

Resources for Men

November 2017



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

Basic Needs / Financial (also see Basic Needs list)

Edmonton's Food Bank	780-425-4190
Government of Alberta	
<i>Alberta Supports Centre (info line)</i>	780-644-9992
<i>Alberta Works - 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
<i>Emergency Income Support (24/7)</i>	780-644-5135
Hope Mission – <i>Herb Jamieson Centre (18-60yrs)</i> ..	780-429-3470
Money Mentors.....	1-888-294-0076
The Salvation Army – Edmonton	
<i>Men's Short-Term Residence</i>	780-429-4274
Urban Manor Housing Society – <i>Shelter</i>	780-425-5901
<i>(hard-to-house men; 18+yrs; addictions/mental illness)</i>	

Counselling (* no cost)

Catholic Social Services – <i>Mercy Counselling</i>	780-391-3233
City of Edmonton Citizen Services	
<i>*Individual and Family Well - Being</i>	780-496-4777
Cornerstone Counselling Centre (<i>faith-based</i>).....	780-482-6215
The Family Centre – Edmonton (<i>drop-in</i>)	780-424-6103
Jewish Family Services Edmonton.....	780-454-1194
Momentum Walk - In Counselling.....	780-757-0900
Psychologists' Association of Alberta	
<i>Psychologist Referral Service</i>	780-428-TALK (8255)
University of Alberta - Faculty of Education	
<i>Clinical Services (September-April)</i>	780-492-3746
YWCA Edmonton	780-970-6501

Crisis (Call 911 if in immediate danger.)

Alberta Health Services (AHS)	
<i>Addiction Helpline</i>	1-866-332-2322
Canadian Mental Health Association (CMHA)	
<i>Distress Line (24/7)</i>	780-482-HELP (4357)
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i>	1-800-387-5437
Sexual Assault Centre of Edmonton (<i>24/7</i>)	780-423-4121

Employment

Distinctive Employment Counselling Services of Alberta (DECSA)	
.....	780-474-2500
Government of Alberta	
<i>Career Information Hotline</i>	780-422-4266
<i>Job Order Bank Service (24/7)</i>	780-427-5627
Service Canada - <i>Employment Insurance (EI)</i>	1-800-206-7218

Family Violence and Abuse (also see Family Violence list)

Aboriginal Counseling Services Association of Alberta	
<i>Circle of Safety</i>	780-448-0378
<i>(for Indigenous men who are abusive toward their partners)</i>	
City of Edmonton Citizen Services	
<i>From Chaos to Peace</i>	780-496-4777
<i>(group for men who have experienced abuse from their partner)</i>	
Edmonton Violence Prevention Centre	
<i>Changing PathWays</i>	780-439-4635
<i>(group for adults who are/have been abusive to their partners)</i>	
The Family Centre - Edmonton - <i>Strive</i>	780-424-6103
<i>(men experiencing aggression and conflict in relationships)</i>	
Government of Alberta	
<i>Family Violence Info Line (24/7)</i>	310-1818
The TODAY Family Violence Help Centre	780-455-6880

Health and Sexuality

Alberta Health Services (AHS)	
<i>Health Link (24/7)</i>	811
<i>Sexually Transmitted Infections Clinic</i>	780-342-2300
Compass Centre for Sexual Wellness (<i>pro-choice</i>) ...	780-423-3737
Institute for Sexual Minority Studies and Services ...	780-492-0772
Pride Centre of Edmonton	780-488-3234

Legal Resources

Edmonton Community Legal Centre.....	780-702-1725
Equitable Child Maintenance and Access Society (ECMAS)	
<i>(support and legal info for people going through divorce)</i>	780-666-3776
Government of Alberta	
<i>Family Justice Services - Family Mediation</i> ..	780-427-8329
<i>Family Law Information Centre</i>	780-415-0404
<i>Maintenance Enforcement Program</i>	780-422-5555
Law Society of Alberta	
<i>Lawyer Directory Service</i>	www.lawsociety.ab.ca
Legal Aid Alberta – <i>Legal Services Centre</i>	1-866-845-3425
Student Legal Services of Edmonton.....	780-492-2226

Relationship / Support

Caregivers Alberta	780-453-5088
City of Edmonton Citizen Services	
<i>Men's Support Services (no cost)</i>	780-496-4777
<i>Men's Talk and Do Groups</i>	
<i>Men Without Hats (drop-in)</i>	
Growth, Attitude, Truth, Trust, Energy (GATTE)	
<i>Men's Support Group</i>	780-405-5988
Men for Sobriety – <i>Support Group</i>	780-909-0215
Momentum Walk - In Counselling – <i>Drop - In Support Groups</i>	
<i>(men's group; no cost; 18+yrs)</i>	780-757-0900

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.