



## Domestic Violence Resources During COVID-19

Family Violence Information Line : **403 234- SAFE ( 7233)** If you are in danger , call **911**

Victim Assistance Support Team Calgary Police: **403-428-8398** or toll-free **1-888-327-7828**

### Calgary Women's Emergency Shelter

- 24-Hour Family Violence Helpline 403-234-SAFE (7233) – Additional staff have been tasked with supporting the increased need in this area.
- Emergency Shelter – is operating as much as possible in the same manner as prior to this crisis, although physical distancing and other measures have been put in place for the health of clients, volunteers and staff.
- Community Services Counselling Program – counselling is being done by phone or video chat.
- Child and Adolescent Services – greatly reduced due to COVID-19.
- Court Program – Temporarily suspended due to COVID-19.
- Men's Counselling Service – counselling is being done by phone or video chat.
- Healthy Relationships Program – Temporarily suspended due to COVID-19.
- Take A Stand – Community Capacity Building Initiative – moving to online meeting and webinar format for the duration of COVID-19.

### YWCA Crises line: 403-266-0707

- Emergency Shelter remains open 24/7.
- Counselling program – Counselling is available virtually.
- Domestic Violence Outreach- Available online.
- Parent and School Support (Compass) -Available Virtually.
- For daily updates on YW programs call : 403-232-1585



Website: [www.ActionDignity.org](http://www.ActionDignity.org)  
Email: [info@actiondignity.org](mailto:info@actiondignity.org)

Facebook • ActionDignity  
Twitter • @actiondignity  
Instagram • @actiondignity

[Sagesse](#) – Ph: 403- 234-7337 | E: [programs@sagesse.org](mailto:programs@sagesse.org)

- Online Groups and Mentorship: Online groups and mentorship for women who have experienced domestic violence, are at risk of being abused , or women that are involved in sex work.
- Real Talk Webinars: Learn how to recognize domestic violence, understand its impact and develop comfort in responding to domestic violence disclosures. Register online through website. ([sageese.org](http://sageese.org))
- Standby Program: online program will provide information resources and support to you as you support others- Register online through website. ([sageese.org](http://sageese.org))

[Second Stage Shelters](#) :Providing programming and accommodations for mothers with children who have experienced family violence and require support to begin or resume independent living)

- Brenda Stafford Society – Ph: 403- 270-7240 | E: [brendastraffordsociety.org](mailto:brendastraffordsociety.org)
- Discovery House – Ph: 403-670-0467 | E: [shelter@discoveryhouse.ca](mailto:shelter@discoveryhouse.ca)
- Sonshine Community Services – Ph: 403 243-2002

### [Other resources:](#)

Community Counselling Inquiries – Ph: 403-705-3474

Calgary Legal Guidance: Ph: 403- 234-9266

- in person services are not available at the moment. Free legal advice or assistance by phone or electronically.

Calgary Legal Aid – Ph: 1-866-845-3425

- Applications by phone for in custody criminal matters, urgent out of custody criminal matters and urgent family or child protection matters.
- Legal Services are still available including Duty Counsel, at courthouses across the province. Some of these services may be provided by phone or CCTV as determined by the respective courthouses.



Distress Centre - Ph: 403-266-4357

- 24 hr help line.

Kerby Centre- Ph: 403-705-3250

- 24 Elder Abuse Resource Line

Calgary Seniors Resource Society - Ph: 403 Seniors- ( 403 736-4677)

- Senior Connect program provides an urgent same day social work response for older adults identified as being at -risk or in crises and is available outside regular hours.

Calgary Immigrant Women's Association- Contact Bela Gupta Ph: 403-828-4968 |

E: BelaG@ciwa-online.com 403-828-4968

- Family Conflict Prevention Program.
- Ongoing one on one counseling services for immigrant women and men.
- Accepting new intakes and appointments.
- Virtual support groups.

Centre for Newcomers

- Vulnerable Population Services : contact Shamaila Akram at Ph: 403.537.8806 | E: s.akram@centrefornewcomers.ca.



Website: [www.ActionDignity.org](http://www.ActionDignity.org)  
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