Primary Health Care, Public Health and Sexual Health

☐ **Chumir Dental Clinic** offers reduced-fee dental care by appointment for individuals and families in financial need who do not have access to a dental plan.

Dental Service by appointment only: Mon-Fri between 8 a.m. and 4:15 p.m. (modified hours every second Wednesday and closed statutory holidays). For more information, please visit our website: http://www.albertahealthservices.ca/info/service.aspx?id=1670

☐ **Communicable Disease Control Unit** provides investigation and follow up of clients with communicable diseases as mandated under the Public Health Act-Communicable Diseases Regulation; surveillance and monitoring of disease trends; notifiable disease reporting to Alberta Health; provides direction and monitoring of provincial immunization programs and vaccine inventory and distribution system.

Mon-Fri 8 a.m.-4:30 p.m.
Phone: 403-955-6750
Fax: 403-955-6755

☐ **Central Family Medicine Teaching Centre** provides a host of primary health care services to the public within a teaching environment for physicians and other health care providers. Utilizing the Patient Centred Medical Home as a model of care, the clinic is focused on reaching the highest levels of quality within our health and medical services to ensure we collaboratively meet the healthcare needs of our patients and their families.

Mon-Fri: 8:30 a.m.-4:30 p.m.
Main Line – 403-955-9300

☐ **Connect Family and Sexual Abuse Network** provides support, information and referrals to anyone who has been affected by domestic violence and/or sexual abuse/assault.

Connect Family and Sexual Abuse Network
24-hour family violence help line
403-234-7233

Domestic Violence Program
Education and consultation support for health professionals 403-955-6033

☐ **Elbow River Healing Lodge** is a medical clinic which offers a full range of primary care services for First Nations, Metis, and Inuit people of all ages; including traditional healing approaches, health promotion, disease prevention, curative care, chronic disease management, and social resource advocacy (supportive care), and is designated as a university teaching facility for medical students and residents in primary care.

Mon-Fri.: 8 a.m.-6 p.m.
Phone: 403-955-6600

☐ **Outreach Program** provides free, confidential and non-judgmental harm reduction services to targeted populations: homeless youth and adults, people who use drugs, people involved in sex work, and men who have sex with men. Services include provision of safer injection and safer sex supplies, testing and counselling for HIV, Hepatitis C and STIs, point of care HIV testing, vaccinations, Naloxone kits and overdose prevention information, pregnancy testing, and support and referrals

Mon-Fri: 9 a.m.-4 p.m.
Phone: 403-801-4453

Outreach Van
Mon-Sun: 8 p.m.-12 a.m.
Phone: 403-850-3755

Closed on statutory holidays

Sheldon M. Chumir Health Centre
1213 4 Street S.W.
Calgary, Alberta
T2R 0X7
Phone: 403-955-6200

Alberta Health Services

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Alberta Health Services

Sheldon M. Chumir Health Centre

PROGRAM AND SERVICES INFORMATION

The Sheldon M. Chumir Health Centre (SMCHC) is Canada's largest integrated community health centre with over 40 health care programs, providing services to a diversity of clients from all over southern Alberta.

Urgent Care

☐ **Urgent Care Centre** offers 24-hour-a-day, seven-days-a-week treatment for anyone who has unexpected but not life-threatening health concerns that require same-day treatment. People with life-threatening or potentially life-threatening conditions should NOT go to an Urgent Care Centre. They should go immediately to an Emergency Department or call 911.

Health Link 403-943-LINK (5465)

☐ **Urgent Mental Health** offers urgent mental health crisis intervention, short-term follow-up and referral for adults experiencing a mental health crisis. Clients access the service through the Urgent Care Centre, no referral is required.

Mon-Fri 8 a.m. to 10 p.m.
Sat-Sun: 8 a.m. to 8 p.m.
Phone: 403-955-6200 (telephone counselling is not available)

Clinical Support Services

☐ **Calgary Laboratory Services** offers medical diagnostic testing and services including blood tests and electrocardiogram (EKG) services.

Mon-Fri: 7 a.m. to 4:30 p.m.
Phone: 403-955-6188
Appointments: 403-777-5136 or online at www.calgarylabservices.com

☐ **Diagnostic Imaging** provides general radiography and CT scan exams. Appointments for CT scans need to be scheduled through a physician's office of clinic. No appointment is needed for general radiography or X-rays.

General Radiography:
Daily 7 a.m. to 10 p.m.

CT Scan:
Mon-Fri: 8 a.m. to 4 p.m.

Reception/bookings:
403-955-6100

Located in the beltline of Calgary's downtown, the client population who are served by the centre is very diverse, from professionals to the homeless. The Sheldon M. Chumir Health Centre is named after the Calgary born lawyer, Member of the Legislative Assembly, and philanthropist who lived in the area and was a longtime advocate of the less fortunate.

SHELDON M. CHUMIR
1940-1992

Primary Health Care, Public Health and Sexual Health

☐ **Travellers' Health Services and Contracted Immunization Business Unit** specializes in providing pre-travel vaccinations, prescriptions and travel counselling. A Yellow Fever Vaccine approved centre. Vaccines for purchase as well as off site vaccine programs are available.

Mon-Tuesday: 11 a.m.-7:30 p.m.
Wed-Fri and alternate Saturdays:
8 a.m.-4:15 p.m.
Phone: 403-955-6777

☐ **Public Health** The Sheldon Chumir Vaccination Clinic on the 5th Floor provides Vaccination Programs by referral and Well Child vaccination appointments for families referred to us by a local Community Health Centre.

Tel. 403-955-9397 Fax 403-955-6372

☐ **Sexual and Reproductive Health Clinical Services** offer confidential drop-in sexual health services to youth, and persons who have barriers to care. Services include birth control information, prescriptions and supplies, emergency contraception, pregnancy tests and options support, STI testing & treatment.

Mon-Thurs: 1 p.m.-5:15 p.m.
Fri-Sat: Noon-3:30 p.m.
Phone: 403-955-6500

☐ **Supervised Consumption Services** Provides a safe space where people can use drugs in a monitored, hygienic environment to reduce harm from substance use while offering additional services such as distribution of Naloxone kits, and referrals to social work, dietician, opioid-dependency treatment, addictions counselling, and other community resources.

24 hours a day, 7 days a week
Phone: 403-955-3380

☐ **Sexual and Reproductive Health Promotion and Education Services** offer free consultation and education programs for schools, community groups or health professionals.

Mon-Fri: 8 a.m.-4:30 p.m.
Phone: 403-955-6515

☐ **Calgary Sexual Assault Response Team (CSART)** Assists people who have been sexually assaulted within the past 96 hours to provide medical attention, supportive counselling, and reporting options.

24-hour access is provided through Urgent Care

☐ **Sexually Transmitted Infection Clinic** offers free, confidential, walk-in service for the assessment, diagnosis, treatment and follow-up of sexually transmitted infections.

Mon-Wed: 9 a.m.-5 p.m.
Thurs: 10:30 a.m.-5 p.m.
Fri-Sat: 8:30 a.m.-4 p.m.
Phone: 403-955-6700

☐ **AHS ID Program** Assists homeless, at risk and recently-housed clients to obtain Alberta Personal Health Cards and Alberta Identification. This drop-in service supports clients who are 18+ (or emancipated youth), who've been in Alberta 90+ days and are legally-entitled to remain in Canada. Youth 16-17 years old can also be assisted with Alberta Personal Health Cards.

Client-Facing Hours:
Mon, Wed, Thurs, Fri (closed Tues):8:30 am – 12:00 pm

Registration is at 8:00 on Mon, Wed, Thurs and Fri. Line up no earlier than 7:00 am.

More information: 403-650-4050 or CalgaryID@AHS.ca.

Mental Health

☐ **Indigenous Mental Health** provides culturally safe and relevant mental health interventions for Aboriginal people including: confidential counselling, assistance with referrals for addictions support, financial, health, housing and recreational needs. Access to traditional healing resources is also provided. Education and consultations are available.

Mon-Fri: 8:30 a.m.-4:15 p.m.
Phone: 403-955-6645
Fax: 403-955-6699

☐ **Assertive Community Treatment Team** provides long-term outreach services to adults with severe and persistent mental illness who have exhausted more traditional outpatient services.

Mon-Fri: 8 a.m.-8 p.m.\
Phone: 403-955-6986

☐ **Central Clinic** (Formerly Active Treatment Team) provides community-based clinical case management for individuals with a severe and persistent mental illness, including medication management, group psychotherapy, transition services and outreach.

Mon-Fri: 8 a.m.-4 p.m.
Phone: 403-955-6566

☐ **Community Extension Team** provides short-term intensive mental health outreach service to individuals at risk to relapse during critical treatment transition points.

Mon-Fri: 8 a.m.-5 p.m.
Phone: 403-943-1500

☐ **Dialectical Behaviour Therapy (DBT)** is community-based treatment for individuals with Borderline Personality Disorders.

Mon-Fri: 8 a.m.-4 p.m.\
Phone: 403-955-6566

☐ **Geriatric Mental Health** provides a range of assessment and treatment services to seniors with moderate to severe age-related mental health concerns.

Mon-Fri: 8 a.m.-4:15 p.m.\
Phone: 403-955-6155

☐ **Mobile Response Team** offers outreach crisis intervention and prevention, urgent individual assessments, critical incident stress management, respite beds and educational presentations.

Mon-Fri: 9:30 a.m.-9:30 p.m.
Weekends/holidays:
9:30 a.m.-9:30 p.m.
Phone: Distress Centre Calgary at 403-266-HELP (4357) and ask for the Mobile Response Team

☐ **Outpatient Mental Health Program** offers change-oriented and focused psychotherapy for adults with mental disorders and/or psychosocial relationship difficulties.

Mon & Fri: 8 a.m.-4 p.m.
Tues-Thurs: 8 a.m.-7 p.m.
Phone: 403-955-6686

☐ **Police and Crisis Team (PACT)** A partnership between AHS and the Calgary Police Services to provide a crisis response for individuals/families experiencing mental health, addiction or psychosocial crisis where homelessness and /or threats to personal or public safety are present.

Crisis calls to CPS 403-266-1234 (or 911) or Calgary Distress Centre at 403-266-HELP (403-266-4357).
Professional Line – 403-955-6380
Hours of operation: 7 a.m.-11 p.m.
7 days a week, 365 days a year

☐ **Regional Housing Program** provides individualized and supported housing with live-in supervision for people with long-term and severe mental illness.

Mon-Fri: 8 a.m.-4:30 p.m.
Phone: 403-955-6994

☐ **Shared Mental Health Care** is a consultation program that partners family physicians with mental health consultants in order to enhance mental health services delivered by family physicians at the primary care level. Patient self-referrals are not accepted.

Chronic Disease and Specialty Services

☐ **Calgary Community Aids for Independent Living** is a specialized community service that provides assessment and authorization for certain equipment and/or supplies funded through the Alberta Aids to Daily Living (AADL) Program. It is for clients who are not connected to other programs with AADL authorizers.

Mon-Fri: 7:30 a.m.-3:45 p.m.
Phone: 403-955-6955

☐ **Calgary Stroke and Brain Injury Early Supported Discharge Team (ESD)** provides intensive, in home rehab for people who have recently been discharged from hospital following a recent stroke or brain injury.

Referrals accepted from inpatient settings only
Mon-Fri: 8 a.m.-4 p.m.
Phone: 403-955-6936 (switchboard)

☐ **Community Accessible Rehabilitation (CAR)** is for people with a serious injury such as a stroke/amputation, multiple injuries, complex or chronic medical condition that impacts their activities of daily living.

Mon-Wed: 7:30 a.m.-6 p.m.
Thurs-Fri: 7:30 a.m.-5 p.m.
Phone: 403-943-0279

☐ **Home Care Palliative Care Program** provides co-ordinated health programs and case management services to palliative patients who wish to remain in the comfort and security of their own home.

Daily: 8:30 a.m.-4:45 p.m.
Phone: 403-943-1920

☐ **Calgary Ambulatory Lymphedema Service (CALS)** provides treatment for clients with primary and non-cancer related lymphedema. For more information, call 403-955-6052.

Mon-Fri: 7:30 a.m.-4:15 p.m.

Chronic Disease and Specialty Services

☐ **Home Care Response Team** is an after-hours telephone triage service for Home Care Clients.

Daily: 4 p.m.-8 a.m.
Phone: 403-943-1600

☐ **Home Care Seniors Central Team** delivers services to seniors who need holistic community support through professional and agency services.

Mon-Fri: 8 a.m.-4:30 p.m.
Phone: 403-943-1920

☐ **Alberta Healthy Living Program** Offers Chronic Disease Management services in the community. Our services include disease-specific and health related Group Education Classes, Self-Management Workshops (Better Choices, Better Health ®), Nutrition Counselling, and Group Exercise Classes. Our clients do not need a chronic condition to participate in our services; the exception to this is for our Group Exercise Classes. All program offerings are free. Self-Referrals are welcome, and encouraged/preferred for our Group Education Classes and Self-Management Workshops.

AHLP Call Centre Hours – Mon-Fri: 8a.m. – 4p.m. Phone: 403-9-Health (403-943-2584)

☐ **Opioid Dependency Program (ODP)** provides methadone and suboxone maintenance treatment to people who are dependent on opioids.

Mon-Fri: 6:30 a.m.-4:15 p.m.
Phone: 403-297-5118

☐ **Southern Alberta Renal Program (SARP)** specializes in care for individuals requiring renal health services. Our multidisciplinary team provides education and training for home-based treatment programs and on site chronic hemodialysis.

Hemodialysis
Mon – Sat: 7am – 11pm
Phone: 403-955-6744
Home Hemodialysis
Mon-Fri: 7am – 11pm
Phone: 403-955-6747
Kidney Care Clinic
Mon-Fri: 8am – 4:30pm
Phone: 403-955-6300
Peritoneal Dialysis (PD)
Mon – Fri: 8am – 4:30pm

☐ **The Southern Alberta Clinic** offers comprehensive outpatient care to individuals in southern Alberta living with HIV/AIDS.

Mon-Fri: 8 a.m.-4 p.m.
Wed: 8 a.m.-7 p.m.
Phone: 403-955-6399

☐ **Wound Centre** provides comprehensive assessment, care and treatment for Home Care and Community clients with complex chronic wounds.

Mon-Fri: 8 a.m.-4:30 p.m.
Phone: 403-955-6966

Retail services

☐ **The Good Earth Coffee House and Bakery** offers organic, fair trade coffees, as well as wholesome food items including bakery items, sandwiches, salads, soups and hot specials

Mon-Fri: 6:30 a.m.-9 p.m.
Sat-Sun: 8 a.m.-8 p.m.
Phone: 403-532-6460

☐ **Beacon Pharmacy** offers on-site prescription fills and private consultations; checks for compliance packaging; prescription delivery; "brown bag" medication review; home care and diabetic supplies.

Mon-Fri: 9 a.m.-6 p.m.
Sat-Sun, holidays: 10 a.m.-2 p.m.
Phone: 403-767-9060