

ESSENTIAL PHONE NUMBERS for SENIORS in CALGARY*

403-SENIORS (403-736-4677)

The Way In

Information, advice and help to connect to programs and benefits for older adults - business hours only.

www.thewayincalgary.ca

403-943-LINK (403-943-5465)

Health Link

24 hour nursing and health service information.

403-266-HELP (403-266-4357)

SeniorConnect & Distress Centre Calgary

24 hour Crisis Line support for yourself, or a senior who may be at risk in the community.

www.distresscentre.com

403-706-3250

Elder Abuse Resource Line

24 hour confidential information, support and potential referral regarding elder abuse incl. intake line for the Kerby Rotary Shelter.

2-1-1

24 hour information on community and social services in Calgary www.211calgary.ca

3-1-1

24 hour information on all City of Calgary services, or www.calgary.ca

4-1-1

24 hour access to telephone directory listing across Canada (there is a charge for this) www.canada411.ca (free online service)

403-266-1234

Calgary Police Service

24 hour **Non-Emergency** Line

9-1-1

Emergency Medical, Fire and Police

**** Telephone Language Interpretation Services available on all lines.***

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