

# Resources for Parents and Caregivers

November 2017



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Crisis (Call 911 if in immediate danger.)

Alberta Health Services (AHS) – Addiction and Mental Health  
Mobile Services, Adolescent..... 780-422-7383  
(FKA: Mental Health Mobile Response Team)  
Canadian Mental Health Association (CMHA)  
Distress Line (24/7) ..... 780-482-HELP (4357)  
Government of Alberta  
Child Abuse Hotline (24/7)..... 1-800-387-5437  
Kids Kottage – Crisis Line and Nursery (24/7) ..... 780-944-2888

## Cross - Cultural Parenting

Aboriginal Counseling Services Association ..... 780-448-0378  
ASSIST Community Services Centre (Asian)..... 780-429-3111  
Ben Calf Robe Society ..... 780-477-6648  
Bent Arrow Traditional Healing Society  
\*Aboriginal Parent Link Centre ..... 780-474-2400  
Metis Child and Family Services Society Edmonton 780-452-6100  
Multicultural Health Brokers Co-op..... 780-423-1973  
Native Counselling Services of Alberta ..... 780-451-4002

## Government Services / Websites with Parenting Information

Government of Alberta ..... [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca)  
Parent Link Centres Lookup ..... [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)  
Prevention of Family Violence and Bullying  
Bullying Helpline (24/7)..... 1-888-456-2323  
..... [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)  
Family Violence Info Line (24/7) ..... 310-1818  
..... [www.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca)

## Leisure Activities

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton  
..... 780-424-8181  
The Candora Society of Edmonton ..... 780-477-5655  
City of Edmonton Citizen Services ..... 311  
Leisure Access Program (low income) ..... 311  
Edmonton Public Library (for local branch) ..... 780-496-7000  
YMCA of Northern Alberta..... 780-429-YMCA (9622)  
Suggestions for parent-child or child activities ..... 211

## Parenting Children with Special Needs

Alberta Health Services (AHS)  
Early Intervention Program (0-3.5yrs)..... 780-342-1707  
Bissell Centre – FAS Services ..... 780-423-2285 x157  
Catholic Social Services  
FASD - Coaching Families ..... 780-975-4896  
Edmonton Down Syndrome Society ..... 780-944-4224  
Government of Alberta – Alberta Supports Centre.. 780-644-9992  
University of Alberta – Faculty of Education  
Clinical Services (September-April) ..... 780-492-3746

## Parenting Classes and / or Support (\*Parent Link Centre)

(Contact agencies for more information on workshops and services available. See also: Cross-Cultural Parenting)  
Because I Love You (BILY)..... 780-245-2459  
Bent Arrow Traditional Healing Society ..... 780-481-3451  
\*Aboriginal Parent Link Centre ..... 780-474-2400  
Bissell Centre – Family Support Services ..... 780-423-2285 x121  
Community Options – A Society for Children and Families  
..... 780-455-1818  
Dickinsfield Amity House ..... 780-478-5022  
E4C – Early Head Start (0-3.5yrs; low income) ..... 780-426-3666  
The Family Centre - Edmonton..... 780-497-7536  
\*Family Futures Resource Network ..... 780-413-4521  
\*Jasper Place Child and Family Resource Society .. 780-489-2243  
\*KARA Family Resource Centre ..... 780-478-5396  
Lansdowne Child Care and Family Centre ..... 780-437-5654  
\*Norwood Child and Family Resource Centre ..... 780-471-3737  
Parents Empowering Parents Society (addictions) .. 780-293-0737  
Primrose Place Family Resource Centre ..... 780-469-0663  
St. Albert Family Resource Centre ..... 780-459-7377  
Starfish Family Resources Society ..... 780-448-1180  
(support groups for children and their families grieving a death, separation, or divorce)  
Terra Centre for Teen Parents ..... 780-428-3772  
Uncles & Aunts at Large Society  
Strengthening Families Program..... 780-452-5791  
YMCA of Northern Alberta ..... 780-426-9265

## Single / Separated / Step-Parents

Bent Arrow Traditional Healing Society  
Community Parents..... 780-474-2400  
Equitable Child Maintenance and Access Society (ECMAS)  
(custody issues) ..... 780-885-4000  
The Family Centre – Edmonton  
Parenting in Blended Families..... 780-497-7536  
Filipino Society for Growth and Change  
MOMas (Working and Single Mothers Support Group)  
..... 780-406-0828  
Government of Alberta – Family Justice Services  
Focus on Communication in Separation ..... 780-413-9805  
(parents do not register together)  
Parenting After Separation (PAS). [pas.albertacourts.ab.ca](http://pas.albertacourts.ab.ca)

## Childcare and Preschool Referrals

Government of Alberta  
Childcare Services / Listings / Subsidies..... 780-644-9992  
[www.humanservices.alberta.ca/oldfusion/ChildCareLookup.cfm](http://www.humanservices.alberta.ca/oldfusion/ChildCareLookup.cfm)  
YMCA of Northern Alberta  
Child Care Services ..... 780-429-YMCA (9622)

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.*