



Shift has a harm reduction and rights-based approach to sex work. This means that the safety and human rights of sex workers are our focus. We recognize that sex work is a choice for many in the industry, and we respect the rights of adults to make this choice. We also recognize that not everyone has an active choice in sex work. For some, outside forces such as poverty or exploitation can force people into situations where they don't have control.

Shift's services will meet you where you are at – whether you want to stay in the industry, get out of the industry or anything in-between.

See the back of this card for a detailed list of services offered

What can Shift offer?

Shift's services are non-judgmental, free, and easy to access. We work with you to identify your goals and needs, and then support you with obtaining the tools and resources needed to achieve them. These supports can be things like counseling, education, advocacy, and skills development - or practical supports such as housing, referrals, food, and emergency funding. We can also work with you around sex work specific issues such as obtaining escort/massage licensing, managing personal relationships, working safely (date screening, condom negotiation), and leaving the industry.

Who is the program for?

Shift is for women, men, and transgendered adults who have worked or are working in the sex industry. This includes people working as an escort, in massage parlors, on the streets, in strip clubs, in adult entertainment, or on the internet. We are here for those who want to remain in the sex industry, those who want to leave the industry, and anything in-between.

How do I access Shift?

Shift is available from 8:30am-12:30pm and 1:30pm-4:30pm Monday through Friday. **Evening and out of office appointments are available with advance notice, call for details.** Shift's services are strictly confidential and you can choose how much personal information you want to share with us (real name, address, etc. is not required). Contact Shift at **info@shiftcalgary.org** or **(403) 237-8171**.

P: 403.237.8171
F: 403.263.7358
www.shiftcalgary.org
info@shiftcalgary.org

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Shift Program Services

- Supportive counseling: Managing personal relationships, work/life balance, addiction(s), anxiety/stress/depression management, referrals (therapeutic)
- Short-term (crisis) or long-term (case management) support
- Free safer sex supplies (condoms, lube, dental dams, etc.)
- Information and resources: Sex work, community resources, sex work publications
- Employment and retraining support: Resume building, career exploration, interview skills, education/training planning support
- Advocacy: Social benefits, child services, etc.
- Court support and legal information (referrals)
- Escort/massage/entertainment licensing information and support
- Sexual health information and HIV/STI testing referrals
- Working safely: Bad Date reporting, date screening, condom negotiation, laws/bylaw information
- Practical supports: Basic needs – laundry, food, toiletries, emergency funding, etc.
- Referrals: Mental health support, addiction treatment, housing, financial support, etc.
- Holistic: Complementary therapies (massage, acupuncture), vitamins, Shift volunteer opportunities
- Education: Community presentations about sex work and related issues for individuals, partners, and allies

