

Resources for Basic Needs

November 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
Thrifty 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
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.

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.