

Resources for Basic Needs

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Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Clothing / Household Goods

Bissell Centre	
<i>Community Closet</i>	780-423-2285 x136
<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
Homeward Trust Edmonton – <i>Find Furnishing Hope</i>	780-988-1717
The Mustard Seed (<i>inner city</i>)	780-426-5600
The Salvation Army - <i>Thrift Stores</i>	780-475-8778
Society of St. Vincent de Paul Edmonton (24/7)	780-471-5577

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 (24/7)	780-471-5577

Emergency Shelters

George Spady Society	
<i>Overnight Shelter (intoxicated individuals)</i> ...	780-424-8335
Hope Mission Edmonton	
<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 Edmonton	
<i>Men's Short Term Residence</i>	780-429-4274
Youth Empowerment & Support Services (YESS)	
<i>Nexus (15 to 24yrs)</i>	780-468-7070

Food Hampers

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

Health / Mental Health

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

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

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

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

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 Program</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>Transitional Housing (18-30yrs)</i>	780-990-1120
Right at Home Housing Society	780-423-1339

Transportation

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

Financial Assistance / Employment

Credit Counselling Society	1-888-527-8999
Distinctive Employment Counselling Services of Alberta (DECSA)	
.....	780-474-2500
The 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 (105th 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
Money Mentors	1-888-294-0076
Service Canada - <i>Employment Insurance (EI)</i>	1-800-206-7218

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.