



WELCOME TO ALBERTA

Getting Started

A Resource Guide for Newcomers with
Disabilities Navigating the System

In collaboration with
Alberta Ability Network
(Initiative of Cerebral Palsy Alberta)
&
University of Calgary
Community Rehabilitation and Disability
Studies

Aisha Siddiqui
January 2023

TABLE OF CONTENTS



SETTLEMENT & HOUSING SERVICES

01

PAGES 1-4

EMPLOYMENT SERVICES

02

PAGES 5-7

EDUCATION SERVICES

03

PAGES 8-10

HEALTH & ASSISTANCE SERVICES

04

PAGES 11-13

FAMILY SUPPORT

05

PAGES 14-17

COMMUNITY SERVICES

06

PAGES 18-21

SETTLEMENT & HOUSING

1

Calgary Catholic Immigration Society (CCIS)

Location: Calgary
Address: 1111 11 Ave SW,
Calgary, AB T2R 0G5
Phone: 403-262-2006
Website: <https://www.ccisab.ca>

Service: A non-profit organization which provides settlement and integration for all immigrants and refugees, in an environment that enhances self-esteem and respect for all.

CARE Housing Society

Location: Edmonton
Address: 9768 170 St NW
#532,
Edmonton, AB T5T 5L4
Phone: (780) 478-4926
Website:
<https://www.carehousingociety.ca>

Service: This organization raises funds to build and maintain homes for people with developmental disabilities.

Calgary Immigrant Women's Association (CIWA)

Location: Calgary
Address: 138 4 Ave SE #200,
Calgary, AB T2G 4Z6
Phone: 403-263-4414
Website: <https://ciwa-online.com>

Service: CIWA supports immigrant and refugee women, girls, and their families. They offer a range of programs, many of them providing support with settlement needs.

Centre for Newcomers (CFN)

Location: Calgary
Address: 565 36 St NE #125,
Calgary, AB T2A 6K3
Phone: 403-569-3325
Website:
<https://www.centrefornewcomers.ca>

Service: A non-profit, registered charity that provides various important services for immigrants and refugees to Canada, including settlement and career development services, and an English language program. Their settlement program offers one-on-one needs assessment and counseling as well as information and referral to community resources as needed.

SETTLEMENT & HOUSING

2

City of Calgary - Calgary Housing Company (CHC)

Location: Calgary

Address: 433 Marlborough
Way NE #320, Calgary, AB
T2A 5H5 Phone: 587-390-
1200

Website:

<https://calgaryhousingcompany.org>

Service: CHC administers rental programs on behalf of the city of Calgary and provides housing assistance to applicants based on a variety of factors in different programs.

ETANA

Location: Red Deer

Address: 2810 Bremner Ave
#130, Red Deer, AB T4R 1M9
Phone: 403-342-4550

Website: <https://etana.ca>

Service: An emergency shelter that provides transitional housing rooms for women with and without children in need.

Edmonton Mennonite Centre for Newcomers

Location: Edmonton

Address: 10170 112 St NW,
Edmonton, AB T5K 2L6

Phone: 780-424-7709

Website: <https://emcn.ab.ca>

Service: The Edmonton center for newcomers provides services to immigrants and refugees, ranging from orientation and referral, basic services - such as healthcare, housing, benefits, income support, and food reprints), and aid with navigating other areas of settlement in a new place.

Habitat for Humanity

Location: Edmonton

Address: 8210 Yellowhead Trail
NW, Edmonton, AB T5B 1G5

Phone: 780-479-3566

Website: <https://hfh.org>

Service: This organization sells homes built by volunteers and donors at a significantly reduced cost to qualifying families.

SETTLEMENT & HOUSING

3

Immigrant Services Calgary (ISC)

Location: Calgary

Address: 910 7 Ave SW #1200,
Calgary, AB T2P 3N8

Phone: 403-265-1120

Website:

<https://www.immigrantservicescalgary.ca>

Service: A non-profit organization that provides a wide range of settlement services to immigrants and refugees looking to begin a new life in a new place.

Robin Hood Association

Location: Sherwood Park

Address: 141 Broadway Blvd,
Sherwood Park, AB T8H 2A4

Phone: 780-467-7140

Website:

<https://www.robinhoodassoc.com>

Service: This organization provides residential services to adults with disabilities, providing an option of overnight staffed, support and host family homes.

Medicine Hat Women's Shelter Society

Location: Medicine Hat

Address: Medicine Hat, AB T1A 8G8

Phone: 403-529-1091

Website: <https://www.mhwss.ca>

Service: This non-profit organization supports individuals impacted by family violence by providing them with safe shelter and other services, treating all with dignity and respect.

The Immigrant Educational Society (TIES)

Location: Calgary

Address: 3675 63 Ave NE #200,
Calgary, AB T3J 5K1

Phone: 403-235-3666

Website: <https://www.immigrant-education.ca>

Service: TIES provide many services, including a live settlement chat option that provides support and counseling for newcomers in understanding their new environment.

SETTLEMENT & HOUSING

YW Calgary

Location: Calgary

Address: 1715 – 17 Avenue
SE, Calgary, AB, T2G 5J1

Phone: 403-263-1550

Website:

<https://www.ywcalgary.ca>

Service: The YW affordable housing program offers housing for lone women, and/or women with one child/

YWCA Harbour House

Location: Lethbridge

Address: Lethbridge (Contact for
Information)

Phone: 403-320-1881

Website: <https://acws.ca>

Service: An emergency shelter that provides transitional housing rooms for women with and without children in need.

EMPLOYMENT

5

Ability Employment

Location: Lethbridge

Address: 416 8 St S, Lethbridge, AB
T1J 2J7

Phone: 403-317-4550

Website:

<https://abilityresource.ca/ability-employment>

Service: Ability employment specializes in providing employment services to people with disabilities, and takes on a strength-based approach when connecting individuals to a career path.

Action for Health Communities (AHC)

Location: Edmonton

Address: 10578 113 St #100,
Edmonton, AB T5H 3H5

Phone: 780-944-4687

Website: <https://a4hc.ca>

Service: AHC offers individual employment support to newcomers and aids them in developing essential transferable professional skills.

Accès Emploi

Location: Edmonton

Address: 8627 Rue Marie-Anne
Gaboury #202, Edmonton, AB
T6C 3N1

Phone: 780-490-6975

Website:

<https://accessemploi.net>

Service: This organization, catering to the French-speaking population, offers many free services to job seekers to boost their chances of being employed. They offer a variety of workshops to improve different skills.

Action Group

Location: Lacombe

Address: 4 Iron Wolf Blvd.
Lacombe, Alberta T4L 2K6

Phone: 403-782-5531

Website: <https://action-group.ca/contact-us>

Service: Action Group strives to provide education and services to members of the community, to help them become leaders in their own lives.

EMPLOYMENT

6 Bredin Centre for Career Advancement

Location: Edmonton

Address: CN Tower, 10004 104 Ave NW 5th/10th floor, Edmonton, AB T5J 0K1

Phone: 780-425-3730

Website: <https://www.bredin.ca>

Service: Bredin's 1-step 'employment for newcomers' program provides various services for newcomers seeking employment, such as information and orientation services, employment services and job readiness and support.

Edmonton Region Immigrant Employment Council (ERIEC)

Location: Edmonton

Address: 10209 97 St NW, Edmonton, AB T5J 0L6

Phone: 780-497-8866

Website: <http://www.eriec.ca>

Service: EIREC provides mentorship and networking support to skilled immigrants as they integrate into the Edmonton labor market

Calgary Region Immigrant Employment Center (CRIEC)

Location: Calgary

Address: 105 12 Ave SE #900, Calgary, AB T2G 1A1

Phone: 587-894-7583

Website: <https://www.criec.ca>

Service: An organization that works with newcomers to prepare them for professional roles and increase chances of successful employment outcomes.

Making Changes Association Location: Calgary

Address: 6516 1a St SW, Calgary. AB T2H 0G6

Phone: 403-262-5776

Website:

<https://www.makingchangesassociation.ca>

Service: This organization offers an employment and life skills program that serves as an empowerment process for immigrant women and offers a series of online workshops that helps immigrant women prepare for their new futures.

EMPLOYMENT

7

Manpower - Staffing & Recruitment Agency

Location: Edmonton & Red Deer
Address: Multiple
Phone: 780-420-0110; 403-342-2166
Website: <https://manpowerab.com>

Service: An employment agency that connects individuals with a diverse array of skills to meaningful work across many industries.

The Immigrant Education Society (TIES)

Location: Calgary
Address: 3675 63 Ave NE #200, Calgary, AB T3J 5K1
Phone: 587-392-4177
Website: <https://www.immigrant-education.ca>

Service: TIES' employment-related programs help newcomers develop fundamental skills that will increase their employment success.

Manpower - Staffing & Recruitment Agency (Calgary)

Location: Calgary
Address: 240-734 7 Ave SW, Calgary, AB T2P 3P8
Phone: 403-269-6936
Website: _____
<https://manpowerab.com>

Service: Manpower's Knock program provides job placement services supporting unemployed individuals, from entry-level skills to professionals, who are job ready and motivated for finding full-time employment as quickly as possible.

5th on 5th Youth Services

Location: Lethbridge
Address: 435 5 St S, Lethbridge, AB T1J 2B6
Phone: 403-329-3555
Website: <https://5thon5th.ca>

Service: A non-profit organization that aids youth and young adults in finding employment in small to medium-sized businesses, contributing to mutual success

EDUCATION

Anderson Career Training Institute (ACTI)

Location: Edmonton
Address: 10604 172 St NW,
Edmonton, AB T5S 1H8
Phone: 780-944-0909
Website: <https://acti.org>

Service: This institute provides Edmonton's longest-running self-employment training program, where you can receive personal coaching to help start your business.

Bay River College Calgary

Location: Calgary
Address: 3516 26 St NE, Calgary,
AB T1Y 4T7
Phone: 403-457-6400
Website: <https://bayrivercollege.ca>

Service: Bay River College provides students with not only a diploma but also valuable work experience, through field placements, co-ops, and various networking opportunities.

5Columbia College Calgary

Location: Calgary
Address: 802 Manning Rd NE,
Calgary, AB T2E 7N8
Phone: 403-235-9300
Website: <https://www.columbia.ab.ca>

Service: Columbia college ensures students gain not only the knowledge and skills for their education, but also professional skills so they can become successful members of the workforce.

Cultural Connections Institute - The Learning Exchange (CCI-LEX)

Location: Edmonton
Address: 10055 106 St #200,
Edmonton, AB T5J 2Y2
Phone: 780-944-0792
Website: <https://cci-lex.ca>

Service: The cultural connections institute provides English classes for all newcomers and refugees, as well as private ESL training and tutoring.

EDUCATION

Equilibrium School

Location: Calgary
Address: 707 14 St NW,
Calgary, AB T2N 2A4
Phone: 403-283-1111
Website:
<http://www.equilibrium.ab.ca>

Service: Equilibrium is an educational center that promotes global education and offers many programs that may be beneficial for newcomers such as English programs, computer training, and accent reduction.

Further Education Society of Alberta (FESA)

Location: Calgary
Address: 5421 11 St NE #100,
Calgary, AB T2E 6M4
Phone: 403-250-5034
Website:
<https://www.furthered.ca>

Service: FESA is dedicated to families and adult learners. Through its many programs, it helps to build parenting and literacy skills for all, especially newcomers.

Flexibility Learning Systems Ltd.

Location: Lethbridge
Address: 506 4 Ave S, Lethbridge,
AB T1J 0N5
Phone: 403-320-2057
Website:
<http://www.flexibilitylearning.ca>

Service: This organization provides newcomers with quality and flexible English as a second language (ESL) programs and job-search training to empower them to become self-sufficient residents.

Learning Cafe

Location: Lethbridge
Address: 3000 College Dr. S,
Lethbridge, AB T1K 1L6
Phone: 403-382-6952
Website:
<https://lethbridgecollege.ca/departments/learning-cafe>

Service: The learning cafe offers individual appointments, workshops, and class presentations to improve study skills and seek additional academic support.

EDUCATION

Metro Continuing Education

Location: Edmonton

Address: 7835 76 Ave NW,
Edmonton, AB T6C 2N1

Phone: 780-428-1111

Website:

<https://www.metrocontinuingeducation.ca>

Service: Metro's adult continuing education program offers classes for individuals at any stage of life and for any interest, such as cooking and finance.

HEALTH & ASSISTANCE

11

CASA Child, Adolescent and Family Mental Health (Edmonton)

Location: Edmonton
Address: 10011 109 St NW #406,
Edmonton, AB T5J 3S8
Phone: 780-400-2271
Website:
<https://casamentalhealth.org>

Service: CASA provides mental health services for children and families. They provide a range of services from consultations to intensive treatment programs.

EaseCare Medical

Location: Calgary
Address: Virtual Services
Phone: 587-323-8646
Website:
<https://www.easecare.ca>

Service: They support people in need with not only access to food, but also access to various community services, such as family and mental health.

Distress Centre Calgary (DCC)

Location: Calgary
Address: 999 8 St SW #500,
Calgary, AB T2R 1J5
Phone: 403-266-1601
Website:
<https://www.distresscentre.com>

Service: DCC provides 24-hour crisis support, professional counseling, youth peer support and referrals.

Eastside Community Mental Health Services (Wood's Homes)

Location: Calgary
Address: 495 36 St NE #255,
Calgary, AB T2A 6K3
Phone: 403-299-9699
Website: <https://www.woodshomes.ca/programs/eastside-community-mental-health-services/>

Service: They provide no-charge professional walk-in counseling services for adults, children, and families who are experiencing troubles and need someone to talk to.

HEALTH & ASSISTANCE

12

Elizabeth Fry Society of Calgary

Location: Calgary

Address: 1731 10 Ave SW,
Calgary, AB T3C 0K1

Phone: 403-294-0737

Website:

<https://elizabethfrycalgary.ca>

Service: This organization provides support to women and youth involved with the legal and justice systems by providing basics, practical programs, and connections to necessary resources.

Lethbridge Food Bank Society

Location: Lethbridge

Address: 1016 2 Ave S,
Lethbridge, AB T1J 0C9 Phone:
403-320-1879

Website:

<https://lethbridgefoodbank.ca>

Service: This organization, catering to the French-speaking population, offers many free services to job seekers to boost their chances of being employed. They offer a variety of workshops to improve different skills.

Interfaith Food Bank Society of Lethbridge

Location: Lethbridge

Address: 1103 3 Ave N,
Lethbridge, AB T1H 0H7 Phone:
403-320-8779

Website:

<https://interfaithfoodbank.ca>

Service: Interfaith provides those in need with food and access to services and resources in the community. These include emergency food assistance and referral and outreach programs.

Lethbridge Soup Kitchen

Location: Lethbridge

Address: 802 2 Avenue an N,
Lethbridge, AB T1H 0C9

Address: 1016 2 Ave S,
Lethbridge, AB T1J 0C9 Phone:
403-320-8688

Website:

<https://lethbridgesoupkitchen.ca>

Service: The Lethbridge Soup Kitchen provides meals to individuals and families who are poor, have limited income, or need a hot meal.

HEALTH & ASSISTANCE

13

Living Independently for Equality (LIFE)

Location: Red Deer
Address: 4806 51 Ave, Red Deer,
AB T4N 4H3
Phone: 403-347-5488
Website: <http://www.lifeinc-rd.com>

Service: LIFE provides health care and home care needs for people with disabilities and mental health challenges.

Women's Centre of Calgary

Location: Calgary
Address: 39 4 St NE, Calgary, AB
T2E 3R6
Phone: 403-264-1155
Website:
<https://www.womenscentrecalgary.org>

Service: The women's center offers women opportunities to receive and provide support, connect with others and be a part of building their community through a range of programs.

LSCO Meals on Wheels

Location: Lethbridge
Address: 500 11 St S,
Lethbridge, AB T1J 4G7
Phone: 403-327-7990
Website:
<https://www.mealsonwheelslethbridge.ca>

Service: LSCO provides meals to individuals who either are not able to prepare meals for themselves due to disability or injury or are unable to access grocery stores or meals in local seniors' centers

YWCA Edmonton

Location: Edmonton
Address: 10402 124 St, Edmonton,
AB T5N 1R5 Phone: 780-423-9922
Website:
<https://ywcaofedmonton.org>

Service: YWCA leads, supports, and advocates for women and families in times of need, offering services ranging from summer camp to counseling and disability services

FAMILY SUPPORT

14

Children's Ability Fund

Location: Edmonton

Address: 18304 105 Ave NW,
Edmonton, AB T5S 0C6

Phone: 780-454-9191

Website:

<https://www.childrensabilityfund.ca>

Service: Children's ability fund strives to enhance the independence of children and young adults with disabilities by providing funding for specialized equipment.

Edmonton Down Syndrome Society (EDSS)

Location: Edmonton

Address: 9139 39 Ave NW,
Edmonton, AB T6E 5Y2

Phone: 780-944-4224

Website:

<https://www.edss.ca>

Service: EDSS supports individuals with down syndrome and their families through programming, information, and resources, & peer support.

Diversecities

Location: Calgary

Address: 1406 Centre St N,
Calgary, AB T2E 2R9

Phone: 403-265-8446

Website:

<https://www.diversecities.org>

Service: A community service organization that aids in economic integration, social connection, well-being, and learning to visible minorities, marginalized groups, and new immigrants.

Edmonton Immigrant Services Association (EISA)

Location: Edmonton

Address: 10720 113 St,
Edmonton, AB T5H 3H8

Phone: 780-474-8445

Website: <https://www.eisa-edmonton.org>

Service: EISA provides unique programs and services to new immigrants, refugees, and first-generation Canadians. These can range from interpretation and translation services to settlement support for all age groups.

FAMILY SUPPORT

15

Excel Society (Calgary)

Location: Calgary
Address: Suite 316, 1212 31
Avenue NE, Deerfoot Junction
3, Calgary, AB T2E 7S8
Phone: 403-730-2117
Website:
<https://excelsociety.org>

Service: Excel society provides housing, support, and enrichment services to many individuals across Alberta. Specifically, they provide comprehensive care and personal support to those with a developmental disability or a mental health diagnosis.

Family Centre

Location: Lethbridge
Address: #225, 200 – 4 Avenue
South, Lethbridge, AB T1J 4C9
Phone: 403-320-4232
Website:
<https://www.famcentre.ca>

Service: A non-profit organization that provides a range of services to children, youth, and their families. These include early childhood play programming, parent education and support, and other family support services.

Excel society (Edmonton)

Location: Edmonton
Address: Suite 500 – 9707 110
Street NW, Edmonton, AB T5K
2L9
Phone: 780-455-2601
Website:
<https://excelsociety.org>

Service: Excel society provides housing, support, and enrichment services to many individuals across Alberta. Specifically, they provide comprehensive care and personal support to those with a developmental disability or a mental health diagnosis.

Insight Counseling and Therapy Centre

Location: Calgary
Address: 5940 Macleod Trail
SW, Calgary, AB T2H 2G4
Phone: 403-210-0334
Website:
<https://insightcentre.org>

Service: Insight strives to promote positive change in all areas of an individual's life by providing affordable counseling, psychotherapy, and professional development training.

It's a Blast

Location: Lethbridge
Address: 290 10 St N,
Lethbridge, AB T1H 6R7
Phone: 403-320-3988
Website:
<https://itsablastprogram.com>

Service: This organization provides out-of-school care for children 6-12 years of age and aims to foster creative expression in all children.

Kerby Centre Calgary

Location: Calgary
Address: 1133 7 Ave SW,
Calgary, AB T2P 1B2
Phone: 403-265-0661
Website:
<https://unisonalberta.com>

Service: Kerby Centre offers programs, activities, and services for seniors and their families. These programs can include adult day programs and supportive visits.

Key Support Services Inc.

Location: Edmonton
Address: 11401 50 St NW,
Edmonton, AB T5W 3B5
Phone: 780-479-4667
Website:
<https://www.keysupportservicesinc.com>

Service: This organization helps individuals diagnosed with developmental disabilities and their families receive the support they need to reach their goals and become active in their communities.

KidSport Society of Calgary

Location: Calgary
Address: 3555 52 St. SE,
Calgary, AB T2B 3R3
Phone: 403-202-0251
Website:
<https://kidsportcanada.ca>

Service: KidSport provides grants to families to cover the costs of registration fees so all children can play a season of organized sport in Alberta.

FAMILY SUPPORT

17

Lethbridge Elder Abuse Response Network (LEARN)

Location: Lethbridge

Address: 500 -11th Street South

Phone: 403-394-0306

Website:

<https://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network/>

Service: LEARN is a collaboration of 15 human service organizations that respond to and provide education, awareness, and advocacy for those at risk or already experiencing elder abuse.

Tralee Residential Services

Location: Edmonton

Address: 4950 Roper Rd NW,
Edmonton, AB T6B 3T8

Phone: 780-431-9846

Website: <https://tralee.vpweb.ca>

Service: Tralee provides residential and vocational services to individuals with disabilities. They encourage community participation to reinforce self-worth and independence.

COMMUNITY

Alberta Association of the Deaf

Location: Edmonton

Address: #204, 11404–142 St.
Edmonton, AB T5M 1V1 Phone:
(780) 994-9454

Website: <https://ad-deaf.ca>

Service: An agency dedicated to empowering through advocacy, encouraging accessibility, and raising awareness for equal services for deaf Albertans.

Autism Edmonton

Location: Edmonton

Address: 101, 11720 Kingsway
Avenue Edmonton, AB, T5G 0X5
Phone: 780-453-3971

Website:
<https://autismedmonton.org>

Service: This organization seeks to connect individuals living with an autism spectrum disorder to support and services in the community.

Arch Enterprises

Location: Edmonton

Address: 3151 97 St NW,
Edmonton, AB T6N 1B7 Phone:
(780) 438-4347

Website: <https://arch-enterprises.com>

Service: A non-profit organization dedicated to providing day programs for people with developmental disabilities.

Beehive Support Services Association

Location: Drayton Valley

Address: 5056 50 Ave, Drayton
Valley, AB T7A 1R6

Phone: (780) 542-3113
Website: <https://dvbeehive.com>

Service: Beehive strives to act as a support system for people with disabilities, so that they're able to make their own choices and become contributing members of society.

COMMUNITY

Blue Heron Support Services Association (BHSSA)

Location: Barrhead

Address: 5123 50 Avenue
Barrhead, AB T7N 1A2

Phone: 780-674-4944

Website: <https://www.bhssa.ca>

Service: BHSSA provides many services to individuals with disabilities in Barrhead and surrounding areas, ranging from community living support to employment and transitional support.

Camrose Association for Community Living

Location: Camrose

Address: 4604 57 St, Camrose, AB
T4V 2E7

Phone: (780) 672-0257

Website: <https://www.cafcl.ca>

Service: A charitable organization that is dedicated to assisting people with disabilities and families facing barriers to healthy child development.

Boys and Girls Club of Lethbridge (BGC)

Location: Lethbridge

Address: 1405 8 Ave N,
Lethbridge, AB T1H 6N9 Phone:
403-327-6423

Website:

<https://bgclethbridge.com>

Service: BGC offers programs, community-based services, and relationships with peers and caring adults to children and youth. Children and youth services can include drop-in nights of arts and crafts, and before and after school programs.

Catholic Family Service of Calgary: Kindred

Location: Calgary

Address: 250, 707 – 10 Avenue
SW Calgary, AB T2R 0B3

Phone: 403-233-2360

Website: <https://www.kindred.ca>

Service: Kindred offers support to individuals by assisting with strengthening family relationships, working on personal goals, gaining new parent knowledge, and collaborating through referral-based programs.

COMMUNITY

Edmonton Intercultural Centre (EIC)

Location: Edmonton

Address: 9538 107 Ave NW,
Edmonton, AB T5H 0Z5

Phone: 780-756-2655

Website:

<https://www.edmontoninterculturalcentre.ca>

Service: EIC provides educational, research, community engagement, income generating, and capacity-building programs and services which support intercultural learning and build inclusive communities.

L'arche Edmonton

Location: Edmonton

Address: 10310 56 St NW,
Edmonton, AB T6A 2J2

Phone: 780-465-0618

Website: <https://www.larche.ga>

Service: L'arche offers houses in which people with and without disabilities live together. They strive to build a diverse community where everyone can thrive.

Islamic Family Social Services Association (IFSSA)

Location: Edmonton

Address: 10545 108 St NW,
Edmonton, AB T5H 2Z8

Phone: 780-430-9220

Website: <https://www.ifssa.ca>

Service: IFSSA provides spiritual and culturally-sensitive services to individuals. These include a halal food bank, family violence counseling, youth programs, and refugee support.

McMan Youth, Family and Community Services Association

Location: Calgary

Address: 1538 25 Ave NE,
Calgary, AB T2E 8Y3

Phone: 403-280-6293

Website: <https://www.mcman.ca>

Service: McMan provides services and support to children, youth, and families with complex needs, which can include mental health issues, addiction, homelessness, poverty, and disability.

COMMUNITY

21

Multicultural Family Resource Society

Location: Edmonton

Address: 9538 107 Ave NW,
Edmonton, AB T5H 0T7

Phone: 780-250-1771

Website: <https://mfrsedmonton.org>

Service: This organization strives to improve the well-being of immigrant and refugee children, youth, and families, by providing equitable access to programs and opportunities.

Southern Alberta Ethnic Association (SAEA)

Location: Lethbridge

Address: 421 6 Ave S, Lethbridge,
AB T1J 0Y7

Phone: 403-320-1577

Website: <https://saea.ca>

Service: SAEA strives to create a more connected and multicultural community by providing a range of culturally diverse programs and events to individuals, including a cultural diversity day and a multicultural market.

Punjabi Community Health Services (PCHS)

Location: Calgary

Address: #2104, 3961-52
Avenue NE, Calgary, AB, T3J
0J7

Phone: 587-999-9312

Website:

<https://www.pchscalgary.com>

Service: PCHS provides free and confidential case management and counseling services to the south Asian community in Calgary and the area.