

Highlights

Total Employment

Calgary Economic Region
(Seasonally unadjusted,
3-month-moving-average)



January 2026
1,051,800

▲ 1,800 ▲ 20,500
from December 2025 from January 2025

Most Job Gains and Job Losses by Industry

January 2026, year-over-year change



Unemployment Rates

Seasonally adjusted
Seasonally unadjusted

| | Jan 2026 | Jan 2025 |
|--------------------------------------|----------|----------|
| Canada | 6.5% | 6.7% |
| Alberta | 6.4% | 6.8% |
| Calgary Census Metropolitan Area* | 6.7% | 7.8% |
| Calgary Economic Region* | 6.5% | 7.4% |

*3-month-moving-average

Average Wage Rates

Calgary Census Metropolitan Area
January 2026, year-over-year change



Hourly ▲ 5.5% Weekly ▲ 4.3%

Employment Insurance

Calgary Census Metropolitan Area

November 2025 **22,290** recipients



Calgary's unemployment rate fell for the fourth consecutive month.

Calgary's unemployment situation appears to be showing some slight signs of improvement, with a lower unemployment rate but slower employment growth, the majority of which was in part-time jobs.

After successive increases for most of last year, the Calgary Census Metropolitan Area (CMA) unemployment rate¹ has fallen for the fourth straight month, from 8.1 per cent in September 2025 to 6.7 per cent in January 2026. The decline is because the Calgary CMA labour force has stayed flat since the last quarter of 2025, as recent federal immigration cuts have reduced the number of new arrivals to the region. This, paired with positive employment growth over the period, led to the downward trend in the unemployment rate we have seen since.

The Calgary Economic Region's three-month-moving-average unemployment rate fell from 7.4 per cent in January 2025 to 6.5 per cent in January 2026. Year-over-year (y-o-y), the labour force grew by 1.0 per cent and employment by 2.0 per cent, lowering the unemployment rate.

This improvement suggests that recent Federal policy changes may be beginning to show positive results in the local labour market. While challenges remain, the consistent decline in unemployment is an encouraging sign for job seekers and businesses in the region.

Calgary's unemployment rate has improved the most among major Canadian cities.

After significant periods in 2025 when Calgary ranked as the Canadian city with the highest unemployment rate among major Canadian

cities, this trend appears to have reversed. Calgary and Edmonton both saw the largest declines in unemployment rates since September last year at 1.4 and 1.8 percentage points, respectively. The decline in unemployment is a positive sign for the local economy, as rising employment provides a boost to business confidence and consumer demand, though slower labour force growth may make hiring potentially more challenging for The City and some businesses. Lower unemployment could also be an early indication of lower demand for support services.

Compared with other metropolitan areas, Calgary has outperformed cities such as Vancouver and Toronto in reducing unemployment over the past several months. The Toronto CMA currently has the highest unemployment rate among major Canadian cities in January 2026. While employment growth has played a role, it is important to emphasize that slower labour force growth due to the "normalization" in immigration policies has been a major factor in Calgary's declining unemployment rate.

The CER added 20,500 jobs at the start of 2026.

Between January 2025 and January 2026, the CER gained 20,500 jobs (lower compared to job additions seen to start last year), with full-time positions up 7,000 and part-time roles up 13,500 y-o-y. Hiring, like last year, was driven by the services sector with declines in the goods sector. By sector, the goods-producing industry lost 6,600 jobs y-o-y (-3.1 per cent), with construction down 7,400 and oil and gas down 2,500.

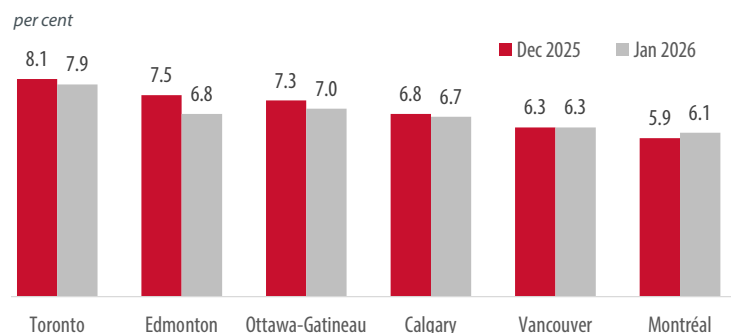
Meanwhile, the services sector created 27,000 jobs, with significant growth in Professional, Scientific and Technical Services, which added 9,200 jobs, and Public Administration, which added 8,800 jobs.

Calgary CMA: Monthly Unemployment Rate Trends (Jan 2023–Jan 2026)



Unemployment Rate Comparison by Canadian Major Cities

(Dec 2025 vs. Jan 2026)



1 Seasonally adjusted, three-month-moving-average

Table 1. Labour Force Statistics
(Seasonally unadjusted 3-month-moving-average)

| CALGARY ECONOMIC REGION | Description | Dec-25 | Jan-26 | Jan-25 | Annual Change |
|-------------------------------------|-------------------------------|---------|---------|---------|---------------|
| | Working Age Population ('000) | 1,643.6 | 1,647.7 | 1,586.8 | 60.9 |
| Labour Force ('000) | 1,122.3 | 1,125.0 | 1,113.8 | 11.2 | |
| Labour Force Participation Rate (%) | 68.3 | 68.3 | 70.2 | (1.9) | |
| Employment ('000) | 1,050.0 | 1,051.8 | 1,031.3 | 20.5 | |
| Employment Rate (%) | 63.9 | 63.8 | 65.0 | (1.2) | |
| Unemployment ('000) | 72.3 | 73.2 | 82.4 | (9.2) | |
| Unemployment Rate (%) | 6.4 | 6.5 | 7.4 | (0.9) | |

| ALBERTA | Description | Dec-25 | Jan-26 | Jan-25 | Annual Change |
|-------------------------------------|-------------------------------|---------|---------|---------|---------------|
| | Working Age Population ('000) | 4,093.1 | 4,100.4 | 3,991.4 | 109.0 |
| Labour Force ('000) | 2,812.0 | 2,812.3 | 2,735.3 | 77.0 | |
| Labour Force Participation Rate (%) | 68.7 | 68.6 | 68.5 | 0.1 | |
| Employment ('000) | 2,632.2 | 2,632.0 | 2,545.8 | 86.2 | |
| Employment Rate (%) | 64.3 | 64.2 | 63.8 | 0.4 | |
| Unemployment ('000) | 179.8 | 180.2 | 189.5 | (9.3) | |
| Unemployment Rate (%) | 6.4 | 6.4 | 6.9 | (0.5) | |

Sources: Statistics Canada, Corporate Economics, February 6, 2026

Table 2. Calgary CMA Wage by Industry

| Industry | Total employees*** ('000 people) | | | Average weekly earning (\$) | | | Total weekly wage bill (\$million) | | | Total hours worked (hours) | | |
|--|----------------------------------|--------------|--------------|-----------------------------|----------------|--------------|------------------------------------|----------------|--------------|----------------------------|-------------|--------------|
| | Jan-26 | Jan-25 | Change (y/y) | Jan-26 | Jan-25 | Change (y/y) | Jan-26 | Jan-25 | Change (y/y) | Jan-26 | Jan-25 | Change (y/y) |
| Mining, Quarrying, and Oil and Gas Extraction | 42.5 | 44.6 | (2.1) | 2,865.2 | 2,833.8 | 31.4 | 121.8 | 126.4 | (4.6) | 40.9 | 42.5 | (1.7) |
| Utilities | 9.1 | 11.7 | (2.6) | 2,492.4 | 2,353.3 | 139.1 | 22.7 | 27.5 | (4.9) | 39.6 | 38.8 | 0.8 |
| Construction | 66.8 | 69.3 | (2.5) | 1,597.0 | 1,515.0 | 82.0 | 106.7 | 105.0 | 1.7 | 40.1 | 41.6 | (1.5) |
| Manufacturing | 53.3 | 45.6 | 7.7 | 1,577.5 | 1,415.1 | 162.4 | 84.1 | 64.5 | 19.6 | 38.9 | 39.3 | (0.5) |
| Wholesale Trade | 34.9 | 31.3 | 3.6 | 1,951.6 | 1,506.2 | 445.4 | 68.1 | 47.1 | 21.0 | 40.0 | 38.3 | 1.7 |
| Retail Trade | 85.8 | 97.3 | (11.5) | 812.2 | 926.8 | (114.6) | 69.7 | 90.2 | (20.5) | 32.1 | 35.6 | (3.5) |
| Transportation and Warehousing | 56.8 | 50.5 | 6.3 | 1,515.3 | 1,519.4 | (4.1) | 86.1 | 76.7 | 9.3 | 34.2 | 38.0 | (3.8) |
| Information and Cultural Industries | 17.0 | 16.2 | 0.8 | 1,542.9 | 1,490.5 | 52.4 | 26.2 | 24.1 | 2.1 | 37.2 | 36.6 | 0.6 |
| Finance and Insurance | 37.4 | 35.1 | 2.3 | 2,024.8 | 1,581.9 | 442.9 | 75.7 | 55.5 | 20.2 | 38.9 | 38.0 | 0.9 |
| Real Estate Rental and Leasing | 19.0 | 13.7 | 5.3 | 1,588.1 | 1,304.0 | 284.1 | 30.2 | 17.9 | 12.3 | 37.9 | 37.7 | 0.2 |
| Professional Scientific and Technical Services | 97.3 | 105.1 | (7.8) | 1,962.0 | 1,951.0 | 11.0 | 190.9 | 205.1 | (14.1) | 38.7 | 38.0 | 0.7 |
| Administrative and Support | 32.6 | 21.3 | 11.3 | 989.5 | 1,109.3 | (119.8) | 32.3 | 23.6 | 8.6 | 35.1 | 41.2 | (6.1) |
| Educational Services | 60.8 | 60.7 | 0.1 | 1,407.3 | 1,337.2 | 70.1 | 85.6 | 81.2 | 4.4 | 33.2 | 34.9 | (1.7) |
| Health Care and Social Assistance | 121.2 | 114.4 | 6.8 | 1,242.9 | 1,247.1 | (4.2) | 150.6 | 142.7 | 8.0 | 35.5 | 34.3 | 1.3 |
| Arts Entertainment and Recreation | 18.1 | 19.9 | (1.8) | 638.7 | 787.3 | (148.6) | 11.6 | 15.7 | (4.1) | 28.0 | 29.9 | (1.9) |
| Accommodation and Food Services | 52.5 | 50.1 | 2.4 | 662.4 | 572.9 | 89.5 | 34.8 | 28.7 | 6.1 | 31.4 | 27.0 | 4.4 |
| Other Services (except Public Admin) | 21.2 | 26.9 | (5.7) | 1,193.4 | 1,133.7 | 59.7 | 25.3 | 30.5 | (5.2) | 35.6 | 37.4 | (1.8) |
| Public Administration | 42.1 | 29.5 | 12.6 | 1,926.1 | 1,752.6 | 173.5 | 81.1 | 51.7 | 29.4 | 38.1 | 36.4 | 1.6 |
| All Industries | 870.2 | 844.8 | 25.4 | 1,500.8 | 1,439.1 | 61.7 | 1,306.0 | 1,215.8 | 90.2 | 37.0 | 37.4 | (0.4) |

*** Excluding self-employed Note: Lack of data for Agriculture and Management of Companies and Enterprises
Sources: Statistics Canada, Corporate Economics, February 6, 2026

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