

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.

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.

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.

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

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.

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

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.

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.

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+)

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. S.W. | 403-930-2711
 Adult women only (18+). Must be coherent.

Salvation Army – Centre of Hope

420 9 Ave. S.E. | 403-410-1194
 Adult men only (18+). Must be coherent.

Mustard Seed Foothills Shelter

7025 44 St. S.E. | 403-723-9422
 Adults (18+). Sober environment.

Mustard Seed Women's Shelter

110 11 Ave. S.E. | 587-447-1345
 Adult women only (18+). Sober environment.

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. S.W. | 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. S.W. | 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.



Calgary Homeless
FOUNDATION