



Resource Lists

May 2018

Compiled by 211 Alberta – Edmonton and Area, a program of
Canadian Mental Health Association – Edmonton Region.

For Community Services Information dial 2-1-1 (within Edmonton).
If 211 is not yet available in your area, call 780-482-INFO (4636).

*Inclusion of an agency or service on these resource lists
does not constitute an endorsement by 211 Alberta – Edmonton and Area.*

Resources for Anger Management

May 2018



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

Counselling

- Catholic Social Services
Mercy Counselling..... 780-391-3233
- Cornerstone Counselling Centre (*faith-based*)..... 780-482-6215
- The Family Centre - Edmonton 780-424-6103
- Psychologists' Association of Alberta
Psychologist Referral Service..... 780-424-0294
- University of Alberta - Faculty of Education
Clinical Services (September-April)..... 780-492-3746
- YWCA Edmonton 780-970-6501

Disabilities

- Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course..... 780-454-9656
(6 weeks; problem solving skills including anger management, stress management, and assertiveness; no cost)

Groups / Workshops: Men

- The Family Centre - Edmonton
Men and Anger..... 780-497-7536
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

Groups / Workshops: Women

- Aboriginal Counselling Services Association of Alberta
Healing Anger for Women 780-448-0378
(12 weeks; Aboriginal; 18+ yrs; healing through discussion, expressive arts and traditional practices; no cost)
- The Family Centre - Edmonton
Women and Anger..... 780-497-7536
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)
- YWCA Edmonton
Towards Balance..... 780-423-9922 x222
(weekend; sliding scale; exploring the roots of anger, learning and practicing constructive conflict resolution techniques)

Crisis (Call 911 if in immediate danger)

- Canadian Mental Health Association (CMHA)
Distress Line (24/7)..... 780-482-HELP (4357)
- Government of Alberta
Family Violence Info Line (24/7)..... 310-1818
- Kids Help Phone (24/7; 5-20yrs)..... 1-800-668-6868

Groups / Workshops: Youth

- Covenant Health
Adolescent Group Program..... 780-735-2981
(September-June; 14-17yrs; referral required from a physician; a pre-entry screening interview is conducted to determine suitability; content is driven by group members' needs; no cost)
- YMCA of Northern Alberta
Youth Transition Program 780-429-YMCA (9622)
(weekly meetings; 13-19yrs; voluntary program; runs on demand; teaches skills and techniques to gain control over anger)

Mixed Groups / Workshops

- Cornerstone Counselling Centre
Anger Management Workshop 780-482-6215
(2 Saturdays; how to change destructive expressions of anger into positive behaviours; \$250)
- Emotions Anonymous
Self-Help Group 780-690-3338
(Weekly support groups for individuals dealing with emotional issues)
- The Family Centre - Edmonton
Self-Esteem and Assertiveness 780-497-7536
(10 hours; healthy boundaries, building self-esteem, resolving conflict; costs vary; subsidies may be available)
- Family Futures Resource Network
Count to Ten 780-413-4521
(8 weeks; 18+ yrs; adult education and support group to learn effective ways to deal with anger; no cost; refundable deposit required)
- Our House (Edmonton) Limited
Understanding One's Anger..... 780-474-8945 x221
(4 weeks; 18+ yrs; people with addiction issues who have been sober for 1 month+; develop skills to identify the impact of anger and conflict in recovery)

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Resources for Basic Needs

May 2018



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

Clothing / Household Goods

Bissell Centre
Community Closet 780-423-2285 x136
Thrift Shoppe 780-471-6644
Edmonton Emergency Relief Services - Thrift Store 780-428-4422
Goodwill Industries of Alberta
Thrift Retail Stores (multiple locations) 780-944-0243
Homeward Trust Edmonton - Find Furnishing Hope 780-988-1717
The Mustard Seed - Edmonton (inner city) 780-426-5600
The Salvation Army - Edmonton - Thrift Stores 780-475-8778
Society of Saint Vincent de Paul Edmonton (24/7) 780-471-5577

Emergency Clothing / Household Goods

Bissell Centre - Family Support Services 780-423-2285 x133
Edmonton Emergency Relief Services 780-428-4422
Marian Centre 780-424-3544
Youth Empowerment & Support Services (YESS)
Resource Centre (15-24yrs) 780-468-7070

Emergency Shelters

George Spady Society
Overnight Shelter (intoxicated individuals) ... 780-424-8335
Hope Mission Edmonton
Herb Jamieson Centre (men; 18-60yrs) 780-429-3470
Warming Shelter 780-422-2018
Women's Emergency Shelter (16+yrs) 780-422-2018
Youth Shelter (16-24yrs) 780-422-2018
The Salvation Army - Edmonton
Men's Short Term Residence 780-429-4274
Youth Empowerment & Support Services (YESS)
Nexus (15 to 21yrs; trans inclusive) 780-468-7070

Financial Assistance / Employment

Credit Counselling Society 1-888-527-8999
Distinctive Employment Counselling Services of Alberta (DECSA)
..... 780-474-2500
Edmonton's Food Bank - Beyond Food 780-425-2133
The Elizabeth Fry Society of Edmonton
Me and Money - Women's Financial Literacy 780-784-2203
Government of Alberta
Alberta Supports Centre (info line) 780-644-9992
(for information on Assured Income for the Severely Handicapped
(AISH), Emergency Income Support, Income Support, and
Employment Information)
Money Mentors 1-888-294-0076
Service Canada - Employment Insurance (EI) 1-800-206-7218

Food Hampers

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

Health / Mental Health

Alberta Health Services (AHS)
Health Link (24/7) 811
Mental Health Help Line (24/7) 1-877-303-2642
Momentum Walk-In Counselling (sliding scale) 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 (emergency meals; 18+yrs) 780-424-3544
The Mustard Seed - Edmonton 780-426-5600
Operation Friendship Seniors Society (55+yrs) 780-408-2967
Youth Empowerment & Support Services (YESS)
Resource Centre (15-24yrs) 780-468-7070

Housing Registries / Guides

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

Housing: Subsidized / Transitional

Capital Region Housing Corporation 780-420-6161
24 Hour Information Line 780-428-8200
(information on programs such as Community Housing and
Private Landlord Rent Supplement Program)
E4C
Housing Programs (inner city) 780-424-7543
Inner City Youth Housing Project (14-17yrs) 780-479-7075
homeEd (City of Edmonton Non-Profit Housing Corporation)
..... 780-474-5706
Native Counselling Services of Alberta
Transitional Housing (18-30yrs) 780-990-1120
Right at Home Housing Society 780-423-1339

Transportation

Edmonton Transit Service (ETS)
Information 311
Ride Transit Program (subsidized monthly passes) 311
Operation Friendship Seniors Society
Helping Hands (inner city; 55+yrs) 780-429-2626

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

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Resources for Children

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Counselling

Kids Help Phone (24/7; 5-20yrs) 1-800-668-6868

Grief Counselling Programs

Kids on Track Association of Edmonton (5-15yrs) .. 780-481-2942
Pilgrims Hospice Society - BriarPatch Centre 780-413-9801 x102
Starfish Family Resources Society..... 780-448-1180

Play Therapy

Catholic Social Services (5+yrs) 780-471-1122
University of Alberta - Faculty of Education
Clinical Services (5+yrs; September-April).... 780-492-3746
YWCA of Edmonton 780-970-6501

Disabilities

Ability4Good

Early Birds - Specialized Services (2-17yrs). 780-442-2740

Alberta Health Services (AHS)

Early Intervention Program (0-3.5yrs)..... 780-342-1707

Centre for Autism Services Alberta 780-488-6600

Connect Society - Deafness Education, Advocacy and Family Services

Early Intervention (deaf; 0-3.5yrs) 780-454-9581 x226

Edmonton Down Syndrome Society

Speech - Language Therapy..... 780-944-4224

Elves Special Needs Society

(severe developmental disabilities; 2.5+yrs).. 780-454-5310

Family Futures Resource Network

Parent Education..... 780-413-4521

(provides developmental screening for children)

GRIT Program (The Getting Ready for Inclusion Today Program)

Early Childhood Program (2.5-5.5yrs) 780-454-9910

KARA Family Resource Centre

Parent Education..... 780-478-5396

(provides developmental screening for children)

The Steadward Centre for Personal & Physical Achievement

Free2BMe Physical Activity (4-19yrs)..... 780-492-8269

Early Childhood Education

Alberta Health Services (AHS)

Preschool Speech and Language (0-5yrs) ... 780-408-8793

Edmonton Catholic Schools (3-5yrs)..... 780-638-6810

Family Futures Resource Network

(FKA: Mill Woods Family Resource Centre) 780-413-4521

Lansdowne Child Care and Family Centre..... 780-437-5654

Primrose Place Family Resource Centre..... 780-469-0663

Mentoring Programs

Boys and Girls Clubs Big Brothers Big Sisters 780-424-8181

Uncles & Aunts at Large Society..... 780-452-5791

Head Start Programs

ABC Head Start Society (3.5-4yrs; low income) 780-461-5353

Bent Arrow Traditional Healing Society

(3-5yrs; Indigenous)..... 780-481-3451

E4C (programs for low income families)

Clareview Head Start (2.5-5yrs)..... 780-426-3666

Early Head Start (0-3.5yrs) 780-426-3666

Norwood Child and Family Resource Centre

(3.5-5yrs)..... 780-471-3737

Oliver Centre Early Learning Programs for Children and Families

Society (13mos-5yrs; low income)..... 780-482-2116

Leisure / Recreation

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton

..... 780-424-8181

City of Edmonton Citizen Services

Leisure Access Program..... 311

Recreation Facilities and Information..... 311

Edmonton Public Library

Children's Programs (general info line)..... 780-496-7000

Edmonton Sport Council Society

Sport and Recreation Referrals...www.edmontonsport.com

Kids On Track Association of Edmonton 780-481-2942

KidSport Alberta (funding; under 18yrs)... 1-888-914-KIDS (5437)

YMCA of Northern Alberta - Jumpstart (5-18yrs)..... 780-429-9622

Suggestions for parent-child or child activities..... 211

Mental Health

Alberta Health Services (AHS) - *Addiction and Mental Health*

Intake Services, Child and Adolescent..... 780-342-2701

CASA Child, Adolescent and Family Mental Health. 780-400-2271

(under 5yrs; for 5-18yrs access through Child and

Adolescent Mental Health Intake, see above)

Violence

Aboriginal Counselling Services Association of Alberta

Circle of Safety - Teaching Circles for Children Who

Witness Abuse (6-17yrs)..... 780-448-0378

Government of Alberta

Bullying Helpline (24/7)..... 1-888-456-2323

Child Abuse Hotline (24/7)..... 1-800-387-5437

Family Violence Info Line (24/7)..... 310-1818

Kids Help Phone (24/7; 5-20yrs)..... 1-800-668-6868

Sexual Assault Centre of Edmonton

24 Hour Sexual Assault Crisis Line..... 780-423-4121

Child and Adolescent Counselling (3-17yrs). 780-423-4102

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

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Resources for Family Violence and Abuse

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

Counselling

- Catholic Social Services
Mercy Counselling 780-391-3233
- *City of Edmonton Citizen Services
Individual and Family Well - Being..... 780-496-4777
- Cornerstone Counselling Centre (*faith-based*)..... 780-482-6215
- *Sexual Assault Centre of Edmonton 780-423-4102
24 Hour Sexual Assault Crisis Line 780-423-4121
- *Stop Abuse in Families (SAIF) Society (*St. Albert*)... 780-460-2195
- *YWCA Edmonton - *Counselling*..... 780-970-6501

Court Preparation / Legal / Protection

- *Edmonton John Howard Society
Domestic Violence Complainant Program..... 780-422-0721
Family Violence Prevention Centre (FVPC) .. 780-423-1635
- Elizabeth Fry Society of Edmonton - *Courtworks*..... 780-422-4775
- The Family Centre - *Safe Visitation Services*..... 780-917-8248
- Legal Aid Alberta - *Legal Services Centres*..... 1-866-845-3425
Emergency Protection Order Program 780-422-9222
- OakNet: *Older Adult Knowledge Network* www.oaknet.ca
- WillowNet: *Abuse and the Law in Alberta*..... www.willownet.ca

Crisis (Call 911 if in immediate danger)

- Canadian Mental Health Association (CMHA)
**Distress Line (24/7)* 780-482-HELP (4357)
**Seniors' Abuse Helpline (24/7)*..... 780-454-8888
- Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
- Kids Kottage - *Crisis Line / Crisis Nursery (24/7)*..... 780-944-2888
- *Sexual Assault Centre of Edmonton (24/7)..... 780-423-4121

Group Programs for Men

- *Aboriginal Counselling Services Association of Alberta
Circle of Safety 780-448-0378
(*for Indigenous men who are abusive toward their partners*)
- *City of Edmonton Citizen Services
From Chaos to Peace (no cost)..... 780-496-4777
(*group for men who have experienced abuse from their partner*)
- *Edmonton Violence Prevention Centre
Changing PathWays (men's group)..... 780-439-4635
(*group for men who are/have been abusive to their partners*)
- The Family Centre - Edmonton - *Strive*..... 780-424-6103
(*for men with conflict in relationships because of aggression*)
- Islamic Family and Social Services Association
Crossing Bridges 780-462-0772
(*group for Muslim men who are domestic violence offenders*)

* Denotes agencies that have adopted Family Violence Protocols through Community Initiatives Against Family Violence (CIAFV).

Group Programs for Women / Children / Seniors

- *Aboriginal Counselling Services Association of Alberta
Circle of Safety (Indigenous women) 780-448-0378
- *City of Edmonton Citizen Services 780-496-4777
Making Connections First Steps (free childcare)
Making Connections Moving Forward (free childcare)
Seniors Groups - Relationships with Your Adult Children:
Time to Make Changes (60+yrs)
- *Edmonton Violence Prevention Centre
Changing PathWays 780-439-4635
(*group for women who are/have been abusive to their partners*)
- Islamic Family and Social Services Association
Sister's Serenity Group 780-462-0772
(*women; verbal translation, transportation, childcare available*)

Information

- Government of Alberta
Prevention of Family Violence and Bullying
Bullying Helpline (24/7)..... 1-888-456-2323
Family Violence Info Line (24/7)..... 310-1818
Online Resources..... www.familyviolence.alberta.ca

Outreach / Referral / Support

- *Changing Together - A Centre for Immigrant Women
Family Violence Prevention Workshops..... 780-421-0175
- *Edmonton Violence Prevention Centre
Changing PathWays Partner Outreach..... 780-439-4635
(*info for partners of individuals in the Changing Ways program*)
- *Edmonton John Howard Society
Family Violence Prevention Centre (FVPC).. 780-423-1635
- Elder Abuse Resource and Supports (EARS) 780-477-2929
- The Elizabeth Fry Society of Edmonton..... 780-421-1175
- Mediation and Restorative Justice Centre
Building Safer Ground..... 780-244-6752
- Multicultural Women and Seniors Services Association (MWSSA)
..... 780-465-2992
- *The TODAY Family Violence Help Centre 780-455-6880

Shelter / Housing

- Alberta Council of Women's Shelters 1-866-331-3933
Alberta Shelters Lookup..... www.acws.ca/shelters
- Alberta Society for the Prevention of Cruelty to Animals
Pet Safekeeping Program..... www.albertaspca.org
- Edmonton Women's Shelter Limited
(*women with or without children; 24/7*) 780-479-0058
- Lurana Shelter Society
(*women with or without children; 24/7*) 780-424-5875
- *Sage Seniors Association
Seniors' Safe House (men/women; 60+yrs) 780-702-1520

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Resources for Indigenous Peoples

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Counselling

The Edmonton Native Healing Centre
Drop - In Centre (pastoral counselling)..... 780-482-5522
The Red Road Healing Society
Counselling and Family Therapy 780-471-3220

Education

Bent Arrow Traditional Healing Society
White Cloud Aboriginal Head Start (3-5yrs).. 780-481-3451
Boyle Street Education Centre (Charter School)..... 780-428-1420
Nechi Institute: Centre of Indigenous Learning 780-459-1884

Employment (including entrepreneurship)

Bent Arrow Traditional Healing Society 780-481-3451
Adult Employment Program (18+yrs)
Bissell Centre
Employment Services (inner city) 780-424-4385
Business Link
Aboriginal Business Development Services . 780-422-7722
Edmonton's Food Bank - *Beyond Food*..... 780-425-2133
Government of Alberta
Apprenticeship and Industry Training 1-800-248-4823
Institute for the Advancement of Aboriginal Women (IAAW)
..... 780-479-8195
Rupertsland Institute - Métis Centre of Excellence.. 780-423-2237
Trade Winds to Success Training Society
Aboriginal Pre-Apprenticeship Trades..... 780-471-9100

Family Violence and Abuse

Aboriginal Counseling Services Association of Alberta
Circle of Safety (men/women/children)..... 780-448-0378
Government of Alberta
Family Violence Info Line (24/7) 310-1818
The TODAY Family Violence Help Centre 780-455-6880

Health

Alberta Health Services (AHS)
Health Link (24/7) 811
Indigenous Health Program..... 780-735-5326
Indigenous Wellness Program..... 780-735-4512
Bent Arrow Traditional Healing Society 780-481-3451

Housing / Homelessness Prevention

Bent Arrow Traditional Healing Society
Nihik Housing First..... 780-481-3451
Boyle Street Community Services
Housing First 780-424-4106
Métis Urban Housing Corporation
Affordable Market Housing Program 780-452-6440
Native Counselling Services of Alberta
Transitional Housing (18-30yrs)..... 780-990-1120

Information and Referral

Ben Calf Robe Society
Family Resource Work Program 780-477-6648
The Elizabeth Fry Society of Edmonton
Aboriginal Women's Program 780-784-2206

Legal / Status

Government of Canada - Indigenous and Northern Affairs Canada
First Nations Register and Status 780-495-2773
Metis Nation of Alberta
Metis Identification and Registry 780-455-2200
Native Counselling Services of Alberta 780-423-2141
Aboriginal Correctional Services
Criminal, Youth, and Aboriginal Family Courtwork
Young Offender Probation

Parenting Programs / Support (*Parent Link Centre)

Ben Calf Robe Society
Traditional Parenting 780-477-6648
Bent Arrow Traditional Healing Society 780-481-3451
**Aboriginal Parent Link Centre* 780-474-2400
Bissell Centre
Family Support Services 780-423-2285 x133
The Elizabeth Fry Society of Edmonton
Aboriginal Women's Program 780-784-2206
Government of Alberta - Ministry of Children's Services
..... 780-422-0305
*KARA Family Resource Centre 780-478-5396
Metis Child and Family Services Society Edmonton 780-452-6100
*Native Counselling Services of Alberta
Family Life Improvement Program 587-855-6732

Substance Abuse / Addiction

Alberta Health Services (AHS)
Addiction Helpline (24/7) 1-866-332-2322
Poundmaker's Lodge Treatment Centres 780-458-1884

Supportive Services

Ben Calf Robe Society 780-477-6648
Bent Arrow Traditional Healing Society 780-481-3451
Bissell Centre 780-423-2285
Boyle Street Community Services 780-424-4106
Canadian Native Friendship Centre 780-761-1900
Edmonton Aboriginal Seniors Centre (55+yrs) 587-525-8969
The Edmonton Native Healing Centre 780-482-5522
Institute for the Advancement of Aboriginal Women (IAAW)
..... 780-479-8195
Metis Child and Family Services Society Edmonton 780-452-6100
The Red Road Healing Society 780-471-3220

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Resources for Leisure and Personal Enrichment

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Assertiveness and Self - Esteem

- Bissell Centre - *Skill Enhancement* 780-424-4385
(*inner city; employment and life skills workshops*)
Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course 780-454-9656
(*individuals 18+yrs with developmental disabilities*)
City of Edmonton Citizen Services
Men Without Hats (drop-in) 780-496-4777
The Elizabeth Fry Society of Edmonton
(*personal development workshops*) 780-421-1175
The Family Centre - Edmonton
Self - Esteem and Assertiveness 780-497-7536
Society for Personal Growth 780-434-4834

Continuing Education

- Edmonton Lifelong Learners Association (ELLA)
Non-Credit Courses (50+yrs) 780-492-5055
(*fine and liberal arts, sciences, humanities; \$260 for maximum of 4 courses; income based bursary available; partnered with University of Alberta - Faculty of Extension*)
Edmonton Public Schools
Metro Continuing Education 780-428-1111
(*personal enrichment/special interest courses; registration and material fees apply*)
MacEwan University
Continuing Education 780-497-4400
Minerva Senior Studies Institute (50+yrs) 780-497-4400
Online and Distance Learning 780-497-5040
NorQuest College 780-644-6000
Northern Alberta Institute of Technology (NAIT) 780-471-6248
University of Alberta - *Faculty of Extension* 780-492-3116

Financial Literacy

- Consolidated Credit Counselling Services of Canada, Inc.
Financial Literacy Education 1-888-477-7397
Credit Counselling Society 1-888-527-8999
The Elizabeth Fry Society of Edmonton
Me and Money - Women's Financial Literacy 780-784-2203
Money Mentors - *Financial Fitness Classes* 1-888-294-0076

Literacy

- Centre for Family Literacy 780-421-7323
The Learning Centre Literacy Association (18+yrs) 780-429-0675
NorQuest College - *Literacy and Essential Skills* 780-644-6000
PALS - Project Adult Literacy Society (18+yrs) 780-424-5514

Personal and / or Spiritual Growth

- Aboriginal Counselling Services Association of Alberta
Early Intervention Counselling Program 780-448-0378
Bent Arrow Traditional Healing Society 780-481-3451
Edmonton Aboriginal Seniors Centre (55+yrs) 587-525-8969
The Mustard Seed - Edmonton
Spiritual Development (inner city) 780-426-5600
The Salvation Army - Edmonton - *Chapel Service* 780-429-4274
Society for Personal Growth 780-434-4834
YWCA Edmonton 780-423-YWCA (9922)

Recreation and Culture

- Art Gallery of Alberta 780-422-6223
City of Edmonton www.edmonton.ca
Accessibility Services Liaison 780-496-4917
Attractions / Activities, Parks, and Recreation 311
(*e.g. Fort Edmonton, Nature Centre, Muttart, Zoo*)
Leisure Access Program 311
Seasonal Program Guides www.edmonton.ca
Copies also available at City recreation facilities / libraries
Edmonton Federation of Community Leagues 780-437-2913
Community League Swims
Directory of Community Leagues
Edmonton Public Library www.epl.ca
Programs for Adults, Children, Families and Youth
(*online courses, book clubs, and more*) 780-496-7000
Edmonton Sport Council Society www.edmontonsport.com
Online Resources and Sport Referrals
Events Edmonton www.eventsedmonton.ca
Francis Winspear Centre for Music 780-428-1414
TELUS World of Science - Edmonton 780-451-3344
YMCA of Northern Alberta 780-429-YMCA (9622)
Castle Downs (north) *Jamie Platz (west)*
Don Wheaton (central) *William Lutsky (south)*
Welcome Village (Boyle Street Plaza)
For referrals to community events 211

Volunteerism

- Edmonton Chamber of Voluntary Organizations
Volunteerism (resources) ecvo.ca
goVolunteer (*volunteer opportunity postings*) www.govolunteer.ca
Volunteer Connector (*volunteer opportunity postings*)
..... www.volunteerconnector.org
For referrals to volunteer opportunities 211

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

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Resources for Men

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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 (low / 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>	780-424-0294
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
Edmonton's Food Bank - <i>Beyond Food</i>	780-425-2133
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...	780-885-4000
<i>(support and legal info for people going through divorce)</i>	
Government of Alberta	
<i>Resolution Services - Dispute Resolution</i>	780-427-8329
<i>Resolution Services - Information Services</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 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.

Resources for Mental Health

May 2018



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

Advocacy / Information / Referral

- Alzheimer Society of Alberta (Edmonton)..... 780-488-2266
Canadian Mental Health Association (CMHA)..... 780-414-6300
Wellness Network..... 780-488-0851
Wellness Quiz...www.wellnessnetworkedmonton.com
The Office of the Alberta Health Advocates
Mental Health Patient Advocate 780-422-1812
Schizophrenia Society of Alberta (Edmonton)..... 780-452-4661

Assessment / Testing / Treatment

- Alberta Health Services (AHS) - *Addiction and Mental Health
Community Assessment and Treatment Services, Adult
(FKA: Edmonton Mental Health Clinic)*..... 780-342-7700
Child and Adolescent Intake Services 780-342-2701
CASA Child, Adolescent and Family Mental Health
(under 5yrs; for over 5yrs access through Child and Adolescent
Mental Health Intake, see above) 780-400-2271
Psychologists' Association of Alberta
Psychologist Referral Service..... 780-424-0294
University of Alberta - Faculty of Education
Clinical Services (September - April) 780-492-3746

Counselling (low / no cost)

- Catholic Social Services - *Mercy Counselling* 780-391-3233
The Family Centre - Edmonton 780-424-6103
Institute for Sexual Minority Studies and Services .. 780-492-0772
Jewish Family Services Edmonton..... 780-454-1194
Momentum Walk - In Counselling..... 780-757-0900
Pride Centre of Edmonton..... 780-488-3234
For more counselling options available in your area 211

Employment / Living Skills / Training

- Edmonton's Food Bank - *Beyond Food*..... 780-425-2133
EmployAbilities 780-423-4106
Excel Society..... 780-455-2601 x0
Goodwill Industries of Alberta - *Power of Work*..... 780-944-2729
On Site Placement Services Association (OSP) 780-488-8122
Prosper Place Clubhouse..... 780-426-7861

Housing / Supported Independent Living

- Alberta Health Services *Community Care Access*...780-496-1300
(telephone screening for programs in residential settings)
Canadian Mental Health Association (CMHA)
Housing Program..... 780-414-6300
E4C 780-424-7543
The Salvation Army - Edmonton
Cornerstone Transitional Residence
(for women without children) 780-399-8928
Supportive Residence 780-428-4405

Crisis (Call 911 if in immediate danger)

- Alberta Health Services (AHS) - *Adult Community Urgent Services
(FKA: Adult Crisis Response Team / Community Urgent
Services and Stabilization Team / CUSST)* (24/7)
..... 780-342-7777
Mental Health Help Line (24/7) 1-877-303-2642
Canadian Mental Health Association (CMHA)
Distress Line (24/7)..... 780-482-HELP (4357)
Government of Alberta - *Mental Health Act* 780-422-1812

Immigrant Mental Health Services

- Edmonton Mennonite Centre for Newcomers
Health and Well - Being Services..... 780-423-9696
Multicultural Health Brokers Co - op 780-423-1973

Inner City Mental Health Services

- Bissell Centre - *Mental Health Supports* 780-423-2285 x166
Boyle McCauley Health Centre..... 780-422-7333
Boyle Street Community Services 780-424-4106
Hope Mission - *Health Centre - Psychiatrist* ... 780-422-2018 x278

Recreation and Social Programs

- Addictions and Mental Health Community Linking Program
Challenge by Choice..... 780-700-2189
Canadian Mental Health Association (CMHA) 780-414-6300
Prosper Place Clubhouse 780-426-7861

Suicide Education and Support

- Canadian Mental Health Association (CMHA)
Applied Suicide Intervention Skills Training (ASIST)
..... 780-414-6300
Distress Line (24/7)..... 780-482-HELP (4357)
Mental Health and Wellbeing Education 780-414-6300
Suicide Bereavement Support Services..... 780-414-6300
Suicide Caregiver Support Services..... 780-414-6300
Unlimited Potential Community Services Society
Professional and Educational Services 780-440-0708

Support Groups

- Anorexics and Bulimics Anonymous..... 780-443-6077
Caregivers Alberta 780-453-5088
Co - Dependents Anonymous..... 780-436-6853
Eating Disorder Support Network of Alberta 780-729-3376
ElderCare Edmonton - *Caregiver Support*. 780-444-CARE (2273)
Emotions Anonymous (*depression, anxiety, etc.*)..... 780-436-2951
Momentum Walk - In Counselling - *Drop - In Support Groups
(bipolar disorder, anxiety, depression)* 780-757-0900
Organization for Bipolar Affective Disorders..... 1-866-263-7408
Schizophrenia Society of Alberta (Edmonton) 780-452-4661

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.

Resources for Newcomers to Canada

May 2018



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

Citizenship and Classes

Government of Canada - *Immigration, Refugees and Citizenship Canada* 1-888-242-2100

Citizenship Classes

Bredin Centre for Learning 780-425-3730

Canadian Arab Friendship Association of Edmonton 780-473-7214

Changing Together - A Centre for Immigrant Women
..... 780-421-0175

Indo Canadian Women's Association 780-490-0477

Education

Bredin Centre for Learning 780-425-3730

Edmonton Mennonite Centre for Newcomers 780-424-7709

Government of Alberta
International Qualifications Assessment 780-427-2655

NorQuest College
Employment Preparation Programs 780-644-6000

Employment Assistance

Accès Emploi Alberta - *Employment Centre* 780-490-6975

ASSIST Community Services Centre 780-429-3111

Bredin Centre for Learning 780-425-3730

Changing Together - A Centre for Immigrant Women
..... 780-421-0175

Edmonton's Food Bank - *Beyond Food* 780-425-2133

Edmonton Mennonite Centre for Newcomers 780-424-7709

Government of Alberta
Temporary Foreign Worker Helpline 1-877-944-9955

English Language Training

ASSIST Community Services Centre 780-429-3111

Bredin Centre for Learning 780-425-3730

Canadian Arab Friendship Association of Edmonton
English as a Second Language (ESL) 780-473-7214

Catholic Social Services - *Language Assessment, Referral, and
Counselling Centre* 780-424-3545

Changing Together - A Centre for Immigrant Women
English as a Second Language (ESL) 780-421-0175

Cultural Connections Institute - The Learning Exchange
..... 780-944-0792

Edmonton Catholic Schools - *LINC* 780-473-2600

Edmonton Immigrant Services Association (EISA) 780-918-6668

Edmonton Mennonite Centre for Newcomers 780-423-9505

Edmonton Public Schools
Metro Continuing Education (ESL/LINC) 780-428-1111

NAIT - *English as a Second Language (ESL)* 780-471-6248

NorQuest College - *LINC* 780-644-6000

PALS - Project Adult Literacy Society - *Tutoring* 780-424-5514

University of Alberta - Faculty of Extension 780-492-3116

Family Violence (also see Family Violence list)

Changing Together - A Centre for Immigrant Women

Family Violence Prevention Workshops 780-421-0175

Edmonton Violence Prevention Centre 780-439-4635

Government of Alberta

Family Violence Info Line 310-1818

Islamic Family and Social Services Association 780-462-0772

*Fostering Healthy Families - Family Violence Support
(direct outreach services)*

*Fostering Healthy Families - Sister's Serenity Group
(for women, verbal translation, transportation assistance)*

Multicultural Women and Seniors Services Association (MWSSA)
..... 780-465-2992

The TODAY Family Violence Help Centre 780-455-6880

WillowNet: *Abuse and the Law in Alberta* www.willownet.ca

Health / Mental Health

Alberta Health Services (AHS)

Health Link (24/7) 811

Catholic Social Services

Cross Cultural Counselling and Outreach Program (no cost)
..... 780-424-3545

Multicultural Health Brokers Co - op 780-423-1973

Supportive Services

ASSIST Community Services Centre 780-429-3111

Bredin Centre for Learning 780-425-3730

Canadian Arab Friendship Association of Edmonton
..... 780-473-7214

Catholic Social Services 780-432-1137

Cultural Links / Settlement Counselling 780-424-3545

Edmonton Immigrant Services Association (EISA)
Settlement Services 780-474-8445

Edmonton Mennonite Centre for Newcomers
Settlement Services in Schools 780-424-7709

Edmonton Viets Association 780-424-8934

Filipino Society for Growth and Change (FSGC) 780-406-0828

Immigrant Access Fund Canada 780-756-3023

Islamic Family and Social Services Association 780-430-9220

Jewish Family Services Edmonton 780-454-1194

Multicultural Health Brokers Co - op 780-423-1973

Sage Seniors Association

Multicultural Seniors Outreach Program 780-701-9018

Ukrainian Canadian Social Services 780-471-4477

Translation Services

Canadian Arab Friendship Association 780-473-7214

Edmonton Immigrant Services Association (EISA)
Language Bank 780-474-8445

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.

Resources for Parents and Caregivers

May 2018



Visit 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 780-481-3451
**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.alberta.ca/ministry-childrens-services.aspx
Parent Link Centres Lookup www.parentlinkalberta.ca
Bullying Helpline (24/7)..... 1-888-456-2323
..... www.bullyfreealberta.ca
Family Violence Info Line (24/7) 310-1818
..... 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 - *Resolution Services*
Focus on Communication in Separation 780-413-9805
(*parents do not register together*)
Parenting After Separation (PAS). 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
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.

Resources for People with Addictions

May 2018



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

Addictions Counselling / Crisis Support

Alberta Health Services (AHS) - *Addiction and Mental Health*
Addiction Helpline (24/7) 1-866-332-2322
Opioid Dependency Program 780-422-1302
Outpatient Counselling Services, Adolescent 780-422-7383
Outpatient Counselling Services, Adult 780-427-2736
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Kids Help Phone (24/7; 5-20yrs) 1-800-668-6868
Poundmaker's Lodge Treatment Centres 780-458-1884

Adult Residential Programs

AHS - *Residential Treatment Services (Henwood)* ... 780-422-4466
(*men/women; alcohol, drugs, gambling*)
Catholic Social Services - *Alpha House* 780-473-5957
(*men/women in recovery; 18+yrs*)
Government of Alberta
McCullough Centre (FKA: Gunn Centre).... 780-967-2221 x0
(*homeless men; 18-65yrs*)
Hope Mission Edmonton 780-422-2018
Breakout Recovery Community (men; 18-60yrs; homeless)
Wellspring Recovery Community (women; 18+yrs)
Jellinek Society 780-488-1160
(*men in recovery from cross-addiction and alcoholism; 18+yrs*)
McDougall House Association 780-426-1409
(*women in recovery; 18+yrs*)
Our House (Edmonton) Limited 780-474-8945
(*men; 18+yrs; alcohol, drugs*)
Oxford House Foundation of Canada 780-455-5517
(*men/women in recovery from addictions*)
Poundmaker's Lodge Treatment Centres 780-458-1884
(*men/women; 18+yrs; alcohol, drugs, gambling*)
Recovery Acres Society - Edmonton 780-471-2996
(*men; 16+yrs; alcohol, drugs*)
The Salvation Army - Edmonton
Transformations Addiction Treatment Program
(*men; 18+yrs; alcohol, drugs*) 780-429-4274
Urban Manor Housing Society 780-425-5901
(*hard-to-house men; 18+yrs; addictions / mental illness*)

Detoxification Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*
Detoxification Services, Adult 780-427-4291 x1
Stabilization Services, Adolescent 780-644-3627
George Spady Society 780-424-8335

Eating Disorders - Information / Treatment

Alberta Health Services (AHS) - *Addiction and Mental Health*
Eating Disorder Program 780-407-6114
Anorexics and Bulimics Anonymous 780-443-6077

Emergency Shelters for the Intoxicated

George Spady Society 780-424-8335
Hope Mission Edmonton 780-422-2018
Intox Emergency Centre (men)
Women's Emergency Shelter

Self Help / Support Groups

Alano Club - *12 - Step Meetings* 780-423-1807
Alberta Gamblers Anonymous (*Edmonton*) 780-463-0892
Alcoholics Anonymous in Alberta (AA) 780-424-5900
Anorexics and Bulimics Anonymous 780-443-6077
Clean Scene (*14-29yrs*) 780-488-0036
Cocaine Anonymous World Services (24/7) ... www.ca-northab.org
Crystal Meth Anonymous 780-691-8509
Food Addicts in Recovery Anonymous www.foodaddicts.org
Men for Sobriety 780-909-0215
Narcotics Anonymous (*Edmonton and area*) 780-421-4429
Overeaters Anonymous (OA) 780-423-2546
Problem Gambling Resources Network 780-461-1259
QuitCore (*smoking group*) 1-866-710-QUIT (7848)
Sex Addicts Anonymous (SAA) 587-921-4528
Sexaholics Anonymous International (SAICO) 780-988-4411
SMART Recovery Alberta www.smartrecovery.ca

Support / Info for Those Affected by Addictions

AI - Anon Family Groups - Edmonton (24/7) 780-443-6000
AI - Anon / Adult Children / Alateen Meetings
Alberta Health Services (AHS) - *Addiction and Mental Health*
Addiction Helpline (24/7) 1-866-332-2322
Outpatient Counselling Services, Adolescent 780-422-7383
Outpatient Counselling Services, Adult 780-427-2736
Bissell Centre - *FAS Services* 780-423-2285 x157
Catholic Social Services - *FASD Programs* 780-378-2508
FASD Support and Resources in Alberta . www.fasd.typepad.com
Parents Empowering Parents Society
Parent Support Line 780-293-OPEP (0737)
U-Turn for Youth 780-463-7427
(*support group for youth wishing to quit drugs and alcohol*)
REACH Edmonton Council for Safe Communities
Drug and Alcohol Parent Resource Toolkit 311
(*resource for parents who want to talk to their children about drugs and alcohol; also available online in multiple languages*)
S - Anon Family Groups 587-921-1915
(*for those affected by another person's sexual behaviour*)

Youth Residential Programs

Alberta Health Services (AHS) - *Addiction Services*
Protection of Children Abusing Drugs 1-866-332-2322
(*PChAD; under 18yrs*)

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.

Resources for People with Disabilities

May 2018



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

Advocacy / Information

Caregivers Alberta.....	780-453-5088
Edmonton Down Syndrome Society.....	780-944-4224
Gateway Association <i>Family Support and Mentorship</i>	780-454-0701
Inclusion Alberta (FKA: Alberta Association for Community Living)	780-451-3055

Day Programs / Employment Services

Alberta AdaptAbilities Association.....	780-431-8446
Arch Enterprises & Training Association.....	780-438-4347
Chrysalis: An Alberta Society for Citizens with Disabilities (18+yrs)	780-454-9656
Distinctive Employment Counselling Services of Alberta (DECSA)	780-474-2500
EmployAbilities.....	780-423-4106
Excel Society - <i>Community Support Services</i> ..	780-424-4366 x21
Gateway Association.....	780-454-0701
McMan Youth, Family and Community Services Association <i>Supported Community Access Network</i>	780-482-4010
On Site Placement Services Association (OSP).....	780-488-8122
Society for Selections - <i>Employment Supports</i>	780-461-5270

Funding (non-government)

Children's Ability Fund.....	780-454-9191
Easter Seals Alberta <i>Adaptive Equipment and Support Services</i> ..	780-429-0137

Government Services

Alberta Health Services (AHS) <i>Spasticity Program for Adults (18+yrs)</i>	780-735-8260
Government of Alberta <i>Alberta Aids to Daily Living (AADL)</i>	780-427-0731
<i>Assured Income for the Severely Handicapped (AISH)</i>	1-877-644-9992
<i>Disability Services - Information and Referral</i> <i>(includes family support for children with disabilities and</i> <i>persons with developmental disabilities)</i>	780-427-4354
<i>Residential Access Modification Program (RAMP)</i>	780-427-5760

Housing

Alberta Health Services (AHS) - <i>Community Care Access</i> <i>(for eligibility assessments)</i>	780-496-1300
Capital Region Housing Corporation.....	780-420-6161
Excel Society.....	780-455-2601 x0

In - Home Support / Respite Care

Alberta AdaptAbilities Association.....	780-431-8446
Alberta Health Services (AHS) <i>Community Care Access</i>	780-496-1300
City of Edmonton - Waste Management Services Branch <i>Assisted Waste Collection</i>	311
Skills Society.....	780-496-9686
YWCA Edmonton.....	780-423-YWCA (9922)

Leisure and Social Programs

Alberta AdaptAbilities Association.....	780-431-8446
City of Edmonton <i>Activities, Parks, and Recreation</i>	311
<i>Leisure Access Program</i>	311
Little Bits Therapeutic Riding Association.....	780-476-1233
Paralympic Sports Association.....	780-439-8687
The Steadward Centre for Personal & Physical Achievement	780-492-3182

Organizations (Call 211 for additional listings)

The Arthritis Society (Edmonton).....	780-424-1740
Autism Edmonton.....	780-453-3971
Brain Care Centre.....	780-477-7575
Bridges Support Services Association <i>(hard of hearing; deaf)</i>	780-428-6610
Canadian Diabetes Association.....	780-423-5722
Cerebral Palsy Association in Alberta.....	780-477-8030
Chronic Pain Association of Canada.....	780-482-6727
CNIB <i>(visually impaired; blind)</i>	780-488-4871
Connect Society - Deafness Education, Advocacy and Family Services.....	780-454-9581
Goodwill Industries of Alberta.....	780-944-1414
Multiple Sclerosis Society of Canada.....	780-463-1190
Spinal Cord Injury Alberta.....	780-424-6312
Tourette Canada.....	1-800-361-3120 x51

Transportation

Edmonton Transit Service (ETS).....	311
<i>AISH Subsidized Transit Pass Program</i>	780-496-8321
<i>Disabled Adult Transit Service (DATS)</i>	780-496-4567
Service Alberta.....	780-427-7013
<i>Parking Placards for Persons with Disabilities</i> <i>(or find "License & Registry Services" in the Yellow Pages)</i>	

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.

Resources for Pregnancy / New Parents

May 2018



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

Abortion Clinic Information / Referral

Woman's Health Options
(*pro-choice; abortion services*) 780-484-1124

Adoption and Fostering

Adoption by Choice 780-448-1159
Adoption Options Alberta Ltd. 780-433-5656
Christian Adoption Services 780-438-3455
Government of Alberta - Ministry of Children's Services
Adoptions / Foster Parent Recruitment..... 780-422-3333

Birth Preparation

Alberta Health Services (AHS)
Health for Two 780-735-3008
(*information and nutritional programs offered at various
community agencies; call for locations*)
Prenatal Class Registration 780-401-BOOK (2665)
Prenatal Education Program..... 780-735-4204
Multicultural Health Brokers Co - op..... 780-423-1973
Terra Centre for Teen Parents 780-428-3772

Breastfeeding Information and Support

Alberta Health Services (AHS)
Healthy Beginnings Hotline (24/7) 780-413-7990
La Leche League (*breastfeeding info and support*). 780-478-0507

Child Car Seat Safety Information

Government of Alberta - *Traffic Safety* 780-427-8901
..... www.saferoads.com

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS) - *Healthy Beginnings Hotline
(24/7; postpartum)* 780-413-7990
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

Health and Developmental Delays

Alberta Health Services (AHS)
Early Intervention Program (0-3.5yrs)..... 780-342-1707
Health Link (24/7) 811
Healthy Beginnings Hotline (24/7) 780-413-7990
Multicultural Health Brokers Co - op..... 780-423-1973

Multiple Births

Edmonton Twin and Triplet Club 780-455-5520

Post - Abortion Support

Compass Centre for Sexual Wellness (*pro-choice*) .780-423-3737
Pregnancy Care Centre
Abortion Recovery Centre (pro-life)..... 780-454-5911

Postpartum Depression

Family Futures Resource Network
Managing Motherhood 780-413-4521
Parent Link Centre See Information and Support below

Pregnancy Loss / Parent Bereavement

Baby's Breath (*FKA: SIDS Canada*) 1-800-363-SIDS (7437)
Grieving Parents Society of Edmonton 780-451-5381
ParentCare Society of Edmonton 780-735-4506
Pilgrims Hospice Society 780-413-9801 x102

Pregnancy Testing / Counselling

Alberta Health Services (AHS)
Birth Control Centre (pro-choice) 780-735-0010
Reproductive Mental Health Program 780-735-6785
Compass Centre for Sexual Wellness (*pro-choice*) .780-423-3737
Pregnancy Care Centre (*pro-life*)..... 780-424-2624

Teen Pregnancy and Parenting

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic 780-735-6892
*Jasper Place Child and Family Resource Society ..780-489-2243
Terra Centre for Teen Parents..... 780-428-3772

Information and Support (*Parent Link Centre)

Ben Calf Robe Society 780-477-6648
Bent Arrow Traditional Healing Society 780-481-3451
**Aboriginal Parent Link Centre*..... 780-474-2400
Bissell Centre
Family Support Services 780-423-2285 x121
Boyle McCauley Health Centre (*inner city*) 780-422-7333
Boyle Street Community Services 780-424-4106
The Candora Society of Edmonton..... 780-474-5011
Catholic Social Services
FASD - First Steps Prevention Program 780-378-2535
Community Options - A Society for Children and Families
..... 780-455-1818
E4C - *Early Head Start (0-3.5yrs; low income)* 780-426-3666
The Elizabeth Fry Society of Edmonton
Resources and Referrals Centre..... 780-784-2205
*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

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

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Resources for Seniors and Older Adults

May 2018



Visit www.211edmonton.com to obtain a new copy if more than 6 months old.

Abuse

- Canadian Mental Health Association (CMHA)
Seniors' Abuse Helpline (24/7) 780-454-8888
- Catholic Social Services
Elder Abuse Resource and Supports (EARS) 780-477-2929
- City of Edmonton Citizen Services 780-496-4777
Relationships with Your Adult Children (60+ yrs)
- Government of Alberta
Family Violence Info Line 310-1818
Protection for Persons in Care (reporting). 1-888-357-9339
- Multicultural Women and Seniors Services 780-465-2992
- OakNet: *Older Adult Knowledge Network* www.oaknet.ca
- Sage Seniors Association
Seniors' Safe House (60+ yrs) 780-702-1520

Government Services

- Government of Alberta
Alberta Aids to Daily Living (AADL) 780-427-0731
(funding for medical equipment and supplies)
- Office of the Public Guardian and Trustee*. 1-877-427-4525
- Residential Access Modification (RAMP)* 780-427-5760
- Saying Farewell Handbook* 780-644-9992
- Seniors Financial Assistance Programs* 780-644-9992
- Service Canada
Canada Pension Plan (CPP) / Old Age Security (OAS) / Guaranteed Income Supplement (GIS) 1-800-277-9914

Health / Home Care / Safety

- Alberta Health Services (AHS)
Community Care Access (24/7) 780-496-1300
- Adult Community Urgent Services*
(FKA: Adult Crisis Response Team, FKA: Community Urgent Services and Stabilization Team / CUSST) (24/7) 780-342-7777
- Health Link (24/7)* 811
- Home Care - Adult Services* 780-496-1300
- Edmonton Meals on Wheels 780-429-2020
- ElderCare Edmonton - *Day Support Program* 780-434-4747 x0
- The Good Samaritan Society
Good Samaritan TeleCare ("help button") 780-431-3630
- Yellow Pages Telephone Book www.yellowpages.ca
For private home care services look up "Home Health Services" or "Nurses' Registries".

Housing

- Alberta Seniors Communities and Housing Association
Online Seniors Housing Directory www.ascha.com
- Operation Friendship Seniors Society (*inner city*) 780-408-2955
- Sage Seniors Association
Housing Information Services (60+ yrs) 587-773-1764

Information

- Edmonton Seniors Coordinating Council (ESCC) 780-423-5635
- Online Resources* www.seniorscouncil.net
- Sage Seniors Association
Directory of Senior Services 780-423-5510
- Seniors Information Phone Line 211

Seniors Centres / Groups

Contact individual agencies for services offered in your area for:

- in-home assistance, home repairs, and yard work services
- health, fitness, recreational, social programs, and clubs
- outreach services, one-on-one support

- Central Lions Seniors Association (*north; 55+ yrs*) 780-496-7369
- Edmonton Aboriginal Seniors Centre
(central; 55+ yrs) 587-525-8969
- Edmonton Seniors Centre (*central; 55+ yrs*) 780-342-8625
- Mill Woods Seniors Association (*55+ yrs*) 780-496-2997
- Multicultural Women and Seniors Services (*55+ yrs*) 780-465-2992
- North Edmonton Seniors Association (*55+ yrs*) 780-496-6969
- North West Edmonton Seniors Society (*55+ yrs*) 780-451-1925
- Operation Friendship Seniors Society
(inner city only; 55+ yrs) 780-429-2626
- Sage Seniors Association (*central*) 780-423-5510
- Senior Citizen Opportunity Neighbourhood Association (SCONA)
(south only; 55+ yrs) 780-433-5377
- Society of Seniors Caring About Seniors (*65+ yrs*)
(south only) 780-465-0311
- South East Edmonton Seniors Association (*55+ yrs*) 780-468-1985
- SouthWest Edmonton Seniors' Association (*55+ yrs*) 587-987-3200
- Strathcona Place 55+ Centre (*south*) 780-433-5807
- Westend Seniors Activity Centre (*55+ yrs*) 780-483-1209

Transportation

- Edmonton Transit Service (ETS) 311
- Disabled Adult Transit Service (DATS)* 780-496-4567
- Seniors' Transit Passes* 780-496-1665
- Lifestyle Helping Hands Seniors Association 780-424-5438
- Operation Friendship Seniors Society
Helping Hands (inner city only; 55+ yrs) 780-429-2626
- Service Alberta - *Consumer Protection* 780-427-4088
- Parking Placards for Persons with Disabilities*. 780-427-7013
(or find "License and Registry Services" in Yellow Pages)
- Society of Seniors Caring About Seniors
(south only) 780-465-0311
- University of Alberta
Medically At - Risk Driver Centre 780-492-6273
- Online Resources* www.ualberta.ca/medically-at-risk-driver-centre

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Resources for Women

May 2018



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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>	780-644-9992
<i>North (Northgate Centre)</i>	780-422-9440
<i>South (Argyll Centre)</i>	780-644-9992
<i>West (Meadowlark)</i>	780-415-8116
<i>Emergency Income Support (24/7)</i>	780-644-5135
Hope Mission - <i>Women's Emergency Shelter</i>	780-422-2018
Money Mentors.....	1-888-294-0076

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
Momentum Walk - <i>In Counselling</i>	780-757-0900
Psychologists' Association of Alberta	
<i>Psychologist Referral Service</i>	780-424-0294
University of Alberta - Faculty of Education	
<i>Clinical Services (September-April)</i>	780-492-3746
YWCA Edmonton	780-970-6501

Employment

Edmonton's Food Bank - <i>Beyond Food</i>	780-425-2133
The Elizabeth Fry Society of Edmonton	
<i>Work for Women Employment Program</i>	780-784-2207
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
Women Building Futures Society (<i>trades training</i>)..	780-452-1200

Legal Resources

Edmonton Community Legal Centre	780-702-1725
Government of Alberta	
<i>Dispute Resolution</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 Centres</i>	1-866-845-3425
Student Legal Services of Edmonton	780-492-2226

Relationship / Support

Caregivers Alberta.....	780-453-5088
Co - Dependents Anonymous - <i>Support Meetings</i> ..	780-436-6853

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 Hour Sexual Assault Crisis Line</i>	780-423-4121

Health and Sexuality

Alberta Health Services (AHS)	
<i>Birth Control Centre (pregnancy testing)</i>	780-735-0010
<i>Health Link (24/7)</i>	811
<i>Sexually Transmitted Infections (STI) Clinic</i> ..	780-342-2300
Boyle McCauley Health Centre (<i>low income; inner city</i>)	
<i>Women's Health Promotion Program</i>	780-422-7333
Compass Centre for Sexual Wellness (<i>pro-choice</i>)...	780-423-3737
The Elizabeth Fry Society of Edmonton - <i>STI Testing</i>	
(<i>women only, inclusive of trans women</i>)	780-784-2205
Institute for Sexual Minority Studies and Services...	780-492-0772
Multicultural Health Brokers Co - op	780-423-1973
Pride Centre of Edmonton	780-488-3234
Woman's Health Options (<i>pro-choice; abortion services</i>)..	780-484-1124

Family Violence and Abuse (also see Family Violence list)

Aboriginal Counseling Services Association of Alberta	
<i>Circle of Safety</i>	780-448-0378
City of Edmonton Citizen Services	
<i>Individual and Family Well - Being</i>	780-496-4777
(<i>14+yrs; individual counselling and various groups for women</i>	
<i>who have experienced abuse; no cost</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>)	
Edmonton John Howard Society	
<i>Family Violence Prevention Centre</i>	780-423-1635
Edmonton Women's Shelter Limited	
(<i>women with or without children; 24/7</i>)	780-479-0058
Government of Alberta - <i>Family Violence Info Line</i>	310-1818
Islamic Family and Social Services Association	
<i>Fostering Healthy Families - Sister's Serenity Group</i>	
(<i>translation/transportation/childcare available</i>)	780-462-0772
Legal Aid Alberta	
<i>Emergency Protection Order Program</i>	1-866-845-3425
Lurana Shelter Society	
(<i>women with or without children; 24/7</i>)	780-424-5875
Multicultural Women and Seniors Services	780-465-2992
The TODAY Family Violence Help Centre.....	780-455-6880

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Resources for Youth and Young Adults

May 2018



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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.

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Resources for Youth and Young Adults at Risk

May 2018



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Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS) - *Adult Community Urgent Services*
(FKA: *Adult Crisis Response Team / Community Urgent Services and Stabilization Team / CUSST*) (24/7)
..... 780-342-7777

Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Live Crisis Chat www.edmonton.cmha.ca

Catholic Social Services
Safe House (24/7; 14-19yrs)..... 780-474-9938

Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437

Kids Help Phone (24/7; 5-20yrs) 1-800-668-6868

Sexual Assault Centre of Edmonton
24 Hour Sexual Assault Crisis Line.....780-423-4121

Accommodation / Basic Needs (also see Basic Needs list)

Boyle Street Community Services
Housing First (chronically homeless) 780-424-4106

E4C - *Inner City Youth Housing Project* (14-17yrs) .. 780-479-7075

Government of Alberta
Emergency Income Support (24/7)..... 780-644-5135

Hope Mission Edmonton - *Youth Shelter* (16-24yrs). 780-422-2018

Herb Jamieson Centre (men; 18-60yrs)..... 780-429-3470

Youth Empowerment & Support Services (YESS)
Nexus (15-21yrs)..... 780-468-7070

Community Supports

Boyle Street Community Services 780-424-4106

Boys and Girls Clubs Big Brothers Big Sisters 780-424-8181

Crystal Kids Youth Centre - *Drop - In Centre* 780-479-5753

Edmonton Police Service
Drug and Gang Enforcement Unit .. 780-414-GANG (4264)
Victim Services Units Call 211 for local unit

iHuman Youth Society 780-421-8811

Institute for Sexual Minority Studies and Services .. 780-492-0772

Old Strathcona Youth Society (14-24yrs) 780-496-5947

Uncles & Aunts at Large Society..... 780-452-5791

Youth Empowerment & Support Services (YESS) .. 780-468-7070

YMCA - *Youth Transition Program* (13-19yrs)..... 780-429-9622

Harm Reduction / Health Promotion

Alberta Health Services (AHS)
Sexually Transmitted Infections (STI) Clinic 811
Streetworks Needle Exchange Call 211 for locations

Boyle McCauley Health Centre (*inner city*) 780-422-7333

The Elizabeth Fry Society of Edmonton (EFry)
Sexually Transmitted Infections Testing 780-784-2205
(*women only, inclusive of trans women*)

HIV Edmonton 780-488-5742

Life Skills / Education / Employment

Boyle Street Education Centre (Charter School) 780-428-1420

Distinctive Employment Counselling Services of Alberta (DECSA)

*Transitions (transitioning from sex trade; 18+yrs)*780-474-2500

E4C - *Kids in the Hall Bistro Program* (16-24yrs)..... 780-619-5502

Edmonton John Howard Society
*REE*START* (15-22yrs)..... 780-428-7590

Edmonton's Food Bank - *Beyond Food*.....780-425-2133

The Elizabeth Fry Society of Edmonton (EFry)

Girls Empowered and Strong (12-17yrs) 780-784-2200

YMCA - *Bridging the Gap (employment; 15-30yrs)*..... 780-429-9622

YESS - *Resource Centre* (FKA: *BEST*) (15-24yrs) ... 780-468-7070

Pregnancy / Sexual Health

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic (under 20yrs) 780-735-6892

Birth Control Centre (STI and HIV testing)..... 780-735-0010

Health for Two (prenatal; low income)..... 780-735-3008

Compass Centre for Sexual Wellness (*pro-choice*)...780-423-3737

Pride Centre of Edmonton 780-488-3234

Terra Centre for Teen Parents..... 780-428-3772

Woman's Health Options (*pro-choice; abortion services*). 780-484-1124

Prostitution

Boyle McCauley Health Centre
Kindred House (women/transgender; 18+yrs) ... 780-424-4091

Catholic Social Services - *Safe House* (14-19yrs.)..... 780-474-9938

CEASE: Centre to End All Sexual Exploitation 780-471-6137

E4C - *Crossroads House (safe house; outreach)* 780-474-7547

Government of Alberta - *Ministry of Children's Services*
Protection of Sexually Exploited Children

(*PSECA; 24/7*)..... 1-800-387-5437

Metis Child and Family Services Society Edmonton. 780-452-6100

PSECA Follow - Up Worker (Indigenous; under 18yrs)

Legal / Advocacy

EFry - *Courtworks - Adult, Youth, and Family*..... 780-422-4775

Legal Aid Alberta 1-866-845-3425

Youth Criminal Defence Office (24/7; 12-18yrs) 780-422-8383

Legislative Assembly of Alberta

Child and Youth Advocate (CFSA status) 780-422-6056

Native Counselling Services of Alberta

Youth Courtwork (Indigenous; under 18yrs) 780-423-2141

Substance Abuse / Addictions

Alberta Health Services (AHS) - *Addiction and Mental Health*
Outpatient Counselling Services, Adolescent 780-422-7383

Outpatient Counselling Services, Adult 780-427-2736

Protection of Children Abusing Drugs 1-866-332-2322

(*PChAD; 24/7; under 18yrs*)

Stabilization Services, Adolescent (detox) 780-644-3627

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

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