

RESOURCES

This list of resources provides quick access to frequently-used services in Calgary and area. 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 211 1.855.266.1605
Alberta Works	Employment services and financial support	http://www.humanservices.alberta.ca/financial-support/3171.html
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/
Calgary Public Library	(Central Library only) Career resources orientations	403.260.2674

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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 to make the most of changing demographics and shifting career patterns	http://www.challengefactory.ca/index
City of Calgary	Municipal services	311
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/

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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
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/
Shoestring	Free and low-cost events, programs and services for those in Calgary on a shoestring budget	http://www.shoestringyyc.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/