

RESOURCES

This list of resources provides quick access to frequently-used Calgary services. Topics include counselling, free courses and events, and financial help. Multiple listings relate to job searching, from self-employment tips and strategies to workshops and government agencies. For more links to useful websites and articles, refer to postings under Inspiration on the Laid Off Calgary website.

Note: To open each link in a new tab, mouse over the link and right-click, and select **Open link in new tab**.

RESOURCE	DESCRIPTION	LINK / PHONE
Alberta Government	Alberta small business resources	http://www.smallbusiness.alberta.ca/
Alberta Government (Alberta Learning Information Service (ALIS))	Career planning, education, and jobs	http://alis.alberta.ca/index.html
Alberta Government (ALIS)	Contact list	https://alis.alberta.ca/hm/contact.html
Alberta Government (ALIS)	Dealing With Job Loss	https://alis.alberta.ca/ec/ws/jsr/jobloss.html
Alberta Government (ALIS)	Self-employment and small business	http://alis.alberta.ca/js/wo/small-bus.html
Alberta Health Services	Walk-in single session (South Calgary Health Centre)	403.943.9374
Alberta Human Services	Employment, Training, and Career Services Directory	http://www.humanservices.alberta.ca/services-near-you/2433.html
Alberta Resource Search	Free, confidential, multilingual assistance	http://www.ab.211.ca/search <i>Dial these three digits: 211</i> 1.855.266.1605
Alberta Works	Employment services and financial support	http://www.humanservices.alberta.ca/financial-support/3171.html
Alex Community Food Centre	Community Food Centre that brings people together to grow, cook, share and advocate for good food for all (Programs and Drop In Schedule)	http://thealexcofc.ca/programs/
ATB Entrepreneur Centre	Events and workshops, advice	https://www.atbentrepreneurcentre.com/calgary-events/
Avenue Calgary	Free recreational, arts and cultural events	http://www.avenuecalgary.com/Calendar/index.php/?categoryfilter=Free
Brené Brown	Speaker, writer, and professor	http://brenebrown.com/
Business Link	Alberta entrepreneurs' network	http://businesslink.ca/
Calgary Catholic Immigration Society	Immigration help, resettlement, and training	https://www.ccisab.ca/
Calgary Counselling Centre	Sliding scale, fee-based counselling	https://calgarycounselling.com/
Calgary Distress Centre	24/7 free phone line for crisis counselling	http://www.distresscentre.com/ 403.266.4357 (HELP)
Calgary Economic Development	Re-engage Workshops (supporting Calgary's workforce)	http://www.calgaryeconomicdevelopment.com/workforce/labour-market-overview/workshops/
Calgary Food Bank	Emergency food for those in need	http://www.calgaryfoodbank.com/ 403.253.2055
Calgary Foundation	Fundraising / donations and grants	http://www.calgaryfoundation.org/

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Calgary Job Board	Facebook group for job opportunities in Calgary and area	https://www.facebook.com/groups/129600047433775/
Calgary Public Library	(Central Library only) Career resources orientations	403.260.2674
Calgary Public Library	Events and resources for job seekers and entrepreneurs	https://calgarylibrary.ca/browse/job-seekers-entrepreneurs/
Calgary Public Library	Free online courses	https://calgarylibrary.ca/resources/online-courses/
Calgary Public Library	Program online registration (Advanced Resume Writing, Break the Cycle: Spend Less and Save More, Career Basics: Interview Skills, Career Basics: Resume Development, etc.)	https://events.calgarypubliclibrary.com/programs/online-registration
Calgary Public Library	Sun Life Financial Arts + Culture Pass	https://calgarylibrary.ca/arts-and-culture-pass/
Canadian Red Cross	Humanitarian network	http://www.redcross.ca/in-your-community/alberta
Career Connection	No charge career service	http://mycareerconnection.ca/#referrer=htps%3A%2F%2Fwww.google.ca%2F
Challenge Factory	Helps both employees and employers embrace the talent revolution with solutions and strategies	http://www.challengefactory.ca/index
City of Calgary	Municipal services	<i>Dial these three digits: 311</i>
City of Calgary	Recreation fee assistance program	http://www.calgary.ca/CSPS/Recreation/Pages/Fee-assistance/Home.aspx
City of Calgary	Spay and neuter program	http://www.calgary.ca/CSPS/ABS/Pages/Animal-Services/No-cost-spay-neuter-program.aspx
Community Gardens Resource Network	Gardens in Calgary neighborhoods	http://www.calhort.org/community-gardens/find-a-garden.aspx
Community Kitchen Program	Calgary's Cooking (meal preparation tips and economic management practices)	https://www.ckpcalgary.ca/index.php/program-services/calgary-s-cooking
Community Kitchen Program	Good Food Box (fresh produce at reduced prices)	https://www.ckpcalgary.ca/index.php/program-services/good-food-box
Credit Counselling Society	Credit counselling and bankruptcy help	http://www.nomoredebts.org/
edX	Free online courses	https://www.edx.org/
Eventbrite	Calgary events (register for Laid Off Calgary meetings using this tool)	https://www.eventbrite.ca/
Family Fun Calgary	Family-based event calendar for Calgary	http://www.familyfuncanada.com/calgary/
Glenbow Museum	Free first Thursday night admission each month (5 to 9 pm)	http://www.glenbow.org/
Habitat For Humanity	Non-profit organization working toward a world where everyone has a safe, affordable place to live	https://habitatsouthernab.ca/
Happify	Free online and app activities based on positive psychology	http://www.happify.com/

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In It Together	Stories from Calgarians facing the economic downturn	http://www.inittogether.ca/
Inform Alberta	Directory of organizations and services in Alberta	https://informalberta.ca/
Jack Kornfield	Buddhist practitioner	https://jackkornfield.com/
Laid Off Calgary	Moderated Facebook peer support group for laid off workers	https://www.facebook.com/groups/1699692680268327
McBride Career Group	Assisting unemployed Albertans, career changers, and Alberta employers	http://www.mcbridecareergroup.com/
Mentoring Mondays	Job market strategies	https://mentoringmondays.ca/
Momentum	Money management and small business information	http://www.momentum.org/
Money Mentors	Money management and debt repayment programs	https://moneymentors.ca/
Open 2 Study	Free online courses	https://www.open2study.com/courses
Open Culture	Free online courses	http://www.openculture.com/freeonlinecourses
OpenLearn	Free online courses	http://www.open.edu/openlearn/free-courses
Opportunities Knock	In partnership with Alberta Human Services, job search services supporting unemployed individuals in the Calgary region	http://opportunitiesknock.ca/
Options 45	Networking sessions at Kerby Centre and Central Library for mature job seekers	http://www.kerbycentre.com/events/categories/options45/ 403.705.3217
Propellus	Volunteer opportunities	http://public.volunteercalgary.ab.ca/#search-panels
Prospect	Helps people who face barriers to employment overcome those obstacles by supporting individual skill development and creating workplace capacity	https://www.prospectnow.ca/
ResourceYYC	Co-working space for professionals: Calgary's flexible and affordable option for individuals, businesses, start-ups and consultants	http://www.resourceyyc.org/
Shoestring	Free and low-cost events, programs and services for those in Calgary on a shoestring budget	http://www.shoestringyc.com/
Ted Talks	5 Inspiring TEDx Talks Every Job Seeker Needs to Watch	https://www.levo.com/posts/5-inspiring-tedx-talks-every-job-seeker-needs-to-watch
Ted Talks	Networking for the networking averse	https://ed.ted.com/lessons/networking-for-the-networking-averse-lisa-green-chau
Ted Talks	Talks to help you find the right job	https://www.ted.com/playlists/220/7_talks_to_help_you_find_the_r
Wolf Pack	Creating Brave Spaces for Conversations about Masculinity	https://nextgenmen.ca/our-program/wolf-pack/

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YWCA	Program for skilled workers new to Canada	http://www.ywcalgary.ca/program/canadian-employment-skills/