Resources for Parents and Caregivers

May 2019

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)
- *Access 24/7, Adult Intake* ..... 780-342-7777 (Crisis)
- *(FKA: Addiction and Mental Health Mobile Services / 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 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

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)

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 x133
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
- *Healthy Families* 780-481-3451

The Family Centre - Edmonton
- *Parenting in Blended Families* 780-497-7536

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

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

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of

Canadian Mental Health Association Edmonton
Mental health for all