

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.

| 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 | https://alis.alberta.ca/ |
| 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 Dial these three digits: 211 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://thealexafc.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/ |
| Calgary Job Board | Facebook group for job opportunities in Calgary and area | https://www.facebook.com/groups/129600047433775/ |

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|------------------------------------|--|---|
| 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=https%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/ |
| 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/ |

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|----------------------|--|---|
| 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.resourceyyyc.org/ |
| Shoestring | Free and low-cost events, programs and services for those in Calgary on a shoestring budget | http://www.shoestringyyyc.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/ |
| YWCA | Program for skilled workers new to Canada | http://www.ywcalgary.ca/program/canadian-employment-skills/ |