



Free Tax Filing & Benefits Navigation Services

Updated: February 2026

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What is Benefits Navigation?

Benefits Navigation can inform and help you access government benefits and community programming you may be eligible for (e.g., Income Support, Assured Income for the Severely Handicapped, Disability Tax Credit). This is a separate service and is not a substitute for the default government benefits provided by tax filing.

ASAP Taxation and Benefits Clinic

(SE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://ciwa-online.com/>

Email Address

TaxClinicASAP@gmail.com
synergyprosperity@gmail.com

Address(es)

101-128 2 AVE SE, T2G 5J5

Contact Person(s)

Thomas Nguyen, Mahnaz Salehi

Phone

(587) 889-6668

Language(s)

English, French, Farsi, Spanish, Arabic, Kiswahili,
Amharic, Tigrinya, Kurdish

Tax Filing

Demographic

Lower Income Newcomers

Operational Days and Hours

Mondays to Fridays
9:00 AM to 4:30 PM

Delivery

- In-Person or Virtual
- Drop-Off
- By Appointment Only

Years Filed

2010 to 2025

Required Documents

- ✓ Photo ID
- ✓ Three (3) Tax Documents
- ✓ Tax Information
- ✓ SIN

Benefits Navigation

Demographic

Lower Income Newcomers

Operational Days and Hours

Mondays to Fridays
9:00 AM to 4:30 PM

Delivery

- In-Person or Virtual
- By Appointment Only



Calgary Chinese Elderly Citizens' Association

(SW)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://www.cceca.ca/>

Email Address

###

Address(es)

111 RIVERFRONT AVE SW

Contact Person(s)

Celia Li, David Tam, Annie Cheng

Phone

(403) 269-6122

Language(s)

English, Mandarin, Cantonese

Tax Filing

Demographic

Lower Income Calgarians

Operational Days and Hours

Tuesdays, Wednesdays, Fridays to Sundays
9:30 AM to 3:00 PM

Delivery

- In-Person or Virtual
- Drop-Offs Welcome
- By Appointment Only

Years Filed

2021 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN

Benefits Navigation

Demographic

Lower Income Calgarians

Operational Days and Hours

Tuesdays, Wednesdays, Fridays to Sundays
9:30 AM to 3:00 PM

Delivery

- In-Person or Virtual
- By Appointment Only



Canadian Immigrant Women's Association

(SE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://ciwa-online.com/>

Address(es)

200-138 4 AVE SE, T2G 4Z6

Contact Person(s)

Hellen Tesfai

Phone

(403) 263-4414

Language(s)

English, French, Farsi, Spanish, Arabic, Kiswahili, Amharic, Tigrinya, Kurdish

Tax Filing

Demographic

Lower Income Newcomers

Operational Days and Hours

Mondays to Fridays

9:00 AM to 4:30 PM

Delivery

- In-Person or Virtual
- Drop-Offs Welcome
- By Appointment Only

Years Filed

- 2016 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN

Benefits Navigation

Demographic

Lower Income Newcomers

Operational Days and Hours

Mondays to Fridays

9:00 AM to 4:30 PM

Delivery

- In-Person or Virtual
- By Appointment Only



**CANADIAN IMMIGRANT
WOMEN'S ASSOCIATION**



Carya

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://caryacalgary.ca/>

Address(es)

- SE: 610 8 AVE SE (Village Commons)
- NW: 5000 BOWNESS RD NW (Bowmont)

Contact Person(s)

Laura Kavanagh

Phone

(403) 269-9888

Language(s)

English

Tax Filing

Demographic

Seniors, AISH, Income Support

Operational Days and Hours

Mondays to Thursdays
10:00 AM to 3:30 PM

Delivery

→ Drop-Offs Only

Years Filed

2016 to 2025

Required Documents

- ✓ Photo ID
- ✓ CRA Documentation with Legal Name
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN

Benefits Navigation

Demographic

Seniors, AISH, Income Support

Operational Days and Hours

Mondays to Thursdays
10:00 AM to 3:30 PM

Centre for Newcomers Society of Calgary

(NE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://www.centrefornewcomers.ca/>

Phone

(403) 569-3325

Address(es)

125-565 36 ST NE

Language(s)

English, Ukrainian, Mandarin, Hindi, Punjabi, Gujarati, Urdu, and French

(additional interpretation support available on-site for 80+ languages)

Tax Filing

Demographic

Lower Income Calgarians

Operational Days and Hours

TAX SEASON (MARCH TO APRIL)

- Mondays to Fridays
- 10:00 AM to 4:00 PM

YEAR-ROUND

- Monthly, Weekends/Weekdays (by Demand)
- May to December 2026

Delivery

- In-Person
- Drop-Offs Welcome
- By Appointment Only

Years Filed

2025 Only

Required Documents

- ✓ Photo ID (with Home Address)
- ✓ Tax Documents:
 - T4 (if employed),
 - T4E (if on EI),
 - T2202 (if paid tuition during previous year),
 - T5007 (if on social assistance, e.g., Alberta Works),
 - T4A (if received pension, Old Age Security, or scholarships),
 - RC210 (if received money from Advance Canada Workers Benefit)
- ✓ Notice of Assessment (if applicable)
- ✓ Receipts:
 - RRSP (if contributed to a Canadian Retirement Savings Plan),
 - Professional or Union Dues,
 - Medical Expenses (if prescribed or paid with insurance during previous year),
 - Student Loan Interest Statements (if student loan paid during previous year),
 - Charitable Donations (if applicable),
 - Proof of Spousal or Child Support (if applicable)
- ✓ SIN Documentation
- ✓ Direct Deposit Information

Benefits Navigation

Delivery

- In-Person; by Appointment Only

Demographic

Lower Income Calgarians



Connections for Families

(NW)

Tax Filing

Simple ✓

Complex ✓

Benefits Navigation ✓

CONTACT

Website

<https://connectionsforfamilies.ca/>

Email Address

financialcoaching@connectionsforfamilies.ca

Address(es)

510-1716 16 AVE NW

Contact Person(s)

Doug Jarrett

Phone

(403) 229-4438

Language(s)

English

Tax Filing

Email Address

financialcoaching@connectionsforfamilies.ca

Phone

(403) 229-4438

Demographic

Lower Income Calgarians, PWDs

Operational Days and Hours

Mondays to Fridays

8:00 AM to 4:00 PM

Delivery

→ Virtual Only

→ Drop-Offs Welcome

→ By Appointment Only

*** Contact the above email address to book an appointment.**

Years Filed

2016 to 2025

Required Documents

✓ Photo ID

✓ Tax Documents

✓ Tax Information

✓ SIN

✓ Itemized and Totalled Expenses and Incomes (if Self-Employed)

Benefits Navigation

Demographic

Lower Income Calgarians, PWDs

Operational Days and Hours

Mondays to Fridays

9:00 AM to 4:00 PM

Delivery

→ Virtual Only

→ By Appointment Only



Distress Centre Calgary

(SW, SE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://distresscentre.com/>

Address(es)

- SW: 500-999 8 ST SW (Distress Centre)
- SE: 316 7 AVE SE T2G 0J2

Phone

(403) 266-1601

Language(s)

English

Tax Filing

Demographic

All Calgarians

Operational Days and Hours

Mondays to Fridays

9:30 AM to 4:00 PM

Delivery

→ Walk-Ins Only

Years Filed

2021 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN

Benefits Navigation

Demographic

All Calgarians

Operational Days and Hours

Mondays to Fridays

9:30 AM to 4:00 PM

Delivery

→ Walk-Ins Only



DISTRESS CENTRE
24 HOUR SUPPORT | COUNSELLING | RESOURCES



Hull Services – Patch

(SW, SE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://hullservices.ca/>

Phone

Bannister Patch (SE): (403) 201-3152

Woodridge Patch (SW): (403) 281-4905

West Dover Patch (SE): (403) 273-3984

Shaganappi Village Patch (SW): (403) 542-5992

Language(s)

English

Tax Filing

Demographic

Eligible Calgarians

Delivery

→ In-Person or Virtual

→ Drop-Offs Welcome

→ By Appointment Only

Years Filed

2019 to 2025

Required Documents

✓ Photo ID

✓ Tax Documents

✓ Tax Information

✓ SIN

Benefits Navigation

Demographic

Eligible Calgarians

Delivery

→ In-Person or Virtual

→ By Appointment Only



Immigrant Services Calgary

(SW)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✗

CONTACT

Website

<https://www.immigrantservicescalgary.ca/>

Address(es)

1200-910 7 AVE SW

Phone

(403) 265-1120

Language(s)

English, French, Mandarin, Spanish, Tagalog, Punjabi, Ukrainian, Pashto, Arabic, etc.

Tax Filing

Demographic

Lower Income Newcomers

Operational Days and Hours

TAX SEASON (MARCH TO APRIL)

- Mondays to Saturdays
- 8:30 AM onwards (varies)

YEAR-ROUND

- Mondays to Fridays
- 8:30 AM onwards (varies)

Delivery

- In-Person or Virtual
- By Appointment Only

Years Filed

2003 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN
- ✓ Immigration Documents



**IMMIGRANT
SERVICES
CALGARY**



Momentum

(NE)

Tax Filing

Simple ✓

Complex ✓
Sole Proprietorship Only

Benefits Navigation ✓

CONTACT

Website

<https://momentum.org/>

Email Address

welcome@momentum.org

Address(es)

100-525 28 ST NE

Contact Person(s)

Tabatha Wallace (*Tax Filing*)

Liz Wong (*Benefits Navigation*)

Phone

(403) 272-9323

Language(s)

English

Tax Filing

Demographic

Lower Income Calgarians

Operational Days and Hours

TAX SEASON (MARCH TO APRIL)

- Clinics (*Walk-Ins Only*)
 - ↳ March 5, 19; April 9, 23
 - ↳ 12:00 to 6:00 PM
- Drop-Offs (*Appointment*)
 - ↳ Mondays; Wednesdays, except March 4/18 and April 8/22

YEAR-ROUND

- Once Monthly

Delivery

- In-Person
- Drop-Offs by Appointment
 - [BOOK HERE](https://momentum.org/programs/benefits-navigation)
 - <https://momentum.org/programs/tax-filing>
- Walk-Ins Only for 1-to-1 Sessions

Years Filed

2024 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN

Benefits Navigation

Demographic

Lower Income Calgarians

Operational Days and Hours

TAX SEASON (MARCH TO APRIL)

- Clinics (*Walk-Ins Only*)
 - ↳ March 5, 19; April 9, 23
 - ↳ 12:00 to 6:00 PM

YEAR-ROUND

- Mondays and Tuesdays
- 9:00 AM to 12:00 PM
- 1:00 to 2:00 PM

Delivery

- In Person or Virtual
- By Appointment Year-Round
 - <https://momentum.org/programs/benefits-navigation>
- Walk-Ins Only during Clinics



Rise Calgary

(SE, NW)

Tax Filing

Simple ✓

Complex ✓

Benefits Navigation ✓

CONTACT

Website

<https://www.risecalgary.ca/>

Address(es)

- **Ranchlands (NW):** 14-1840 RANCHLANDS WAY NW, T3G 1R4
- **Forest Lawn (SE):** 3303 17 AVE SE, T2A 0R2
- **Ogden (SE):** 2734 76 AVE SE, T2C 4W9

Contact Person(s)

Chantel Robins (*Tax Filing*)

Email Address

info@risecalgary.ca

Phone

(403) 204-8280

Language(s)

English, Arabic, Hindi, Punjabi, Urdu

Tax Filing

Email Address

chantel.robins@risecalgary.ca

Phone

(403) 451-4952

Operational Days and Hours

FOREST LAWN

Wednesdays to Sundays

1:00 to 4:00 PM

RANCHLANDS

Fridays to Tuesdays

1:00 to 4:00 PM

OGDEN

↳ Mondays; 10 AM to 12 PM and 1 to 4 PM

↳ Tuesdays; 1:00 to 4:00 PM

↳ Wednesdays–Friday; 10 AM to 12 PM, 1 to 4 PM

Benefits Navigation

Demographic

Lower Income Calgarians

Delivery

- Virtual
- Drop-Offs Welcome
- By Appointment Only

Years Filed

2013 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Slips
- ✓ Tax Information
- ✓ Social Insurance Number (SIN)
- ✓ *Income Tax Summary Expense Sheet (from Rise Calgary if Self-Employed)*
 - *Expenses, Receipts, and Proof of Income, i.e., Sales*

Benefits Navigation

Demographic

Lower Income Calgarians

Operational Days and Hours

Mondays to Fridays

8:30 AM to 4:30 PM

Delivery

- Virtual
- By Appointment Only

Rise
Calgary



The Immigrant Education Society

(NE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://www.immigrant-education.ca/>

Email Address

taxclinic@immigrant-education.ca

Phone

(403) 300-2564; (587) 393-4223

Tax Filing

Email Address

taxclinic@immigrant-education.ca

Demographic

Individuals/Families on Lower Incomes

- Permanent Residents, Canadian Citizens, and Refugees
- Newcomers (Newcomers arrived last year must declare their worldwide income from January 1 of last year until their arrival date last year)
- Youth and Seniors
- Indigenous Peoples
- Social Assistance Recipients

Operational Days and Hours

Mondays to Saturdays (Starting February 24, 2026)

9:00 AM to 3:30 PM

* 9:00 AM to 1:00 PM on Fridays

Delivery

Phone; Drop-Offs; By Appointment or Walk-In

Required Documents

- ✓ Valid, Government Photo ID (e.g., PR Card, Alberta ID, Driver's License, Passport)
- ✓ Landed Documents, (e.g., Refugee Status, Study Permit, Work Permit)
- ✓ Social Insurance Number (SIN)
- ✓ Other Documents (if applicable):
 - Tax Slips (e.g., T4, T5007)

Benefits Navigation

Operational Days and Hours

Mondays to Saturdays (Starting February 24, 2026)

9:00 AM to 3:30 PM

* 9:00 AM to 1:00 PM on Fridays

Address(es)

3675 63 AVE NE (WestWinds Office)

Language(s)

English, Arabic, French, Mandarin, German, Hindi, Hungarian, Indonesian, Nepali, Punjabi, Spanish, Tagalog, Ukrainian, Urdu, Vietnamese

Book Here

<https://outlook.office365.com/book/TaxClinic2@immigrant-education.ca/>

Years Filed

2024 to 2025



Eligibility

Family Size	Total Family Income
1 Person	\$35,000
2 Persons	\$45,000
3 Persons	\$47,500
4 Persons	\$50,000
5 Persons	\$52,500
More than 5 Persons	\$52,500 + \$2,500 per Additional Person

CONDITIONS

- Not a self-employed individual or subcontractor
 - Must not have business/rental income and expenses, employment expenses (except if the total income is reported in Box 048 on a T4A slip and under \$1,000 with no related expenses), investment income over \$1,000, capital gains or losses, or foreign income or property (T1135)
 - Not filing for bankruptcy or a deceased person
- ✓ Notice of Assessment
 - ✓ Receipts (e.g., Medical Expenses, Charitable Donations, Childcare Expenses)
 - ✓ FHSA and/or RRSP Contributions
 - ✓ Bank Information (e.g., Void Cheque, Direct Deposit Details)

Delivery

→ Phone

→ By Appointment or Walk-In



**THE
IMMIGRANT
EDUCATION
SOCIETY**



The Sharp Foundation

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://www.thesharpfoundation.com/>

Email Address

info@thesharpfoundation.com

Address(es)

A023 5717 2ND ST SW, T2H 0A1

Demographic

Lower-Income Individuals and Families

Phone

(403) 272-2912 Ext. 4

Language(s)

English

Tax Filing

Operational Days and Hours

February 28, March 11 and 28, & April 11 and 25, 2026

9:00 AM to 4:00 PM

Delivery

→ In-Person

→ By Appointment Only

Years Filed

2025 (multi-year available on case-by-case basis)

Required Documents

- ✓ Photo ID(s)
- ✓ Tax Documents (e.g., T4, any documents reporting income or payments made into tax savings programs)
- ✓ Tax Information
- ✓ SIN



Trellis Society

(NE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✗

CONTACT

Website

<https://www.growwithtrellis.ca/>

Email Address

taxclinics@growwithtrellis.ca

Address(es)

7555 FALCONRIDGE BLVD NE (The Genesis Centre), T3J 0C9

Contact Person(s)

Ad Farshori

Phone

(403) 910-5952

Language(s)

English, Gujrati, Hindi, Urdu, Punjabi

Tax Filing

Demographic

Lower Income Calgarians

Operational Days and Hours

TAX SEASON (MARCH TO APRIL)

o Clinics

↳ Mondays to Fridays

↳ 9:00 AM to 8:00 PM

↳ [BOOK HERE](#)

<https://www.growwithtrellis.ca/taxes>

Delivery

→ In-Person or Phone

→ By Appointment

Years Filed

2022 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Documents (e.g., IS, AISH, CPP)
- ✓ Personal Information (e.g., name, date of birth, home address)
- ✓ SIN
- ✓ Notice of Assessment (if available)
- ✓ Receipts (e.g., donations, school fees)



Unison at Kerby Centre

(SW)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://unisonalberta.com/>

Email Address

VineetaK@unisonalberta.com

PatriciaW@unisonalberta.com

Address(es)

1133 7 AVE SW, Calgary, AB, T2P 1B2

Contact Person(s)

Vineeta Kapoor

Phone

(403) 705-3246

Language(s)

English

Tax Filing

Email Address

VineetaK@unisonalberta.com

PatriciaW@unisonalberta.com

Phone

(403) 705-3246 to book an appointment

Demographic

Seniors 55+, AISH, Deceased

Operational Days and Hours

TAX SEASON (MARCH TO APRIL)

- Mondays to Fridays
- 9:00 AM to 3:00 PM

YEAR-ROUND

- Fridays
- 9:00 AM to 3:00 PM

Delivery

- In-Person
- Drop-Offs Welcome
- By Appointment Only

Years Filed

2024 to 2025

Required Documents

- ✓ Photo ID
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN
- ✓ Receipts

Benefits Navigation

Email Address

VineetaK@unisonalberta.com

PatriciaW@unisonalberta.com

Demographic

Seniors 55+, AISH, Deceased

Delivery

- In-Person
- By Appointment Only



Women's Centre of Calgary

(NE)

Tax Filing

Simple ✓

Complex ✗

Benefits Navigation ✓

CONTACT

Website

<https://www.womenscentrecalgary.org/>

Email Address

###

Address(es)

39 4 ST NE

Phone

(403) 264-1155

Language(s)

English

Tax Filing

Demographic

Lower Income Women

Operational Days and Hours

TAX SEASON (MARCH TO APRIL)

- Weekdays (based on volunteer availability)
 - ↳ 4:30 to 7:00 PM
- Tuesdays
 - ↳ 9:30 AM to 12:30 PM, and 4:30 to 7:00 PM

YEAR-ROUND

- Mondays to Fridays
- 11:00 AM to 4:00 PM

Delivery

- In-Person or Virtual
- Drop-Offs Welcome
- By Appointment (March to April)
- By Walk-In (May onwards)

Years Filed

2024 to 2025 (March to April)
 2017 to 2025 (May onwards)

Required Documents

- ✓ Photo ID
- ✓ Tax Documents
- ✓ Tax Information
- ✓ SIN

Benefits Navigation

Demographic

Lower Income Women

Operational Days and Hours

Mondays to Fridays
 11:00 AM to 4:00 PM

Delivery

- In-Person or Virtual
- By Appointment or Walk-In



**WOMEN'S
CENTRE
OF CALGARY**

