

# Resources for Women

November 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 (105<sup>th</sup> 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>Maintenance Enforcement Program</i> .....	780-422-5555
<i>Resolution Services – Information Services</i> ..	780-415-0404
Law Society of Alberta - <i>Lawyer Directory Service</i>	
.....	<a href="http://www.lawsociety.ab.ca">www.lawsociety.ab.ca</a>
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 Health Families – Family Violence Support</i> .....	
.....	780-430-9220
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

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.*