

# Resources for you

## Change in Size of Family

If your family has experienced a **Change in the Size**, here are some resources that may be able to help.

Resource	Contact Info	Details	How to get help
Salvation Army Community Support Services: Barbara Mitchell Family Resource Centre OR Salvation Army Community Support Services	403-930-2700  1731 29 Street SW  403-220-0432 1826 36 Street SE	Provides help with: <ul style="list-style-type: none"> <li>• Infant essentials</li> <li>• Workshops</li> <li>• Emergency food</li> <li>• Employment support</li> <li>• Family activities</li> </ul>	Call to book an appointment or drop in to one of these locations.
Children's Cottage Society Crisis Nursery	403-233-2273	Provides up to 72 hours of emergency care for your children aged newborn to 8 years old if your family is in crisis.	Call and speak to a Family Support Worker.
Calgary Food Bank	403-253-2055 <a href="http://www.calgaryfoodbank.com">www.calgaryfoodbank.com</a>	Provides food hampers:  You can get up to 7 hampers every 12 months.  There must be a 30-day gap between requests.	Call: the first 3 hampers you can get through calling the Food Bank yourself (self-referral).  After that, you need a referral - ask the Food Bank about how and where to get a referral.

More resources on the back...

*Helping Families Stay Housed*



# Resources for you

## Change in Size of Family

Resource	Contact Info	Details	How to get help
Calgary Inter-Faith Furniture Society	403-276-3173 635 35 Ave NE	Offers gently used furniture, clothing, or small household goods.	You need a referral before you can get assistance. Call the Calgary Interfaith Furniture Society to find out how and where you can get a referral.
The DI Donations Centre	403-264-0856 3640 11A St NE	Offers gently used furniture, clothing, or small household goods.	You need a referral before you can get assistance. Call the DI Donations Centre to find out how and where you can get a referral.
Women in Need Society	403-255-5102 <a href="http://www.womeninneed.net">www.womeninneed.net</a>	Offers gently used furniture, clothing, or small household goods.	You need a referral before you can get assistance. Call the Women in Need Society to find out how and where you can get a referral.
Parent Link Centres	<a href="http://www.servicealberta.ca">www.servicealberta.ca</a>	Free parenting and play programs.	Drop in at several locations (see website.)

