



# Free Financial Coaching Services

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**Updated:** February 2026

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## Bow Valley College

**Website:** [www.bowvalleycollege.ca](http://www.bowvalleycollege.ca)

**# of Free FC Sessions:** Unlimited

**Address:** #345 - 6th Ave SE, T2G 4V1

**Phone #:** (403) 410-1440

**Language(s):** English

**Demographic:** Newcomers, Post-Secondary Learners (18+), Indigenous Peoples

**Criteria:** Bow Valley College Students

**Delivery:** Hybrid – In-House, Phone, Video Call (e.g., Skype, Zoom)

**Primary Contact:** Stacie Baker

**Email:** [sbaker@bowvalleycollege.ca](mailto:sbaker@bowvalleycollege.ca)

**Phone:** (403) 410-1410

**Other FE Services:** Matched Savings Programming, Indigenous Matched Savings Programming, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: November 20, 2024

## Rise Calgary

**Website:** [www.risecalgary.ca](http://www.risecalgary.ca)

**# of Free FC Sessions:** Unlimited

**Address:** 3303 17 Ave SE, T2A 0R2

**Phone #:** (403) 204-8280

**Language(s):** English, Arabic, Turkish, French

**Demographic:** Newcomers, Youth, Students, Seniors/Older Adults, Families

**Criteria:** N/A

**Delivery:** Hybrid – In-House, Phone, Video Call (e.g., Skype, Zoom)

**Primary Contact:** Darlene Doskoch

**Email:** [darlened@risecalgary.ca](mailto:darlened@risecalgary.ca)

**Phone:** (403) 204-8280; (587) 583-6254

**Other FE Services:** Matched Savings Programming, RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: October 17, 2024



## Canadian Immigrant Women's Association (CIWA)

**Website:** www.ciwa-online.com

**# of Free FC Sessions:** 4/Year

**Address:** #200 – 138 4th Ave SE, T2G 4Z6

**Phone #:** (403) 263-4414

**Language(s):** Amharic, Arabic, English, Farsi, French, Hindi, Kurmanji, Mandarin, Punjabi, Spanish, Swahili, Tigrigna/Tigrinya, Urdu (Note: interpretation available through volunteers)

**Demographic:** Newcomers, Women

**Criteria:** Women (Exclusive)

**Delivery:** Hybrid – In-House, Phone, Video Call (e.g., Skype, Zoom)

**Primary Contact:** Lucy Natana

**Email:** lucyn@ciwa-online.com

**Phone:** (403) 263-4414 ext. 137

**Other FE Services:** Matched Savings Programming, RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: October 17, 2024

## Calgary John Howard Society (CJHS)

**Website:** www.cjhs.ca

**# of Free FC Sessions:** Unlimited

**Address:** #1000 – 4502 Builders Rd SE, T2G 4C6

**Phone #:** (403) 266-4566

**Language(s):** English

**Demographic:** Adults 18+, At-Risk Populations w/ History of Justice Involvement

**Criteria:** N/A

**Delivery:** Hybrid – In-House, Phone, Video Call (e.g., Skype, Zoom)

**Primary Contact:** Kassandra Fenske

**Email:** kassandra.fenske@cjhs.ca

**Phone:** (403) 716-7300

**Other FE Services:** Financial Administration

Last Updated: October 17, 2024



## Carya

**Website:** [www.carycalgary.ca](http://www.carycalgary.ca)

**# of Free FC Sessions:** Unlimited

**Address:** #180 – 839 5th Ave SW, T2P 3C8

**Phone #:** (403) 269-9888

**Language(s):** English

**Demographic:** Vulnerable Seniors    **Criteria:** Way-In Program Clients (for Vulnerable Seniors)

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom)

**Primary Contact:** Sairose Kassam

**Email:** [sairosek@caryacalgary.ca](mailto:sairosek@caryacalgary.ca)

**Phone:** (403) 369-0880

**Other FE Services:** Matched Savings Programming, RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: October 17, 2024

## Centre for Newcomers (CFN)

**Website:** [www.centrefornewcomers.ca](http://www.centrefornewcomers.ca)

**# of Free FC Sessions:** Unlimited

**Address:** #125 – 565 36 St NE, T2A 6K3

**Phone #:** (403) 569-3325

**Language(s):** Amharic, Arabic, English, Dari, Hindi, Nepali, Punjabi, Spanish, Tagalog, Tigrinya, Urdu, Vietnamese

**Demographic:** Newcomers, Youth, Students, Seniors and Older Adults, Families    **Criteria:** N/A

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom)

**Primary Contact:** Peeyush Agnihotri

**Email:** [p.agnihotri@centrefornewcomers.ca](mailto:p.agnihotri@centrefornewcomers.ca)    **Phone:** (403) 831-2194

**Other FE Services:** Matched Savings Programming, RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: January 13, 2025



## Connections for Families Society

**Website:** www.connectionsforfamilies.ca

**# of Free FC Sessions:** Unlimited

**Address:** #510 – 1716 16 Ave NW, T2M 0L7

**Phone #:** (403) 229-4438

**Language(s):** English

**Demographic:** Parents with Cognitive Disabilities and Their Families

**Criteria:** N/A

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom), Home Visits

**Primary Contact:** Doug Jarrett

**Email:** dougj@connectionsforfamilies.ca

**Phone:** (403) 209-1100; (403) 807-8165

**Other FE Services:** Matched Savings Programming, RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops, Disability Tax Credit (DTC) and Income Tax Reassessments, and Registered Disability Savings Plan (RDSP)

Last Updated: November 21, 2024

## Discovery House

**Website:** www.discoveryhouse.ca

**# of Free FC Sessions:** Unlimited

**Address:** PO Box 85058, Albert Park PO, T2A 7R7

**Phone #:** (403) 670-0467

**Language(s):** English (Community Interpreters Available)

**Demographic:** Newcomers, Seniors and Older Adults, Families, Students

**Criteria:** Current or Former Discovery House Clients

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom), Home Visits

**Primary Contact:** Jen Archer

**Email:** \_\_\_

**Phone:** (403) 514-7850

**Other FE Services:** Matched Savings, Programming, RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: October 17, 2024



## Diversecities (Formerly Calgary Chinese Community Service Association – CCCSA)

**Website:** www.cccsa.ca

**# of Free FC Sessions:** Unlimited

**Address:** 1406 Center St NE, T2E 2R9

**Phone #:** (403) 265-8446

**Language(s):** English, Cantonese, Mandarin

**Demographic:** Newcomers, Youth, Students, Seniors and Older Adults      **Criteria:** N/A

**Delivery:** In-Person – In-House

**Primary Contact:** Adrena Tan

**Email:** adrena.tan@diversecities.org

**Phone:** (403) 265-8446

**Other FE Services:** Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: October 17, 2024

## Hull Services

**Website:** www.hullservices.ca

**# of Free FC Sessions:** Unlimited

**Address:** 2266 Woodpark Ave SW, T2W 2Z8

**Phone #:** (403) 251-8000

**Language(s):** English

**Demographic:** Lower-Income Newcomers, Older Adults, Students, & Families

**Criteria:** Current Hull Participants

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom)

**Primary Contact:** Perry Cooper

**Email:** pcooper@hullservices.ca

**Phone:** (403) 606-5316

**Other FE Services:** RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: January 14, 2025



## Jewish Family Services Calgary (JFSC)

**Website:** www.jfsc.org

**# of Free FC Sessions:** Unlimited

**Address:** #100 6131 6 St SE, T2H 1L9

**Phone #:** (403) 287-3510

**Language(s):** English, Russian, Hebrew

**Demographic:** Newcomers, Seniors/Older Adults, Families **Criteria:** Current JFSC Participants

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom), Home Visits

**Primary Contact:** Mark McIlwrath

**Email:** markm@jfsc.org

**Phone:** (403) 648-9114

**Other FE Services:** N/A

Last Updated: November 20, 2024

## Momentum

**Website:** www.momentum.org

**# of Free FC Sessions:** 5 Max

**Address:** 100 – 525 28 St SE, T2A 6W9

**Phone #:** (403) 272-9323

**Language(s):** English

**Demographic:** Newcomers, Seniors/Older Adults, Families, Students

**Criteria:** Current/Former Participants

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom)

**Primary Contact:** Momentum Welcome Team

**Email:** welcome@momentum.org

**Phone:** (403) 272-9323

**Other FE Services:** Matched Savings Programming, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: October 17, 2024



## Money Mentors

**Website:** www.moneymentors.ca

**# of Free FC Sessions:** Unlimited

**Address:** #140 – 109 Quarry Park Blvd SE, T2C 5E7 **Phone #:** (888) 294-0076

**Language(s):** English

**Demographic:** Albertans

**Criteria:** N/A

**Delivery:** Hybrid – In-House, Phone, Video Call (e.g., Zoom)

**Primary Contact:** N/A

**Email:** N/A

**Phone:** N/A

**Other FE Services:** Debt Consolidation

Last Updated: October 17, 2024

## The Immigrant Education Society (TIES)

**Website:** www.immigrant-education.ca

**# of Free FC Sessions:** Unlimited

**Address:** 3675 63 Ave NE, T3J 5K1

**Phone #:** (403) 291-0002

**Language(s):** English, Arabic

**Demographic:** Newcomers, Seniors/Older Adults, Families, Students

**Criteria:** N/A

**Delivery:** Hybrid – In-House, Phone, Video Call (e.g., Zoom)

**Primary Contact:** Noha El Tanahi

**Email:** nohatanahi@immigrant-education.ca **Phone:** (587) 392-4177; (403) 291-0002

**Other FE Services:** RESP Sign-Ups, Tax Filing, Benefits Access Supports, Financial Literacy Workshops

Last Updated: November 21, 2024



## Trellis Society

**Website:** www.growwithtrellis.ca

**# of Free FC Sessions:** Unlimited

**Address:** #200 - 2609 15 St NE, T2E 8Y4

**Phone #:** (403) 219-3477

**Language(s):** English

**Demographic:** Newcomers, Youth, Students, Seniors/Older Adults, Families

**Criteria:** N/A

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom), Home Visits

**Primary Contact:** Erin Anderson

**Email:** eanderson@bgcc.ab.ca

**Phone:** (403) 219-3477

**Other FE Services:** Tax Filing, Benefits Access Supports

Last Updated: October 17, 2024

## Wood's Homes

**Website:** www.woodshomes.ca

**# of Free FC Sessions:** Unlimited

**Address:** 1008 14 St SE, T2G 0X3

**Phone #:** (403) 774-1674

**Language(s):** English

**Demographic:** Youth w/ Employment Barriers

**Criteria:** Exit Community Outreach Program Participants

**Delivery:** Hybrid – In-House, Community, Phone, Video Call (e.g., Zoom)

**Primary Contact:** John Wynne

**Email:** john.wynne@woodshomes.ca

**Phone:** (403) 850-0753

**Other FE Services:** N/A

Last Updated: October 17, 2024

