



About Us

The Workers' Resource Centre is a charitable, not-for-profit organization providing free assistance and guidance to Alberta workers. The Workers' Resource Centre is a small charity that assists people through various employment-related legislative bodies, such as Employment Standards, Employment Insurance, AISH, CPP-D, Human Rights, and WCB. Our Casework Program offers guidance, advocacy, and representation through these processes free of charge.



Workers' Resource Centre

Helping Workers



"I wouldn't know where to start without the WRC's help"

A former WRC client

Contact Us

403-264-8100
Toll Free: 1-844-435-7972
#440, 999 - 8 Street SW
Calgary, AB T2R 1J5
info@helpwrc.org
www.helpwrc.org
No walk-ins.

Virtual appointments available.



Our Casework Program

Our Casework Program provides individual support to Alberta workers through one-on-one representation, advocacy and assistance in a number of employment matters:



Employment Standards



Employment Insurance



Workplace Injury/Illness (WCB)



Human Rights in the Workplace



AISH and Appeals



CPP-Disability



Disability Insurance

Sexual Harassment Advisory Program

The Workplace Sexual Harassment Advisory Program was made to support individuals experiencing sexual harassment in the workplace. Through the generous funding of the Department of Justice, this program consists of three sections:

- Intake - speak to our legal specialist to determine the most appropriate supports for your situation
- A free "Sexual Harassment in the Workplace" Seminar
- Casework - Assistance in filing complaints to various regulating bodies

Contact us today to find out more about our Sexual Harassment Advisory Program.

Public Legal Education

The Workers' Resource Centre provides free in-person or virtual public legal education to agencies. Each session will provide information on workers' rights including topics on:

- Employment Standards and the Canada Labour Code
- Alberta and Canadian Human Rights
- Employment Insurance
- CPP-D and AISH
- Workers' Compensation Board

Contact us today to learn more about our Public Legal Education.

Funded by:



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Protect Your Rights

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