

Resources for Youth and Young Adults

May 2018



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>Emergency Income Support (24/7)</i>	780-644-5135
Money Mentors.....	1-888-294-0076
Youth Empowerment & Support Services (YESS)	
<i>Nexus (15-21yrs)</i>	780-468-7070

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	780-424-6103
Jewish Family Services Edmonton.....	780-454-1194
Psychologists' Association of Alberta (<i>referrals</i>)	780-424-0294
Starfish Family Resources Society.....	780-448-1180
(<i>support for youth grieving a death, separation, or divorce</i>)	
YWCA Edmonton	780-970-6501

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS) - <i>Addiction and Mental Health</i>	
<i>Adolescent Mobile Addiction Services</i>	780-422-7383
Canadian Mental Health Association (CMHA)	
<i>Distress Line (24/7)</i>	780-482-HELP (4357)
<i>Live Crisis Chat</i>	www.edmonton.cmha.ca
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i>	1-800-387-5437
Kids Help Phone (<i>24/7; 5-20yrs</i>)	1-800-668-6868
Sexual Assault Centre of Edmonton (<i>24/7</i>)	780-423-4121

Health / Pregnancy / Sexuality

Alberta Health Services (AHS)	
<i>Adolescent Pregnancy Clinic (under 20yrs)</i> ..	780-735-6892
<i>Birth Control Centre (pro-choice)</i>	780-735-0010
<i>Eating Disorder Program</i>	780-407-6114
<i>Health Link (24/7)</i>	811
Compass Centre for Sexual Wellness (<i>pro-choice</i>) ...	780-423-3737
Eating Disorder Support Network of Alberta	www.edsna.ca
The Elizabeth Fry Society of Edmonton	
<i>Sexually Transmitted Infections Testing</i>	780-784-2205
(<i>women only, inclusive of trans women</i>)	
Institute for Sexual Minority Studies and Services ..	780-492-0772
Pride Centre of Edmonton	
<i>Drop - In Community Centre</i>	780-488-3234
Woman's Health Options	
(<i>pro-choice; abortion services</i>)	780-484-1124

Life Skills / Education / Employment

Alberta Learning Information Service (ALIS) .	www.alis.alberta.ca
Bredin Centre for Learning.....	780-425-3730
City of Edmonton Citizen Services	
<i>Leaders in Training</i>	780-944-7421
(<i>13-17yrs; life skills and leadership; May-August</i>)	
Edmonton Public Schools.....	780-429-8000
<i>Alternate High School Completion</i>	
<i>Centre High Campus (17-20yrs)</i>	780-425-6753
<i>Learning Store (16-19yrs)</i>	780-437-8119
<i>Metro Continuing Education</i>	780-428-1111
<i>Transition Support Program (17-20yrs)</i>	780-434-9561
Edmonton's Food Bank - <i>Beyond Food</i>	780-425-2133
The Elizabeth Fry Society of Edmonton	
<i>Girls Empowered and Strong (12-17yrs)</i>	780-784-2200
Government of Alberta - <i>Student Funding</i>	1-855-606-2096
<i>Career Information Hotline</i>	780-422-4266
McBride Career Group - <i>Employment Centre</i>	780-448-1380
Youth Empowerment & Support Services (YESS)	
<i>Resource Centre (Formerly BEST) (15-24yrs)</i> ..	780-468-7070
YMCA - <i>Bridging the Gap (employment; 15-30yrs)</i> ..	780-429-9622
YOUCAN Youth Services (<i>employment; 18-24yrs</i>)..	780-444-3348
For local employment offices	211

Recreation

Boys and Girls Clubs Big Brothers Big Sisters.....	780-424-8181
City of Edmonton Citizen Services - <i>Leisure Access Program</i>	311
Edmonton Sport Council Society (<i>sport referrals</i>)....	780-497-7678
KidSport Alberta (<i>funding; 18yrs and under</i>).....	1-888-914-5437
YMCA of Northern Alberta - <i>Jumpstart (5-18yrs)</i>	780-429-9622

Substance Abuse / Addictions

AI - Anon Family Groups (<i>including Alateen</i>)	780-443-6000
Alberta Health Services (AHS) - <i>Addiction and Mental Health</i>	
<i>Outpatient Counselling Services, Adult</i>	780-427-2736
<i>Outpatient Counselling Services, Adolescent</i>	780-422-7383

Support

Boys and Girls Clubs Big Brothers Big Sisters.....	780-424-8181
Family Futures Resource Network	780-413-4521
Kids On Track Association of Edmonton	780-481-2942
Old Strathcona Youth Society (<i>14-24yrs</i>)	780-496-5947
Terra Centre for Teen Parents.....	780-428-3772
Uncles & Aunts at Large Society	780-452-5791
YMCA - <i>Youth Transition Program (13-19yrs)</i>	780-429-9622
Youth Empowerment & Support Services (YESS)...	780-468-7070

Youth and Young Adults at Risk

(See Resources for Youth and Young Adults at Risk.)

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.