Wellness Support

Hope for Wellness
1-855-242-3310
www.hopeforwellness.ca

Residential School Survivors
1-866-925-4419

Awo Taan Healing Lodge Society
24-hour Crisis Line
403-531-1972 or 403-531-197

Elbow River Healing Lodge
Traditional Wellness and Healing (Spiritual, Cultural, and Ceremonial supports)
403-955-660
http://www.ahs.ca/ihp

Canadian Mental Health Association (CMHA)
403-297-1700

Distress Centre
403-266-4357

CCASA – Calgary Communities Against Sexual Assault
403-237-6905

UCalgary Students (Writing Symbols Lodge Wellness and Cultural Support)
403-210-9355
https://www.ucalgary.ca/student-services/writing-symbols/current-students/wellness-and-cultural-support

UCalgary Staff
Staff Wellness: 403-220-2918 (work hours)
Homewood Health: 1-800-398-9505 (English) / 1-866-398-9505 (French) / 1-888-384-1152 (Text)

Addiction Helpline
Available 24/7 1-866-332-2322

Urgent Care for Mental Health
Sheldon Chumir: 1213 4th street SW
South Calgary Health Centre: 31 Sunpark Plaza SE or call 403-943-9300

Kids Help Phone
Text CONNECT to 686868 or call 1-800-668-6868

Wood’s Homes (Children’s Mental Health)
1-800-563-6101 (voice)
587-315-5000 (text)
Missing and Murdered Indigenous Women and Girls Support Line
1-844-413-6649

Suicide Prevention Services
1 -833-456-4566 (text)
1-888-353 2273 (voice)
1-866-872-0113 (hard of hearing)

Education & Teaching Resources

Truth and Reconciliation Commission
http://www.trc.ca/resources.html

Reconciliation Canada
Provides programs and initiatives to inspire positive change in communities. The resource page provides links to the TRC webpage, Calls to Action, findings from the commission and other resources.
https://reconciliationcanada.ca/resources/useful-links/

Legacy of Hope Foundation
An overview of the history of residential schools. Includes oral histories and survivor stories.
http://legacyofhope.ca/wherearethechildren/

Residential Schools Podcast Series
Made by Historica Canada

National Center for Truth and Reconciliation, University of Manitoba
Resources for students from elementary to high school about the Residential School experiences and some history. The information is sectioned into level of grade.
https://education.nctr.ca/education-day-resources/

First Nations Child and Family Caring Society
Provides research, policy, professional development and networking to support First Nations child and family service agencies in caring for First Nations children, youth and families.
https://fncaringsociety.com/shannens-dream-school-resources

Teacher Resource Guide
Developed by the First Nations Education Steering Committee in British Columbia. FNESC is a policy and advocacy organization that represents and works on behalf of First Nations in British Columbia.