

Resources for Men

November 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 Helpline 1-866-332-2322
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
Sexual Assault Centre of Edmonton (24/7)780-423-4121

Basic Needs / Financial (also see Basic Needs list)

Edmonton's Food Bank780-425-4190
Government of Alberta
Alberta Supports Centre (info line).....780-644-9992
Alberta Works - Income Support / Employment Information
City Centre (105th Street Office)780-415-4900
North (Northgate Centre)780-422-9440
South (Argyll Centre).....780-644-2888
West (Meadowlark)780-415-8116
Emergency Income Support (24/7).....780-644-5135
Hope Mission - Herb Jamieson Centre (18-60yrs).....780-429-3470
Money Mentors..... 1-888-294-0076
The Salvation Army - Edmonton
Men's Short - Term Residence780-429-4274
Urban Manor Housing Society - Shelter780-425-5901
(hard-to-house men; 18+yrs; addictions/mental illness)

Counselling (low / no cost)

Catholic Social Services
Mercy Counselling780-391-3233
City of Edmonton Citizen Services
Individual and Family Well - Being.....780-496-4777
Cornerstone Counselling Centre (faith-based)780-482-6215
The Family Centre - Edmonton (drop-in)780-424-6103
Jewish Family Services Edmonton780-454-1194
Momentum Walk - In Counselling.....780-757-0900
Psychologists' Association of Alberta
Psychologist Referral Service.....780-424-0294
University of Alberta - Faculty of Education
Clinical Services (September-April).....780-492-3746
YWCA Edmonton780-423-9922

Employment

Distinctive Employment Counselling Services of Alberta (DECSA)
.....780-474-2500
Edmonton's Food Bank - Beyond Food..... 780-425-2133
Government of Alberta
Career Information Hotline.....780-422-4266
Job Order Bank Service (24/7)780-427-5627
Service Canada - Employment Insurance (EI) 1-800-206-7218

Family Violence and Abuse (also see Family Violence list)

Aboriginal Counseling Services Association of Alberta
Circle of Safety..... 780-448-0378
(for men who are abusive toward their partners)
City of Edmonton Citizen Services
From Chaos to Peace 780-496-4777
(group for men who have experienced abuse from their partner)
Edmonton Violence Prevention Centre
Changing Pathways 780-439-4635
(group for adults who are/have been abusive to their partners)
The Family Centre - Edmonton - Strive780-424-6103
(men experiencing aggression and conflict in relationships)
Government of Alberta
Family Violence Info Line (24/7)..... 310-1818
The TODAY Family Violence Help Centre 780-455-6880

Health and Sexuality

Alberta Health Services (AHS)
Health Link (24/7)..... 811
Sexually Transmitted Infections Clinic..... 780-342-2300
Compass Centre for Sexual Wellness (pro-choice) ... 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
Government of Alberta
Maintenance Enforcement Program..... 780-422-5555
Resolution Services - Dispute Resolution 780-427-8329
Resolution Services - Information Services... 780-415-0404
Law Society of Alberta
Lawyer Directory Service www.lawsociety.ab.ca
Legal Aid Alberta - Legal Services Centre 1-866-845-3425
Student Legal Services of Edmonton..... 780-492-2226

Relationship / Support

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