

# Resources for Basic Needs

November 2016



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## Emergency Shelters

George Spady Society ( <i>intoxicated individuals</i> ) .....	780-424-8335
Hope Mission	
<i>Herb Jamieson Centre (men; 18-60yrs)</i> .....	780-429-3470
<i>Warming Shelter</i> .....	780-422-2018
<i>Women's Emergency Shelter (24+yrs)</i> .....	780-422-2018
<i>Youth Shelter (16-24yrs)</i> .....	780-422-2018
The Salvation Army - <i>Men's Short Term Residence</i>	780-429-4274
YMCA of Northern Alberta - <i>Downtown Housing</i> .....	780-421-9622
( <i>individuals/couples/families; fees vary</i> )	
Youth Empowerment & Support Services (YESS)	
<i>Nexus (15 to 24yrs)</i> .....	780-468-7070

## Emergency Clothing / Household Goods

Bissell Centre - <i>Family Support Services</i> .....	780-423-2285 x121
Edmonton Emergency Relief Services .....	780-428-4422
Marian Centre .....	780-424-3544
Society of St. Vincent de Paul Edmonton ( <i>24/7</i> ) .....	780-471-5577

## Clothing / Household Goods

Bissell Centre - <i>Thrift Shoppe</i> .....	780-471-6644
Edmonton Emergency Relief Services - <i>Thrift Store</i>	780-428-4422
Goodwill Industries of Alberta	
<i>Thrift Retail Stores (multiple locations)</i> .....	780-944-0243
The Mustard Seed ( <i>inner city</i> ) .....	780-426-5600
The Salvation Army - <i>Thrift Stores</i> .....	780-475-8778

## Food Hampers

Edmonton's Food Bank .....	780-425-4190
The Salvation Army .....	780-424-9222
Wecan Food Basket Society ( <i>reduced cost food</i> ) ...	780-413-4525

## Hot Meals (Call agency for times or 211 for more options.)

Bissell Centre .....	780-423-2285
Dickinsfield Amity House .....	780-478-5022
Hope Mission .....	780-422-2018
Marian Centre ( <i>emergency meals; 18+yrs</i> ) .....	780-424-3544
The Mustard Seed .....	780-426-5600
Operation Friendship Seniors Society ( <i>55+yrs</i> ) .....	780-408-2967

## Health / Mental Health

Alberta Health Services (AHS)	
<i>Health Link Alberta (24/7)</i> .....	811
<i>Mental Health Help Line (24/7)</i> .....	1-877-303-2642
<i>Momentum Walk-In Counselling (sliding scale)</i> .....	780-757-0900

## Financial Assistance / Employment

Distinctive Employment Counselling Services of Alberta (DECSA)	
.....	780-474-2500
Elizabeth Fry Society of Edmonton	
<i>Me and Money - Women's Financial Literacy</i>	780-784-2203
Government of Alberta	
<i>Alberta Supports Centre (info line)</i> .....	780-644-9992
<i>Assured Income for the Severely Handicapped (AISH)</i>	
.....	780-415-6300
<i>Emergency Income Support (24/7)</i> .....	780-644-5135
<i>Income Support / Employment Information</i>	
<i>City Centre (105<sup>th</sup> Street Office)</i> .....	780-415-4900
<i>North (Northgate Centre)</i> .....	780-422-9440
<i>South (Argyll Centre)</i> .....	780-644-2888
<i>West (Meadowlark)</i> .....	780-415-8116
<i>West (Westcor Building)</i> .....	780-415-6500
Money Mentors .....	1-888-294-0076
Service Canada	
<i>Employment Insurance (EI)</i> .....	1-800-206-7218

## Housing: Subsidized / Transitional

Capital Region Housing Corporation .....	780-420-6161
<i>Application Information Line</i> .....	780-428-8200
( <i>information on programs such as Community Housing and Private Landlord Rent Supplement</i> )	

## E4C

<i>Housing Programs (inner city)</i> .....	780-424-7543
<i>Inner City Youth Housing Project (14-17yrs)</i>	780-479-7075
homeEd (City of Edmonton Non-Profit Housing Corporation)	
.....	780-474-5706

Native Counselling Services of Alberta	
<i>Cunningham Place (transitional; 18-30yrs)</i> ...	780-990-1120
Right at Home Housing Society .....	780-423-1339

## Housing Registries / Guides

Boyle Street Community Services	
<i>Housing First</i> .....	780-424-4106
GEF Seniors Housing - <i>Directory</i> .....	780-482-6561
Operation Friendship Seniors Society .....	780-408-2955
( <i>inner city; 55+yrs</i> )	
Sage Seniors Association	
<i>Directory of Senior Services</i> .....	780-423-5510
<i>Housing Information Services (60+yrs)</i> .....	587-773-1764

## Transportation

Edmonton Transit System (ETS) - <i>Information</i> .....	311
Operation Friendship Seniors Society	
<i>Helping Hands (inner city; 55+yrs)</i> .....	780-429-2626

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

If 211 is not yet available in your area call 780-482-INFO (4636).

Inclusion of an agency or service on this list does not constitute an endorsement by 211.