

Resources for Women

May 2019



Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

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 (105th Street Office)</i>	780-415-4900
<i>North (Northgate Centre)</i>	780-422-9440
<i>South (Argyll Centre)</i>	780-644-2888
<i>West (Meadowlark)</i>	780-415-8116
<i>Emergency Income Support (24/7)</i>	780-644-5135
Hope Mission - Women's Emergency Shelter	780-422-2018
Money Mentors	1-888-294-0076

Counselling (*no cost)

Catholic Social Services - Mercy Counselling	780-391-3233
City of Edmonton Citizen Services	
<i>*Individual and Family Well-Being</i>	780-496-4777
Cornerstone Counselling Centre (faith-based)	780-482-6215
The Family Centre - Edmonton	780-424-6103
Jewish Family Services Edmonton	780-454-1194
Momentum Walk-In Counselling	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	780-423-(9922)

Employment

Edmonton's Food Bank - Beyond Food	780-425-2133
The Elizabeth Fry Society of Edmonton	
<i>Work for Women Employment Program</i>	780-784-2207
Alberta Supports Centre	1-877-644-9992
Women Building Futures Society (trades training)	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 - Lawyer Referral Service	
.....	www.lawsociety.ab.ca
Legal Aid Alberta - Legal Services Centres	1-866-845-3425
Student Legal Services of Edmonton	780-492-2226

Relationship / Support

Caregivers Alberta	780-453-5088
Co-Dependents Anonymous - Support Meetings	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 (low income; inner city)	
<i>Women's Health Promotion Program</i>	780-422-7333
Compass Centre for Sexual Wellness (pro-choice)	780-423-3737
The Elizabeth Fry Society of Edmonton - STI Testing	
<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 (pro-choice; abortion services)	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 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 - Family Violence Info Line	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
The Shaama Centre for Seniors and Women	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.