

Resources for Parents and Caregivers

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 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
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.