

Are you cold?

If you're experiencing homelessness, learn what cold weather resources are available for you.



SEASONAL DAY SPACES & SERVICES

Mustard Seed – Community Impact Centre

102 11 Ave. S.E. | 1-833-448-4673 | theseed.ca
Regular hours: Open daily 8 a.m. - 6 p.m.
Winter hours: Dec. 1, 2025 - March 31, 2026, open daily 7 a.m. - 7 p.m.

A year-round, welcoming community day space offering a variety of services, from a cup of coffee to essential items, employment and advocacy support, literacy workshops, and more.

Aboriginal Friendship Centre of Calgary (AFCC)

4630 16 Ave. N.W. | 403-270-7379 | afccalgary.org
Open Nov. 18, 2025 - March 31, 2026
Mon. to Fri. 9 a.m. - 4 p.m.
Sat. & Sun. 11 a.m. - 4 p.m.

A culturally safe warming space, offering coffee, tea, bannock, and a wide range of programs and services for Calgary's urban Indigenous community, including support with status cards and Jordan's principle applications, housing services, community and youth programs, Indigenous cultural education and outreach, and employment resources.

Navigation & Support Centre

428 9 Ave. S.E. | 403-410-1167
Open Mon. to Fri. 8:30 a.m. - 4:30 p.m. (closed stat holidays)

Provided by the Government of Alberta, offering unhoused community members with one-stop access to multiple supports and services, including same-day Alberta ID and health card services, status card services, social insurance and federal benefit program services, employment and financial supports, system and shelter navigation, housing supports, and more.

OVERNIGHT SHELTERS

Drop-In Centre

1 Dermot Baldwin Way S.E. | 403-266-3600

! Adults (18+).

Alpha House

203 15 Ave. S.E. | 403-234-7388

! Adults (18+).

Salvation Army – West Campus

Women's Shelter

1731 29 St. SW. | 403-930-2711

! Adult women only (18+). Must be coherent.

Journey Church

10307 Eamon Rd. N.W. | 403-241-8822
myjourney.church
Open Mon. to Fri. 10 a.m. - 5 p.m.

A year-round day space providing snacks, coffee, essential items, social supports, and system navigation services. Also offering Housing Strategist support within the Coordinated Access and Assessment (CAA) system, helping individuals connect to community resources through a partnership with Distress Centre Calgary.

Wood's Homes – Inglewood Opportunity Hub

1008 14 St. S.E. | 403-774-1674 | woodshomes.ca
Open daily 9 a.m. - 5 p.m.

Drop-in space offers showers, laundry, food hampers, daily meals, hygiene products, clothing, rest stations, and a scheduled calendar of activities and events. On-site professionals include recovery, mental health, counsellors, and crisis counsellors.

! Youth and young adults only, ages 15-29.
Sober Environment

Salvation Army – Mobile Warming Stations

For the updated schedule and locations visit www.calgaryhomeless.com/learn/extreme-weather-response
Dec. 1, 2025 - March 31, 2026
Daily at 11 a.m. - 1 p.m. & 3 p.m. - 5 p.m.

Mobility warming stations offering food, hot drinks, connection to supports, and transportation to shelters. Two locations to be set up daily.

Shelter Shuttle

HELP Team Dispatch: 403-998-7388
For the updated schedule visit www.calgaryhomeless.com/learn/extreme-weather-response
Dec. 1, 2025 - March 31, 2026
Operates daily from 10:30 p.m. - 4 a.m.

Provides unhoused individuals at Red and Blue line CTrain stations with free transportation to emergency shelters, where they can access support services. For current shuttle locations or pick-up requests, please call the HELP Team Dispatch.

Hope Mission – Calgary Hub

4810 Hubalta Rd. S.E. | calgary@hopemission.com | hopemission.com
Open Mon. to Fri. 9 a.m. - 4:30 p.m.

Provides basic needs, social supports, transport to and from agencies, referrals to other agencies, and community meals and bagged lunches. Breakfast is 9:00 a.m. - 10:00 a.m. Lunch is 11:30 a.m. - 12:30 p.m. Dinner is 3:30 p.m. - 4:30 p.m.

! For adults (18+).

YW Calgary – Crisis Shelter

2003 16 St. S.E.
24/7 Crisis line: 403-266-0707
! Women with or without children leaving domestic abuse.

YW Calgary – Emergency Shelter & Transitional Housing

1715 17 Ave. S.E. | 403-705-0315
! Women without children. Must register.

FAMILY SHELTER

Inn from the Cold
#110-706 7 Ave. SW | 403-263-8384
! No drop-in services. Intake is based on capacity. Single individuals cannot be accommodated.

YOUTH SHELTER

Trellis – Avenue 15
938 15 Ave. SW | 403-543-9651
! Youth only shelter, for ages 12-17.



To learn about other resources and supports available to you, and for the most up-to-date information scan the code or visit www.calgaryhomeless.com/learn/extreme-weather-response

Call or text 211, available 24/7, or visit www.ab.211.ca to access a broad network of community, social, health and government services. If you see someone who needs help, call the HELP Team at 403-998-7388.

