities for Indigenous students to pursue post-secondary education, particularly in fields that contribute to the growth and development of their communities. The program includes financial support for tuition, as well as mentorship and career guidance to help students thrive in their studies and beyond.
📞 Phone: 1-844-687-2826
🌐 Website: ATCO Indigenous Education Program

Bow Valley College – Indigenous Pathways to Employment

Bow Valley College offers the Indigenous Pathways to Employment program, which provides Indigenous students with the necessary skills, training, and support to transition into the workforce or pursue post-secondary education. This program focuses on career development, cultural pride, and employment readiness to ensure that students are well-prepared for their future careers.
📞 Phone: 403-476-2256
✉ Email: info@bowvalleycollege.ca
🌐 Website: Indigenous Pathways to Employment

Calgary Board of Education (CBE) – Indigenous Post-Secondary Awards & Scholarships

The Calgary Board of Education has a resource which lists many of the post-secondary awards and scholarships for Indigenous students, not just those enrolled in CBE schools. These awards are designed to support Indigenous learners in their pursuit of higher education and career development. The scholarships recognize both academic excellence and the importance of cultural engagement, aiming to reduce financial barriers to post-secondary education and foster success for Indigenous youth in Calgary.
🌐 Website: Indigenous Post-Secondary Awards & Scholarships

Community Futures Treaty Seven (CFT7)

Employment & Training Support

CFT7 offers comprehensive support to First Nations individuals, helping them to secure and sustain meaningful employment. This is done by providing training opportunities tailored to the needs of the community within the Treaty Seven Catchment Area. Their approach ensures that training and employment align with local needs, creating sustainable career pathways for community members.

Collaboration & Advising

CFT7 engages in collaborative partnerships with Treaty Seven First Nations to build economic opportunities and capacity. Their work in advising and providing training ensures that communities can develop the skills and resources necessary for future prosperity.

Phone: 403-251-9242
Email: info@t7edc.com
Website: www.t7edc.com

First Nations Health Consortium – Youth in Transition to Adulthood

The First Nations Health Authority supports Indigenous youth as they transition to adulthood through its Youth in Transition program. This initiative provides foundational learning assistance, life skills development, and emotional support, helping youth navigate the challenges of adulthood and empowering them for future success. The program is designed to foster resilience and positive decision-making for Indigenous youth. The First Nations Health Authority operates in the BC Coast Salish Territory, West Vancouver, B.C.

Toll-Free: 1-866-913-0033
Email: haredsecretariat@fnha.ca
Website: First Nations Health Authority

Government of Canada - Indigenous Bursaries Search Tool

Indigenous Services Canada –offers the Post-Secondary Student Support Program, which provides financial assistance to Indigenous students who are pursuing post-secondary education. The program supports tuition, books, and living expenses, ensuring that students have access to the resources they need to succeed academically. The PSSSP is designed to support students who are enrolled in recognized post-secondary institutions and helps reduce barriers to higher education for Indigenous communities.

Website: Post-Secondary Student Support Program

Government of Canada - Metis Nation Post-Secondary Education Program

The Indigenous Skills and Employment Training Program, offered by Indigenous Services Canada, provides support to Indigenous communities and organizations to help individuals obtain the skills and training they need to secure long-term employment. The program is aimed at enhancing economic opportunities for Indigenous peoples by focusing on skills development, job placements, and apprenticeships in various sectors. It also supports individuals in gaining the necessary training to pursue career advancement, providing a foundation for long-term success.

Website: Indigenous Skills and Employment Training Program

Indigenous Services Canada – Post-Secondary Student Support Program

The Post-Secondary Student Support Program provides financial assistance to eligible Indigenous students who are pursuing post-secondary education. The program is designed to help with tuition fees, textbooks, and living costs, allowing students to focus on their education without the stress of financial barriers. The program is available to First Nations, Inuit, and Métis students who are pursuing recognized programs of study at accredited post-secondary institutions. Indigenous Services Canada helps ensure that more Indigenous students are able to access and complete post-secondary education.
🌐 Website: Post-Secondary Student Support Program

Indigenous Youth Internship Program – CAREERS: The Next Generation

The Indigenous Youth Internship Program (IYIP) provides paid, mentored internships for Indigenous students in grades 10-12 across Alberta. The program helps youth explore career pathways in sectors like skilled trades, health care, ICT, agriculture, energy, and business. Participants gain valuable work experience, develop essential skills, and build connections for future careers.
📞 Phone: 1-888-757-7172
🌐 Website: careersnextgen.ca

Mount Royal University - Iniskim Centre

The Iniskim Centre offers programs and services aimed at increasing the engagement and success of Indigenous students while raising awareness of Indigenous peoples and cultures. These include the Indigenous University Bridging Program, the Indigenous Housing Program, the Medicine Trail Program, Naato'ohsokoy, and the Student Success Program. Each initiative is designed to support the academic, cultural, and personal growth of Indigenous students in various ways.
📞 Phone: 403-440-5596
✉ Email: iniskimcentre@mtroyal.ca
🌐 Website: Iniskim Centre

Rupertsland Institute – Post-Secondary Funding Program

Métis individuals can apply for education financial support through Rupertsland Institute for post-secondary education, apprenticeship programs and certificates courses. Rupertsland Institute also offers training services to Metis individuals and groups that provide the tools and marketable skills they need to seek, find and maintain employment.
📞 Phone:1-888-48-MÉTIS (1-888-486-3847)
🌐 Website: Post-Secondary Funding Program

Southern Alberta Institute of Technology - Natoysopoyiis (Holy Wind Lodge)

Natoysopoyiis is the Indigenous student support centre that offers academic advising, student success workshops, resources for navigating the post-secondary system, and activities such as engagement with Elders and Knowledge Keepers. As a culturally safe space, it provides a respectful environment for Indigenous students to gather with peers, honoring the unique identities, spirituality, and traditions of the First Peoples. The services offered include Indigenous student advising, cultural and spiritual advising, Indigenous mental health resources, Indigenous men's and women's groups, and one-on-one support.
Phone: 403-210-4028
Email: natoysopoyiis@sait.ca
Website: https://www.sait.ca/indigenous-students/natoysopoyiis

University of Calgary - Writing Symbols Lodge

Writing Symbols Lodge provides academic, personal, and cultural support services and programs to prospective and current First Nations, Métis, and Inuit students, offering a welcoming and supportive learning environment for the entire campus community. Their services include the Indigenous Admission Process and the Indigenous Student Access Program, designed to help Indigenous students navigate their educational journey with guidance and support.
Phone: 403-220-6034
Email: writingsymbolslodge@ucalgary.ca
Website: Writing Symbols Lodge

Treaty 7 - Youth and Family Support Services

Piikani Child and Family Services

Piikani Child and Family Services is dedicated to enhancing the well-being of Piikani Nation children, youth, and families. Through culturally informed programs like child welfare, parenting support, and crisis intervention, they aim to promote strong, healthy families while honoring Piikani traditions and culture.
Phone: 403-965-2390
Email: info@piikanicfs.ca

Website: www.piikanicfs.ca

Kainaiwa Children's Services Corporation

Kainaiwa Children's Services Corporation supports children and families in need of care and protection. Through holistic programming grounded in Traditional values, as outlined in the "Kainaysinni" Declaration of Elders, their services help families become positive, healthy, and strong, while honoring the culture and traditions of the Kainaiwa community.
Phone: 403-737-2900
Email: communications@kainaicsc.ca
Facebook: Kainaiwa Children's Services

Siksika Family Services

Siksika Family Services offers a range of programs to support the well-being of Siksika Nation families. Through culturally relevant and community-based services, they provide counselling, crisis intervention, parenting support, and trauma assistance, all aimed at empowering families and individuals. The organization integrates Siksika culture and traditions into its programs, ensuring a safe and respectful environment for those seeking help.
Phone: 403-734-5733
Email: info@siksikafamilyservices.com
Website: www.siksikafamilyservices.com

Stoney Nakoda Nation

The Stoney Nakoda Nation offers several programs and services dedicated to supporting youth and families. These initiatives focus on strengthening the community, preserving cultural traditions, and providing the necessary resources for the well-being and development of young people and their families. The programs are designed to empower individuals, encourage community participation, and foster leadership and resilience.

Stoney Nakoda Child & Family Services

Supports families in building safe and strong environments for children and youth, with culturally sensitive and strength-based services. The organization focuses on the best interests of children, ensuring that their needs are met in a holistic and culturally respectful manner.

Îyarhe Nakoda Youth Program

Empowers youth by offering a range of activities, including round dances, pow wows, and tutoring programs. The initiative emphasizes healing, growth, and community connection through cultural teachings with the help of Elders and knowledge keepers.

Nakoda Youth Council

Provides a platform for youth to become leaders within their community. The council promotes cultural values and beliefs, while offering youth opportunities for engagement and involvement in decision-making processes.

Stoney Health Services Family Resource Network

A comprehensive support system for families, focusing on building social connections, developing leadership skills, and offering job readiness programs. The network collaborates with Elders and community members to offer cultural teachings and peer support.
Phone: 403-881-3770
Email: contact@stoney-nation.com
Website: Stoney Nakoda Nations

Tsuut’ina Nation

The Tsuut'ina Nation offers a variety of programs and services designed to support the well-being of families and youth. These programs emphasize cultural preservation, personal growth, leadership, and community involvement. Through holistic support, the Nation fosters the development and success of its youth while providing families with resources to build strong, healthy environments.

Tsuut'ina Child & Family Services

Supports families in building safe and strong environments for children and youth, providing culturally sensitive and strength-based services.
Phone: 403-238-9679
Website: Tsuut'ina Child & Family Services

Tsuut'ina Youth Program

Empowers youth with a range of activities such as cultural teachings, community events, and leadership development.
Phone: 403-238-9679
Website: Tsuut'ina Youth Program

Tsuut'ina Nation Police Youth Services Section (YSS)

Provides youth-focused community policing and programs to engage and support young people.
Phone: 403-238-4670
Website: Tsuut'ina Police Services

Post-Secondary Support Program

Offers resources and guidance for youth pursuing post-secondary education, ensuring they have the tools for success.
Phone: 403-238-4676
Website: Tsuut'ina Post-Secondary Program