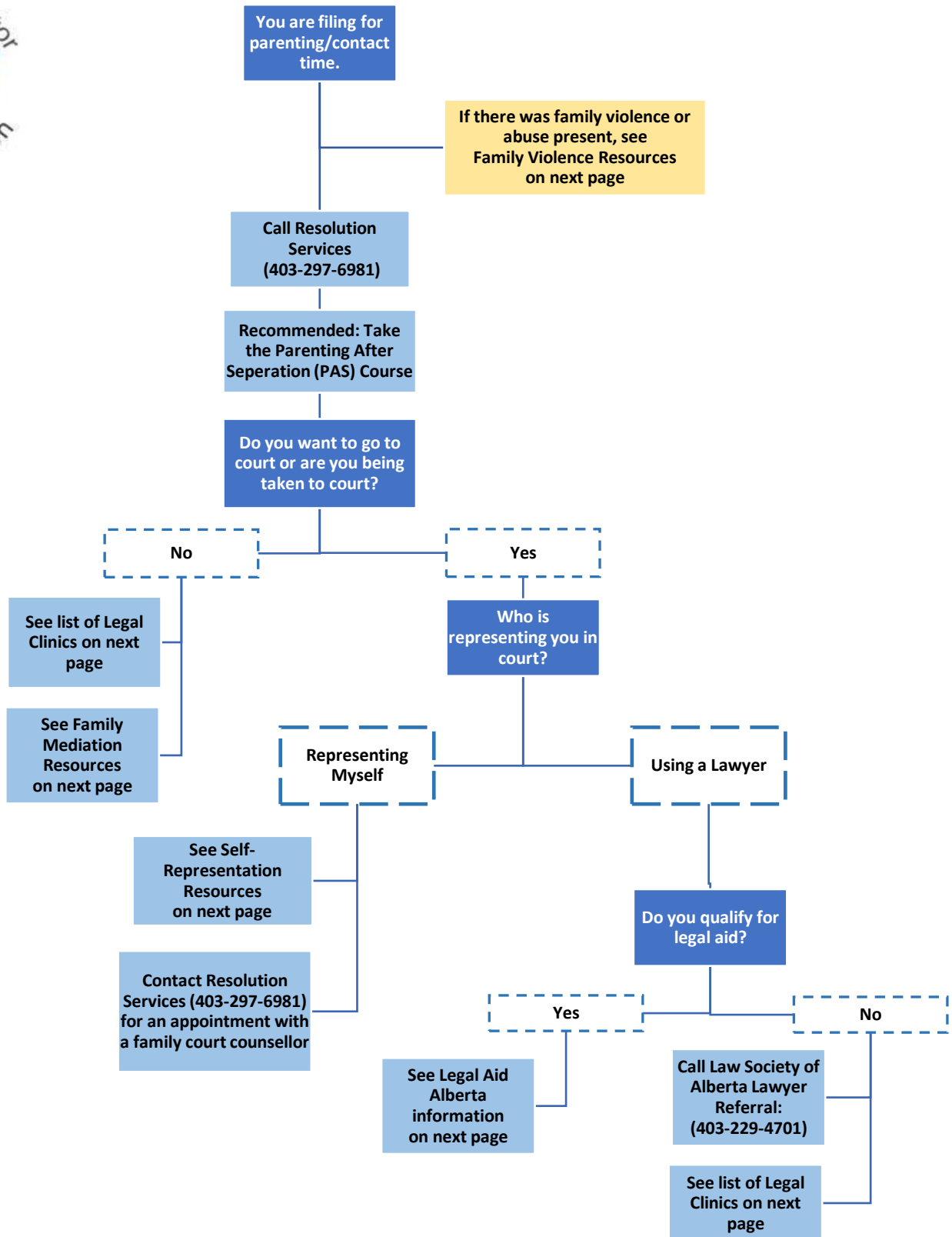


CALGARY PARENTING/CONTACT TIME MAP



More resources are listed on the next page. There are many legal resources in Calgary, and this list does not include them all. It is recommended that you consult a lawyer before taking legal action.

PARENTING/CONTACT TIME RESOURCES

Government Resources

Resolution Services: Many web pages with legal explanations. It is highly recommended to contact this office when beginning the separation process or if you require support filing for contact time.
<https://www.alberta.ca/rcas.aspx> Phone: 403-297-6981

Parenting After Separation Course: This is a 3-hour online course for parents or guardians who are separating or getting a divorce.
<https://www.alberta.ca/pas.aspx>

Family Mediation

Alberta Family Mediation: A mediation service offered by the government of Alberta. To qualify, at least one parent/guardian must make less than \$40,000/year.

<https://www.alberta.ca/family-mediation.aspx>

Phone: 403-297-6891

Alberta Family Mediation Society: Provides general information and answers questions about family mediation Offers some free resources, can connect you with a mediator.

<https://afms.ca> Phone: 877-233-0143

Self-Represented Litigants

Alberta Legal Coaches and Limited Services: Offers some free resources that can give you advice on representing yourself. Also offers a directory of available legal coaches. <https://albertalegal.org>

Alberta Family Law Kits: A list of forms for lawyers and self-represented individuals who are dealing with family law.

<https://www.alberta.ca/family-law-kits.aspx>

Centre for Public Legal Education Alberta: Resolving Family Law

Disputes Guide: A document that provides guidance for those involved in a family dispute.

[https://www.cplea.ca/wp-](https://www.cplea.ca/wp-content/uploads/RepresentingYourselfinFamilyCourt.pdf)

[content/uploads/RepresentingYourselfinFamilyCourt.pdf](https://www.cplea.ca/wp-content/uploads/RepresentingYourselfinFamilyCourt.pdf)

Legal Aid Alberta

Legal Aid Alberta: Provides affordable legal services in family law and other legal matters. Phone: 1-866-845-3425

Duty Counsel lawyer: Assists and may appear on behalf of a self-represented litigant for the scheduled court appearance.

1-855-670-6149 (Mon-Fri, 8:00 AM-12:00 PM)

<https://www.legalaid.ab.ca/services/family-law/>

Check if you qualify: <https://www.legalaid.ab.ca/questions/>

Additional Resources

Centre for Public Legal Education Alberta: Parenting & Contact Time Guide Gives a general overview of the Parenting and Contact Time processes.

[https://www.cplea.ca/wp-](https://www.cplea.ca/wp-content/uploads/ChildCustodyandParenting.pdf)

[content/uploads/ChildCustodyandParenting.pdf](https://www.cplea.ca/wp-content/uploads/ChildCustodyandParenting.pdf)

Making a Parenting Plan (Department of Justice, Canada): This document guides you through making a parenting plan and the steps you will take throughout your divorce/separation process.

<https://www.justice.gc.ca/eng/fl-df/parent/mp-fdp/mp-fdp.pdf>

Legal Clinics

Calgary Legal Guidance: Provides legal advice and information for low-income Albertans who don't qualify for legal aid. Phone: 403-234-9266

<https://clg.ab.ca/programs-services/family-law-program/>

Legal Clinics Continued

Aboriginal Friendship Centre of Calgary (AFCC): Offers many services for Calgary's indigenous urban population. Legal clinics are currently not running due to COVID-19.

Email: info@afccalgary.org Phone: (403) 270-7379

<https://www.afccalgary.org/programs/>

Women's Centre of Calgary: Offers legal advice clinics with volunteer female lawyers to equip women with legal information and options., has Spanish and French interpreters.

Phone: 403-264-1155

<https://www.womenscentrecalgary.org/get-assistance/legal-financial-assistance/>

Calgary Immigrant Women's Association: Provides clients with family and immigration related legal support along with language support. Currently not running due to COVID.

Phone: 403-263-4414

<https://www.ciwa-online.com/client-services/settlement-and-integration-services/legal-clinic.html>

Native Counselling Services of Alberta: Family Court Workers The Family Court Worker Program provides culturally appropriate assistance for Indigenous families both inside and outside the courtroom.

Phone: 780-451-4002 Email: info@nca.ca

<http://nca.ca/programs/help-with-court/family-courtworkers/>

Elizabeth Fry: Legal Advocacy Programs: Offers assistance to woman with understanding legal forms, filing processes, and referring to legal resources. Phone: 403-294-0737

Email: reception@elizabethfrycalgary.ca

<https://elizabethfrycalgary.ca/programs/legal-advocacy-programs/>

Diversecities: Provides basic legal information and referrals and legal outreach clinics. Legal support services are offered in Cantonese, Mandarin and Taishanese. Phone: (403) 265-8446

Email: Hi@Diversecities.org

<https://www.diversecities.org/events>

Family Violence & Abuse Resources

Court Program: Calgary Women's Emergency Shelter: Provides navigation of the court system and support for women who have or are currently experiencing family violence and abuse.

<https://www.calgarywomensshelter.com/index.php/shelter-programs/court-support>

Centre for Public Legal Education Alberta: Child Custody/Parenting Guide-Domestic Violence Series: Explains the process of filing for parental rights when there is family violence present.

[https://www.cplea.ca/wp-](https://www.cplea.ca/wp-content/uploads/GuideToChildCustodyParenting.pdf)

[content/uploads/GuideToChildCustodyParenting.pdf](https://www.cplea.ca/wp-content/uploads/GuideToChildCustodyParenting.pdf)

Homefront: Offers numerous resources for those facing domestic violence. The Homefront case managers assist victims through the justice system and ensure they understand the court processes.

<https://homefrontcalgary.com/how-we-help/>

NISA Homes: Offers safe haven and support services to women, children and families who are experiencing homelessness and/or domestic and family violence, poverty or seeking asylum.

Phone: +1 (888) 456-8043 Email: info@nisahomes.com

<https://nisahomes.com/apply-for-assistance/>