

# COVID-19 Community Resources

## Finances

[Call or text 2-1-1](#)

The following is a list of financial assistance that is being offered:

- [Alberta Emergency Financial Assistance](#)
- [Alberta Income Support](#)
- [Momentum](#)

## Government

The [Government of Canada](#) and [Government of Alberta](#) are taking immediate, significant and decisive action to support Canadians and businesses facing hardship due to COVID-19.

## Groceries

[Call or text 2-1-1](#)

The following grocery stores and grocery providers are offering some form of assistance or contactless delivery during COVID-19:

- [Brown Bagging for Calgary's Kids](#)
- [Bulk Food Box](#)
- [Calgary Food Bank Emergency Food Hamper](#)
- [Co-op](#)
- [Costco](#)
- [Fresh Routes](#)
- [GroceryLink](#)
- [Kerby Centre's Thrive Program](#)
- [Meals on Wheels](#)
- [Save on Foods](#)
- [Shoppers Drug Mart](#)
- [Sobeys](#)
- [Superstore](#)
- [Walmart](#)
- [Women in Need Society \(WINS\)](#)

# Mental Health and Wellness

[Call or text 2-1-1](#)

The following websites provide counselling, emotional support and addictions and mental assistance:

- [Alberta Health Services – Addictions & Mental Health](#)
- [Carya Calgary](#)
- [Catholic Family Service](#)
- [CDC – Daily Life and Coping](#)
- [CDC – Mental Health](#)
- [Government of Alberta – Family Violence Info Line](#)
- [Heart & Stroke Foundation – Manage your Stress](#)
- [Resiliency](#)
- [Teen Mental Health](#)

## Volunteer Opportunities

The following is a list of volunteer opportunities that are available during COVID-19:

- [Senior's Secret Service](#)  
Currently seeking volunteers who are willing to assist home care clients  
Call 403-257-8339 for more information
- [Calgary Seniors' Resource Society](#)  
Currently seeking volunteers for their various programs  
Call 403-266-6200 for more information