



# Resource Lists

May 2019

Compiled by 211 Alberta – Edmonton and Area, a program of  
Canadian Mental Health Association – Edmonton Region.

For Community Services Information dial 2-1-1 (within Edmonton).  
If 211 is not yet available in your area, call 780-482-INFO (4636).

*Inclusion of an agency or service on these resource lists  
does not constitute an endorsement by 211 Alberta – Edmonton and Area.*

# Resources for Anger Management

May 2019



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Counselling

- Catholic Social Services  
*Mercy Counselling* ..... 780-391-3233
- Cornerstone Counselling Centre (*faith-based*) ..... 780-482-6215
- The Family Centre - Edmonton ..... 780-423-2831  
*Drop-In* ..... 780-424-6103
- Psychologists' Association of Alberta  
*Psychologist Referral Service* ..... 780-424-0294
- University of Alberta - Faculty of Education  
*Clinical Services (September-April)* ..... 780-492-3746
- YWCA Edmonton ..... 780-423-9922

## Disabilities

- Chrysalis: An Alberta Society for Citizens with Disabilities  
*Personal Development Course* ..... 780-454-9656  
(6 weeks; problem solving skills including anger management, stress management, and assertiveness; no cost)

## Groups / Workshops: Men

- The Family Centre - Edmonton  
*Men and Anger* ..... 780-497-7536  
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

## Groups / Workshops: Women

- Aboriginal Counselling Services Association of Alberta  
*Healing Anger for Women* ..... 780-448-0378  
(12 weeks; Aboriginal; 18+ yrs; healing through discussion, expressive arts and traditional practices; no cost)
- The Family Centre - Edmonton  
*Women and Anger* ..... 780-497-7536  
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)
- YWCA Edmonton  
*Towards Balance* ..... 780-423-9922 x222  
(weekend; sliding scale; exploring the roots of anger, learning and practicing constructive conflict resolution techniques)

## Crisis (Call 911 if in immediate danger)

- Canadian Mental Health Association (CMHA)  
*Distress Line (24/7)* ..... 780-482-HELP (4357)
- Government of Alberta  
*Family Violence Info Line (24/7)* ..... 310-1818
- Kids Help Phone (24/7; 5-20yrs) ..... 1-800-668-6868

## Groups / Workshops: Youth

- Covenant Health  
*Adolescent Group Program* ..... 780-735-2981  
(September-June; 14-17yrs; referral required from a physician; a pre-entry screening interview is conducted to determine suitability; content is driven by group members' needs; no cost)
- YMCA of Northern Alberta  
*Youth Transition Program* ..... 780-426-9265  
(weekly meetings; 13-19yrs; voluntary program; teaches skills and techniques to gain control over anger)

## Mixed Groups / Workshops

- Cornerstone Counselling Centre  
*Anger Management Workshop* ..... 780-482-6215  
(Saturdays; how to change destructive expressions of anger into positive behaviours; \$250)
- Emotions Anonymous  
*Self-Help Group* ..... 780-690-3338  
(Weekly support groups for individuals dealing with emotional issues)
- The Family Centre - Edmonton  
*Self-Esteem and Assertiveness* ..... 780-497-7536  
(18+ yrs, 10 hours; healthy boundaries, building self-esteem, resolving conflict; costs vary; subsidies may be available)
- Family Futures Resource Network  
*Count to Ten* ..... 780-413-4521  
(8 weeks; 18+ yrs; adult education and support group to learn effective ways to deal with anger; \$25)
- Our House (Edmonton) Limited  
*Understanding One's Anger* ..... 780-474-8945 x221  
(4 weeks; 18+ yrs; people with addiction issues who have been sober for 1 month+; develop skills to identify the impact of anger and conflict in recovery)

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# Resources for Basic Needs

May 2019



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Clothing / Household Goods

Bissell Centre  
*Community Closet* ..... 780-423-2285 x355  
*Thrift Shoppe* ..... 780-471-6644  
Edmonton Emergency Relief Services - *Thrift Store* 780-428-4422  
Goodwill Industries of Alberta  
*Thrift Retail Stores (multiple locations)* ..... 780-944-0243  
Homeward Trust Edmonton - *Find Furnishing Hope* 780-988-1717  
The Mustard Seed - Edmonton (*inner city*) ..... 780-426-5600  
The Salvation Army - Edmonton - *Thrift Stores* ..... 780-475-8778  
Society of Saint Vincent de Paul Edmonton (24/7) ..... 780-471-5577

## Emergency Clothing / Household Goods

Bissell Centre - *Family Support Services* ..... 780-423-2285 x133  
Edmonton Emergency Relief Services ..... 780-428-4422  
Marian Centre ..... 780-424-3544  
Youth Empowerment & Support Services (YESS)  
*Resource Centre (15-24yrs)* ..... 780-468-7070

## Emergency Shelters

George Spady Society  
*Overnight Shelter (intoxicated individuals)* ... 780-424-8335  
Hope Mission Edmonton  
*Herb Jamieson Centre (men; 18-60yrs)* ..... 780-429-3470  
*Warming Shelter* ..... 780-422-2018  
*Women's Emergency Shelter (16+yrs)* ..... 780-422-2018  
*Youth Shelter (16-24yrs)* ..... 780-422-2018  
The Salvation Army - Edmonton  
*Men's Short Term Residence* ..... 780-429-4274  
Youth Empowerment & Support Services (YESS)  
*Nexus (15 to 21yrs; trans inclusive)* ..... 780-468-7070

## Financial Assistance / Employment

Credit Counselling Society ..... 1-888-527-8999  
Edmonton's Food Bank - *Beyond Food* ..... 780-425-2133  
The Elizabeth Fry Society of Edmonton  
*Me and Money - Women's Financial Literacy* 780-784-2203  
Government of Alberta  
*Alberta Supports Centre (info line)* ..... 1-877-644-9992  
(for information on Assured Income for the Severely Handicapped (AISH), Emergency Income Support, Income Support, and Employment Information)

Money Mentors ..... 1-800-622-6232  
Service Canada - *Employment Insurance (EI)* ..... 1-800-206-7218

## Food Hampers

Edmonton's Food Bank ..... 780-425-4190  
Wecan Food Basket Society  
(*Food Co-operative Orders*) ..... 780-413-4525

## Health / Mental Health

Alberta Health Services (AHS)  
*Health Link (24/7)* ..... 811  
*Mental Health Help Line (24/7)* ..... 1-877-303-2642  
Momentum Walk-In Counselling (*sliding scale*) ..... 780-757-0900

## Hot Meals (Call agency for times or 211 for more options)

Bissell Centre (*Women's Lunch*) ..... 780-423-2285  
Dickinsfield Amity House ..... 780-478-5022  
Hope Mission Edmonton ..... 780-422-2018  
Marian Centre (*emergency meals; 18+yrs*) ..... 780-424-3544  
The Mustard Seed - Edmonton ..... 780-426-5600  
Operation Friendship Seniors Society (*55+yrs*) ..... 780-408-2954  
Youth Empowerment & Support Services (YESS)  
*Resource Centre (15-24yrs)* ..... 780-468-7070

## Housing Registries / Guides

Boyle Street Community Services  
*Housing First* ..... 780-424-4106  
GEF Seniors Housing  
*Directory* ..... 780-482-6561  
Operation Friendship Seniors Society ..... 780-429-2626  
(*inner city; 55+yrs*)  
Sage Seniors Association  
*Directory of Senior Services* ..... 780-423-5510  
*Housing Information Services (55+yrs)* ..... 587-773-1764

## Housing: Subsidized / Transitional

Capital Region Housing Corporation ..... 780-420-6161  
*24 Hour Information Line* ..... 780-428-8200  
E4C  
*Housing Programs (inner city)* ..... 780-424-7543  
*Inner City Youth Housing Project (14-17yrs)* 780-479-7075  
homeEd (City of Edmonton Non-Profit Housing Corporation)  
..... 780-474-5706  
Native Counselling Services of Alberta  
*Transitional Housing (18-30yrs)* ..... 780-990-1120  
Right at Home Housing Society ..... 780-423-1339

## Transportation

Edmonton Transit Service (ETS)  
*Information* ..... 311  
*Ride Transit Program (subsidized monthly passes)* ..... 311  
Operation Friendship Seniors Society  
*Helping Hands (inner city; 55+yrs)* ..... 780-429-2626

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Children

May 2019



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Counselling

Kids Help Phone (24/7; 5-20yrs) ..... 1-800-668-6868

## **Grief Counselling Programs**

Kids On Track Association of Edmonton

*HomeBuilders (5-15yrs)*..... 780-481-2942 x4

Pilgrims Hospice Society..... 780-413-9801 x102

Starfish Family Resources Society..... 780-448-1180

## **Play Therapy**

Catholic Social Services..... 780-391-3233

University of Alberta - Faculty of Education

*Clinical Services (5+yrs; September-April)*.... 780-492-3746

## Disabilities

Ability4Good

*Early Birds - Specialized Services (2-17yrs)*. 780-442-2740

Alberta Health Services (AHS)

*Early Intervention Program (0-3.5yrs)*..... 780-342-1707

Centre for Autism Services Alberta ..... 780-488-6600

Connect Society - Deafness Education, Advocacy and Family Services

*Early Intervention (deaf; 0-3.5yrs)* ..... 780-454-9581 x226

Edmonton Down Syndrome Society

*Speech-Language Therapy*..... 780-944-4224

Elves Special Needs Society

*(severe developmental disabilities; 2.5-5yrs)* 780-454-5310

Family Futures Resource Network

*Parent Education*..... 780-413-4521

*(provides developmental screening for children; 0-5yrs)*

GRIT Program (The Getting Ready for Inclusion Today Program)

*Early Childhood Program (2.5-5.5yrs)* ..... 780-454-9910

KARA Family Resource Centre

*Parent Education*..... 780-478-5396

*(provides developmental screening for children)*

The Steadward Centre for Personal & Physical Achievement

*Free2BMe Physical Activity (4-19yrs)*..... 780-492-8269

## Early Childhood Education

Alberta Health Services (AHS)

*Preschool Speech and Language (0-5yrs)* ... 780-408-8793

Edmonton Catholic Schools (3-5yrs)..... 780-638-6810

Family Futures Resource Network

*(FKA: Mill Woods Family Resource Centre)* ..... 780-413-4521

Lansdowne Child Care and Family Centre..... 780-437-5654

Primrose Place Family Resource Centre..... 780-469-0663

## Mentoring Programs

Boys and Girls Clubs Big Brothers Big Sisters ..... 780-424-8181

Uncles & Aunts at Large Society..... 780-452-5791

## Head Start Programs

ABC Head Start Society (3.5-4yrs; low income) 780-461-5353 x310

Amiskwaciy Cultural Society

*Aboriginal Head Start (3.5-5yrs; Indigenous)*.780-640-9799

Bent Arrow Traditional Healing Society

*White Cloud Aboriginal Head Start Program (3-5yrs;*

*Indigenous)*..... 780-486-2543

E4C (programs for low income families)

*Early Learning Services (0-5yrs)*..... 780-426-3666

Norwood Child and Family Resource Centre

*(3.5-5yrs)*..... 780-471-3737

Oliver Centre Early Learning Programs for Children and Families

Society (13mos-5yrs; full and half day programs, low income).....

..... 780-482-2116

## Leisure / Recreation

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton

..... 780-424-8181

City of Edmonton Citizen Services

*Leisure Access Program*..... 311

*Recreation Facilities and Information*..... 311

Edmonton Public Library

*Children's Programs (general info line)*..... 780-496-7000

Edmonton Sport Council Society

*Sport and Recreation Referrals*...[www.edmontonsport.com](http://www.edmontonsport.com)

Kids On Track Association of Edmonton ..... 780-481-2942

KidSport Alberta (funding; under 18yrs).... 1-888-914-KIDS (5437)

YMCA of Northern Alberta - Jumpstart (5-18yrs)..... 780-429-9622

Suggestions for parent-child or child activities ..... 211

## Mental Health

Alberta Health Services (AHS) - *Addiction and Mental Health*

*Intake Services, Child and Adolescent*..... 780-342-2701

CASA Child, Adolescent and Family Mental Health

*(0-5yrs; for 6-18yrs access through Child and Adolescent*

*Mental Health Intake, see above)* ..... 780-400-2271

## Violence

Aboriginal Counselling Services Association of Alberta

*Circle of Safety - Teaching Circles for Children Who*

*Witness Abuse (6-17yrs)*..... 780-448-0378

Government of Alberta

*Bullying Helpline (24/7)*..... 1-888-456-2323

*Child Abuse Hotline (24/7)*..... 1-800-387-5437

*Family Violence Info Line (24/7)*..... 310-1818

Kids Help Phone (24/7; 5-20yrs)..... 1-800-668-6868

Sexual Assault Centre of Edmonton

*24 Hour Sexual Assault Crisis Line*..... 780-423-4121

*Child and Adolescent Counselling (3-17yrs)*.780-423-4102

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Family Violence and Abuse

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## Crisis (Call 911 if in immediate danger)

- Canadian Mental Health Association (CMHA)  
\*Distress Line (24/7)..... 780-482-HELP (4357)  
\*Seniors' Abuse Helpline (24/7)..... 780-454-8888
- Government of Alberta  
Child Abuse Hotline (24/7)..... 1-800-387-5437
- Kids Kottage - Crisis Line / Crisis Nursery (24/7)..... 780-944-2888
- \*Sexual Assault Centre of Edmonton (24/7)..... 780-423-4121

## Counselling

- Catholic Social Services  
Mercy Counselling..... 780-391-3233
- \*City of Edmonton Citizen Services  
Individual and Family Well-Being..... 780-496-4777
- Cornerstone Counselling Centre (faith-based)..... 780-482-6215
- \*Sexual Assault Centre of Edmonton..... 780-423-4102  
24 Hour Sexual Assault Crisis Line..... 780-423-4121
- \*Stop Abuse in Families (SAIF) Society (St. Albert)... 780-460-2195

## Court Preparation / Legal / Protection

- \*Edmonton John Howard Society  
Domestic Violence Complainant Program..... 780-422-0721  
Family Violence Prevention Centre (FVPC) .. 780-423-1635
- Elizabeth Fry Society of Edmonton - Courtworks..... 780-422-4775
- The Family Centre - Safe Visitation Services..... 780-917-8248
- Legal Aid Alberta - Legal Services Centres..... 1-866-845-3425  
Emergency Protection Order Program..... 780-422-9222
- OakNet: Older Adult Knowledge Network..... [www.oaknet.ca](http://www.oaknet.ca)
- WillowNet: Abuse and the Law in Alberta..... [www.willownet.ca](http://www.willownet.ca)

## Group Programs for Men

- \*Aboriginal Counselling Services Association of Alberta  
Circle of Safety..... 780-448-0378  
(for Indigenous men who are abusive toward their partners)
- \*City of Edmonton Citizen Services  
From Chaos to Peace (no cost)..... 780-496-4777  
(group for men who have experienced abuse from their partner)
- \*Edmonton Violence Prevention Centre  
Changing PathWays (men's group)..... 780-439-4635  
(group for men who are/have been abusive to their partners)
- The Family Centre - Edmonton - Strive..... 780-424-6103  
(for men with conflict in relationships because of aggression)

\* Denotes agencies that have adopted Family Violence Protocols through Community Initiatives Against Family Violence (CIAFV).

## Group Programs for Women / Children / Seniors

- \*Aboriginal Counselling Services Association of Alberta  
Circle of Safety (Indigenous women)..... 780-448-0378
- Catholic Social Services  
Seniors Groups - Relationships with Your Adult Children:  
Time to Make Changes (60+yrs)..... 780-477-2929
- \*City of Edmonton Citizen Services..... 780-496-4777  
Making Connections First Steps (free childcare)  
Making Connections Moving Forward (free childcare)
- \*Edmonton Violence Prevention Centre  
Changing PathWays..... 780-439-4635  
(group for women who are/have been abusive to their partners)

## Information

- Government of Alberta  
Prevention of Family Violence and Bullying  
Bullying Helpline (24/7)..... 1-888-456-2323  
Family Violence Info Line (24/7)..... 310-1818  
Online Resources..... [www.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca)

## Outreach / Referral / Support

- \*Changing Together - A Centre for Immigrant Women  
Family Violence Prevention Workshops..... 780-421-0175
- \*Edmonton Violence Prevention Centre  
Changing PathWays Partner Outreach..... 780-439-4635  
(info for partners of individuals in the Changing Ways program)
- \*Edmonton John Howard Society  
Family Violence Prevention Centre (FVPC) .. 780-423-1635
- Elder Abuse Resource and Supports (EARS)..... 780-477-2929
- The Elizabeth Fry Society of Edmonton..... 780-421-1175
- The Shaama Centre for Seniors and Women  
(FKA: Multicultural Women and Seniors Services Association)  
..... 780-465-2992
- \*The TODAY Family Violence Help Centre..... 780-455-6880

## Shelter / Housing

- Alberta Council of Women's Shelters..... 1-866-331-3933  
Alberta Shelters Lookup..... [www.acws.ca/shelters](http://www.acws.ca/shelters)
- Alberta Society for the Prevention of Cruelty to Animals  
Pet Safekeeping Program..... [www.albertaspca.org](http://www.albertaspca.org)
- Edmonton Women's Shelter Limited  
(women with or without children; 24/7)..... 780-479-0058
- Lurana Shelter Society  
(women with or without children; 24/7)..... 780-424-5875
- \*Sage Seniors Association  
Seniors' Safe House (men/women; 60+yrs)..... 780-702-1520

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# Resources for Indigenous Peoples

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## Counselling

- The Edmonton Native Healing Centre  
*Drop-In Centre (pastoral counselling)*..... 780-482-5522
- The Red Road Healing Society  
*Counselling and Family Therapy*..... 780-471-3220

## Education

- Bent Arrow Traditional Healing Society  
*White Cloud Aboriginal Head Start (3-5yrs)*.. 780-486-2543
- Boyle Street Education Centre (Charter School)..... 780-428-1420
- Nechi Institute: Centre of Indigenous Learning ..... 780-459-1884

## Employment (including entrepreneurship)

- Bent Arrow Traditional Healing Society ..... 780-481-3451  
*Adult Employment Program (18+yrs)*
- Bissell Centre  
*Employment Services (inner city)*..... 780-424-4385
- Business Link  
*Indigenous Business Development Services* 780-422-7722
- Edmonton's Food Bank - *Beyond Food*..... 780-425-2133
- Government of Alberta  
*Apprenticeship and Industry Training* ..... 1-800-248-4823
- Institute for the Advancement of Aboriginal Women (IAAW)  
..... 780-479-8195
- Rupertsland Institute - Métis Centre of Excellence.. 780-423-2237

## Family Violence and Abuse

- Aboriginal Counseling Services Association of Alberta  
*Circle of Safety (men/women/children)*..... 780-448-0378
- Government of Alberta  
*Family Violence Info Line (24/7)*..... 310-1818
- The TODAY Family Violence Help Centre ..... 780-455-6880

## Substance Abuse / Addiction

- Alberta Health Services - *Addiction Helpline (24/7)*1-866-332-2322
- Poundmaker's Lodge Treatment Centres..... 780-458-1884

## Housing / Homelessness Prevention

- Bent Arrow Traditional Healing Society  
*Nihik Housing First*..... 780-481-3451
- Boyle Street Community Services  
*Housing First*..... 780-424-4106
- Métis Urban Housing Corporation  
*Affordable Market Housing Program* ..... 780-452-6440
- Native Counselling Services of Alberta  
*Transitional Housing (18-30yrs)*..... 780-990-1120

## Information and Referral

- Ben Calf Robe Society  
*Family Resource Work Program*..... 780-477-6648
- The Elizabeth Fry Society of Edmonton  
*Indigenous Women's Program*..... 780-784-2206

## Legal / Status

- Government of Canada - Indigenous and Northern Affairs Canada  
*First Nations Register and Status* ..... 1-800-567-9604
- Metis Nation of Alberta  
*Metis Identification and Registry*..... 780-455-2200
- Native Counselling Services of Alberta..... 780-451-4002  
*Aboriginal Correctional Services*  
*Criminal, Youth, and Aboriginal Family Courtwork*  
*Young Offender Probation*

## Parenting Programs / Support (\*Parent Link Centre)

- Amiskwaciy Cultural Society  
*Aboriginal Head Start (3.5-5yrs; Indigenous)*..780-640-9799
- Ben Calf Robe Society  
*Traditional Parenting*..... 780-477-6648
- Bent Arrow Traditional Healing Society ..... 780-481-3451  
*\*Aboriginal Parent Link Centre*..... 780-474-2400
- Bissell Centre  
*Family Support Services*..... 780-423-2285 x133
- The Elizabeth Fry Society of Edmonton  
*Indigenous Women's Program*..... 780-784-2206
- Government of Alberta - Ministry of Children's Services  
..... 780-422-0305
- \*KARA Family Resource Centre ..... 780-478-5396
- Metis Child and Family Services Society Edmonton 780-452-6100
- \*Native Counselling Services of Alberta  
*Family Life Improvement Program*..... 587-855-6732

## Health

- Alberta Health Services (AHS)  
*Health Link (24/7)*..... 811
- Indigenous Health Program* ..... 780-735-5326
- Indigenous Wellness Program* ..... 780-735-4512
- Bent Arrow Traditional Healing Society ..... 780-481-3451

## Supportive Services

- Ben Calf Robe Society..... 780-477-6648
- Bent Arrow Traditional Healing Society ..... 780-481-3451
- Bissell Centre..... 780-423-2285
- Boyle Street Community Services ..... 780-424-4106
- Canadian Native Friendship Centre..... 780-761-1900
- Edmonton Aboriginal Seniors Centre (55+yrs) ..... 587-525-8969
- The Edmonton Native Healing Centre ..... 780-482-5522
- Institute for the Advancement of Aboriginal Women (IAAW)  
..... 780-479-8195
- Metis Child and Family Services Society Edmonton 780-452-6100
- The Red Road Healing Society..... 780-471-3220

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# Resources for Leisure and Personal Enrichment

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## Assertiveness and Self-Esteem

- Bissell Centre - *Skill Enhancement* ..... 780-424-4385  
(inner city; employment and life skills workshops)  
Chrysalis: An Alberta Society for Citizens with Disabilities  
*Personal Development Course* ..... 780-454-9656  
(individuals 18+yrs with developmental disabilities)  
City of Edmonton Citizen Services  
*Men Without Hats (drop-in)* ..... 780-496-4777  
The Elizabeth Fry Society of Edmonton  
(personal development workshops) ..... 780-421-1175  
The Family Centre - Edmonton  
*Self-Esteem and Assertiveness* ..... 780-497-7536  
Society for Personal Growth ..... 780-434-4834

## Continuing Education

- Edmonton Lifelong Learners Association (ELLA)  
*Non-Credit Courses (50+yrs)* ..... 780-492-5055  
(fine and liberal arts, sciences, humanities; \$275 for  
maximum of 4 courses; income-based bursary available;  
partnered with University of Alberta - Faculty of Extension)  
Edmonton Public Schools  
*Metro Continuing Education* ..... 780-428-1111  
(personal enrichment/special interest courses; registration  
and material fees apply)  
MacEwan University  
*Continuing Education* ..... 780-497-4400  
*Minerva Senior Studies Institute (50+yrs)* ..... 780-497-4400  
*Online and Distance Learning* ..... 780-497-5040  
NorQuest College ..... 780-644-6000  
Northern Alberta Institute of Technology (NAIT) ..... 780-471-6248  
University of Alberta - *Faculty of Extension* ..... 780-492-3116

## Financial Literacy

- Consolidated Credit Counselling Services of Canada, Inc.  
*Financial Literacy Education* ..... 1-888-477-7397  
Credit Counselling Society ..... 1-888-527-8999  
The Elizabeth Fry Society of Edmonton  
*Me and Money - Women's Financial Literacy* ..... 780-784-2203  
Money Mentors - *Financial Fitness Classes* ..... 1-888-294-0076

## Literacy

- Centre for Family Literacy ..... 780-421-7323  
The Learning Centre Literacy Association (18+yrs) ..... 780-429-0675  
PALS - Project Adult Literacy Society (18+yrs) ..... 780-424-5514

## Personal and / or Spiritual Growth

- Aboriginal Counselling Services Association of Alberta  
*Early Intervention Counselling Program* ..... 780-448-0378  
Bent Arrow Traditional Healing Society ..... 780-481-3451  
Edmonton Aboriginal Seniors Centre (55+yrs) ..... 587-525-8969  
The Mustard Seed - Edmonton  
*Spiritual Development (inner city)* ..... 780-426-5600  
The Salvation Army - Edmonton - *Chapel Service* ..... 780-429-4274  
Society for Personal Growth ..... 780-434-4834  
YWCA Edmonton ..... 780-423-YWCA (9922)

## Recreation and Culture

- City of Edmonton ..... [www.edmonton.ca](http://www.edmonton.ca)  
*Accessibility Services Liaison* ..... 780-496-4917  
*Attractions / Activities, Parks, and Recreation* ..... 311  
(e.g. Fort Edmonton, Nature Centre, Muttart, Zoo)  
*Leisure Access Program* ..... 311  
*Seasonal Program Guides* ..... [www.edmonton.ca](http://www.edmonton.ca)  
Copies also available at City recreation facilities / libraries  
Edmonton Federation of Community Leagues  
*Community League Swims* ..... 780-437-2913  
*Directory of Community Leagues* ..... [www.efcl.org](http://www.efcl.org)  
Edmonton Public Library ..... [www.epl.ca](http://www.epl.ca)  
*Programs for Adults, Children, Families, and Youth*  
(online courses, book clubs, and more) ..... 780-496-7000  
Edmonton Sport Council Society ..... [www.edmontonsport.com](http://www.edmontonsport.com)  
*Online Resources and Sport Referrals*  
Events Edmonton ..... 780-423-2822  
Francis Winspear Centre for Music ..... 780-428-1414  
TELUS World of Science - Edmonton ..... 780-451-3344  
YMCA of Northern Alberta ..... 780-429-YMCA (9622)  
*Castle Downs (north)* ..... *Jamie Platz (west)*  
*Don Wheaton (central)* ..... *William Lutsky (south)*  
*Welcome Village (Boyle Street Plaza)*  
For referrals to community events ..... 211

## Volunteerism

- Edmonton Chamber of Voluntary Organizations  
*Volunteerism (resources)* ..... [ecvo.ca](http://ecvo.ca)  
*goVolunteer (volunteer opportunity postings)* [www.govolunteer.ca](http://www.govolunteer.ca)  
*Volunteer Connector (volunteer opportunity postings)*  
..... [www.volunteerconnector.org](http://www.volunteerconnector.org)  
For referrals to volunteer opportunities ..... 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.*



# Resources for Men

May 2019



Visit [www.edmonton.cmha.ca](http://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 Bank.....780-425-4190  
Government of Alberta  
*Alberta Supports Centre (info line)*.....780-644-9992  
*Alberta Works - Income Support / Employment Information City Centre (105<sup>th</sup> 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 Residence*.....780-429-4274  
Urban Manor Housing Society - Shelter.....780-425-5901  
(hard-to-house men; 18+yrs; addictions/mental illness)

## Counselling (low / no cost)

Catholic Social Services  
*Mercy Counselling*.....780-391-3233  
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 Edmonton.....780-454-1194  
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 Edmonton .....780-423-9922

## Employment

Edmonton's Food Bank - Beyond Food..... 780-425-2133  
Alberta Supports Centre.....1-877-644-9992

## 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 - Strive .....780-424-6103  
(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 Referral Service*..... 780-429-3343  
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  
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).**

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# Resources for Mental Health

May 2019



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Advocacy / Information / Referral

Alzheimer Society of Alberta (Edmonton)..... 780-488-2266  
E4C..... 780-424-7543  
Wellness Network..... 780-488-0851  
Wellness Quiz... [www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com)  
The Office of the Alberta Health Advocates  
Mental Health Patient Advocate ..... 780-422-1812  
Schizophrenia Society of Alberta (Edmonton)..... 780-452-4661

## Assessment / Testing / Treatment

Alberta Health Services (AHS) - Access 24/7, Adult Intake Services  
(FKA: Community Assessment and Treatment Services, Adult /  
Edmonton Mental Health Clinic)..... 780-342-7600 (Intake)  
Child and Adolescent Intake Services ..... 780-342-2701  
CASA Child, Adolescent and Family Mental Health  
(under 5yrs; for over 5yrs access through Child and Adolescent  
Mental Health Intake, see above) ..... 780-400-2271  
Psychologists' Association of Alberta  
Psychologist Referral Service..... 780-424-0294  
University of Alberta - Faculty of Education  
Clinical Services (September - April) ..... 780-492-3746

## Counselling (low / no cost)

Catholic Social Services - Mercy Counselling ..... 780-391-3233  
The Family Centre - Edmonton ..... 780-424-6103  
Jewish Family Services Edmonton..... 780-454-1194  
Momentum Walk-In Counselling ..... 780-757-0900  
Pride Centre of Edmonton..... 780-488-3234  
For more counselling options available in your area ..... 211

## Employment / Living Skills / Training

Edmonton's Food Bank - Beyond Food..... 780-425-2133  
EmployAbilities..... 780-423-4106  
Excel Society..... 780-455-2601 x0  
Goodwill Industries of Alberta  
Career Connections..... 780-944-1414  
On Site Placement Services Association (OSP) .... 780-488-8122  
Prosper Place Clubhouse..... 780-426-7861

## Housing / Supported Independent Living

Alberta Health Services Community Care Access... 780-496-1300  
(telephone screening for programs in residential settings)  
Canadian Mental Health Association (CMHA)  
Housing Program..... 780-414-6300  
E4C ..... 780-424-7543  
The Salvation Army - Edmonton  
Cornerstone Transitional Residence  
(for women without children) ..... 780-399-8928  
Supportive Residence..... 780-428-4405

## Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS) - Access 24/7, Adult Intake Services  
(FKA: Adult Community Urgent Services / Adult Crisis  
Response Team / Community Urgent Services and  
Stabilization Team / CUSST) (24/7)  
..... 780-342-7777 (Crisis)  
Mental Health Help Line (24/7) ..... 1-877-303-2642  
Canadian Mental Health Association (CMHA)  
Distress Line (24/7)..... 780-482-HELP (4357)  
Government of Alberta - Mental Health Act ..... 780-422-1812

## Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers  
Health and Well-Being Services..... 780-423-9696  
Multicultural Health Brokers Co-op ..... 780-423-1973

## Inner City Mental Health Services

Bissell Centre - Mental Health Supports ..... 780-423-2285 x130  
Boyle McCauley Health Centre..... 780-422-7333  
Boyle Street Community Services ..... 780-424-4106  
Hope Mission - Health Centre - Psychiatrist ... 780-422-2018 x278

## Recreation and Social Programs

Addictions and Mental Health Community Linking Program  
Challenge by Choice..... 780-700-2189  
Canadian Mental Health Association (CMHA) ..... 780-414-6300  
Prosper Place Clubhouse ..... 780-426-7861

## Suicide Education and Support

Canadian Mental Health Association (CMHA)  
Applied Suicide Intervention Skills Training (ASIST)  
..... 780-414-6300  
Distress Line (24/7)..... 780-482-HELP (4357)  
Mental Health and Wellbeing Education ..... 780-414-6300  
Suicide Bereavement Support Services..... 780-414-6300  
Suicide Caregiver Support Services..... 780-414-6300  
Unlimited Potential Community Services Society  
Professional and Educational Services..... 780-440-0708

## Support Groups

Anorexics and Bulimics Anonymous..... [www.aba12steps.org](http://www.aba12steps.org)  
Caregivers Alberta ..... 780-453-5088  
Co-Dependents Anonymous..... 780-436-6853  
Eating Disorder Support Network of Alberta ..... 780-729-3376  
ElderCare Edmonton - Caregiver Support..... 780-434-4747  
Emotions Anonymous (depression, anxiety, etc.)..... 780-436-2951  
Momentum Walk-In Counselling - Drop-In Support Groups  
(bipolar disorder, anxiety, depression) ..... 780-757-0900  
Organization for Bipolar Affective Disorders ..... 1-866-263-7408  
Schizophrenia Society of Alberta (Edmonton) ..... 780-452-4661

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).**

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# Resources for Newcomers to Canada

May 2019



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Citizenship and Classes

Government of Canada - *Immigration, Refugees and Citizenship Canada* ..... 1-888-242-2100

## Citizenship Classes

Bredin Centre for Learning ..... 780-425-3730

Canadian Arab Friendship Association of Edmonton ..... 780-473-7214

Changing Together - A Centre for Immigrant Women  
..... 780-421-0175

Indo Canadian Women's Association ..... 780-490-0477

## Education

Bredin Centre for Learning ..... 780-425-3730

Edmonton Mennonite Centre for Newcomers ..... 780-424-7709

Government of Alberta  
*International Qualifications Assessment* ..... 780-427-2655

NorQuest College  
*Employment Programs* ..... 780-644-6000

## Employment Assistance

Accès Emploi Alberta - *Employment Centre* ..... 780-490-6975

ASSIST Community Services Centre ..... 780-429-3111

Bredin Centre for Learning ..... 780-425-3730

Changing Together - A Centre for Immigrant Women  
..... 780-421-0175

Edmonton's Food Bank - *Beyond Food* ..... 780-425-2133

Edmonton Mennonite Centre for Newcomers ..... 780-424-7709

Government of Alberta  
*Temporary Foreign Worker Helpline* ..... 1-877-944-9955

## English Language Training

ASSIST Community Services Centre ..... 780-429-3111

Bredin Centre for Learning ..... 780-425-3730

Canadian Arab Friendship Association of Edmonton  
*English as a Second Language (ESL)* ..... 780-473-7214

Catholic Social Services - *Language Assessment, Referral, and  
Counselling Centre* ..... 780-424-3545

Changing Together - A Centre for Immigrant Women  
*English as a Second Language (ESL)* ..... 780-421-0175

Cultural Connections Institute - The Learning Exchange  
..... 780-944-0792

Edmonton Catholic Schools - *LINC* ..... 780-473-2600

Edmonton Immigrant Services Association (EISA) ..... 780-918-6668

Edmonton Mennonite Centre for Newcomers ..... 780-424-7709

Edmonton Public Schools  
*Metro Continuing Education (ESL/LINC)* ..... 780-428-1111

NAIT - *English as a Second Language (ESL)* ..... 780-471-6248

NorQuest College - *LINC* ..... 780-644-6000

PALS - Project Adult Literacy Society - *Tutoring* ..... 780-424-5514

University of Alberta - Faculty of Extension ..... 780-492-3116

## Family Violence (also see Family Violence list)

Changing Together - A Centre for Immigrant Women

*Family Violence Prevention Workshops* ..... 780-421-0175

Edmonton Violence Prevention Centre ..... 780-439-4635

Government of Alberta

*Family Violence Info Line* ..... 310-1818

Islamic Family and Social Services Association ..... 780-430-9220

*Fostering Healthy Families - Family Violence Support  
(direct outreach services)*

*Fostering Healthy Families - Sister's Serenity Group  
(for women, verbal translation, transportation assistance)*

The Shaama Centre for Seniors and Women

(FKA: Multicultural Women and Seniors Services Association)  
..... 780-465-2992

The TODAY Family Violence Help Centre ..... 780-455-6880

WillowNet: *Abuse and the Law in Alberta* ..... [www.willownet.ca](http://www.willownet.ca)

## Health / Mental Health

Alberta Health Services (AHS)

*Health Link (24/7)* ..... 811

Catholic Social Services

*Cross Cultural Counselling and Outreach Program (no cost)*  
..... 780-424-3545

Multicultural Health Brokers Co-op ..... 780-423-1973

## Supportive Services

ASSIST Community Services Centre ..... 780-429-3111

Bredin Centre for Learning ..... 780-425-3730

Canadian Arab Friendship Association of Edmonton  
..... 780-473-7214

Catholic Social Services ..... 780-432-1137

*Cultural Links / Settlement Counselling* ..... 780-424-3545

Edmonton Immigrant Services Association (EISA)

*Children and Youth Settlement Services* ..... 780-474-8445

Edmonton Mennonite Centre for Newcomers

*Settlement Services in Schools* ..... 780-423-9699

Edmonton Viets Association ..... 780-424-8934

Immigrant Access Fund Canada ..... 780-756-3023

Islamic Family and Social Services Association ..... 780-430-9220

Jewish Family Services Edmonton ..... 780-454-1194

Multicultural Health Brokers Co-op ..... 780-423-1973

Sage Seniors Association

*Multicultural Seniors Outreach Program* ..... 780-701-9018

Ukrainian Canadian Social Services ..... 780-471-4477

## Translation Services

Canadian Arab Friendship Association ..... 780-473-7214

Edmonton Immigrant Services Association (EISA)

*Language Bank* ..... 780-474-8445

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Parents and Caregivers

May 2019



Visit [www.edmonton.cmha.ca](http://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](http://www.alberta.ca/ministry-childrens-services.aspx)  
Parent Link Centres Lookup ..... [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)  
Bullying Helpline (24/7) ..... 1-888-456-2323  
..... [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)  
Family Violence Info Line (24/7) ..... 310-1818  
..... [www.familyviolence.alberta.ca](http://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](http://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](http://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).**

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# Resources for People with Addictions

May 2019



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Addictions Counselling / Crisis Support

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Addiction Helpline (24/7)* ..... 1-866-332-2322  
*Opioid Dependency Program* ..... 780-422-1302  
*Access 24/7, Adult Intake Services* ..... 780-342-7600  
*Outpatient Counselling Services, Adult* ..... 780-427-2736  
Canadian Mental Health Association (CMHA)  
*Distress Line (24/7)* ..... 780-482-HELP (4357)  
Kids Help Phone (24/7; 5-20yrs) ..... 1-800-668-6868  
Poundmaker's Lodge Treatment Centres ..... 780-458-1884

## Adult Residential Programs

AHS - *Residential Treatment Services (Henwood)* ... 780-422-4466  
*(men/women; alcohol, drugs, gambling)*  
Catholic Social Services - *Alpha House* ..... 780-913-5220  
*(men in recovery; 18+yrs)*  
Government of Alberta  
McCullough Centre (FKA: Gunn Centre).... 780-967-2221 x0  
*(homeless men; 18-65yrs)*  
Hope Mission Edmonton ..... 780-422-2018  
*Breakout Recovery Community (men; 18-60yrs; homeless)*  
*Wellspring Recovery Community (women; 18+yrs)*  
Jellinek Society ..... 780-488-1160  
*(men in recovery from cross-addiction and alcoholism; 18+yrs)*  
McDougall House Association ..... 780-426-1409  
*(women in recovery; 18+yrs)*  
Our House (Edmonton) Limited ..... 780-474-8945  
*(men; 18+yrs; alcohol, drugs)*  
Oxford House Foundation of Canada ..... 780-455-5517  
*(men/women in recovery from addictions)*  
Poundmaker's Lodge Treatment Centres ..... 780-458-1884  
*(men/women; 18+yrs; alcohol, drugs, gambling)*  
Recovery Acres Society - Edmonton ..... 780-471-2996  
*(men; 16+yrs; alcohol, drugs)*  
The Salvation Army - Edmonton  
*Transformations Addiction Treatment Program*  
*(men; 18+yrs; alcohol, drugs)* ..... 780-429-4274  
Urban Manor Housing Society ..... 780-425-5901  
*(hard-to-house men; 18+yrs; addictions / mental illness)*

## Detoxification Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Detoxification Services, Adult* ..... 780-427-4291 x1  
*Stabilization Services, Adolescent* ..... 780-644-3627  
George Spady Society ..... 780-424-8335

## Eating Disorders - Information / Treatment

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Eating Disorder Program* ..... 780-407-6114  
Anorexics and Bulimics Anonymous ..... [www.aba12steps.org](http://www.aba12steps.org)

## Emergency Shelters for the Intoxicated

George Spady Society ..... 780-424-8335  
Hope Mission Edmonton ..... 780-422-2018  
*Intox Emergency Centre (men)*  
*Women's Emergency Shelter (16+yrs)*

## Self Help / Support Groups

Alano Club - *12-Step Meetings* ..... 780-423-1807  
Alberta Gamblers Anonymous (Edmonton) ..... 780-463-0892  
Alcoholics Anonymous in Alberta (AA) ..... 780-424-5900  
Anorexics and Bulimics Anonymous ..... [www.aba12steps.org](http://www.aba12steps.org)  
Clean Scene (14-29yrs) ..... 780-488-0036  
Cocaine Anonymous World Services (24/7) ... [www.ca-northab.org](http://www.ca-northab.org)  
Crystal Meth Anonymous ..... 780-691-8509  
Food Addicts in Recovery Anonymous ..... [www.foodaddicts.org](http://www.foodaddicts.org)  
Men for Sobriety ..... 780-909-0215  
Narcotics Anonymous (Edmonton and area) ..... 780-421-4429  
Overeaters Anonymous (OA) ..... 780-423-2546  
Problem Gambling Resources Network ..... 780-461-1259  
QuitCore (*smoking group*) ..... 1-866-710-QUIT (7848)  
Sex Addicts Anonymous (SAA) ..... 587-921-4528  
Sexaholics Anonymous International (SAICO) ..... 780-988-4411  
SMART Recovery Alberta ..... [www.smartrecovery.ca](http://www.smartrecovery.ca)

## Support / Info for Those Affected by Addictions

Al-Anon Family Groups - Edmonton (24/7) ..... 780-443-6000  
*Al-Anon / Adult Children / Alateen Meetings*  
Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Addiction Helpline (24/7)* ..... 1-866-332-2322  
*Outpatient Counselling Services, Adolescent* 780-422-7383  
*Outpatient Counselling Services, Adult* ..... 780-427-2736  
Bissell Centre - *FAS Services* ..... 780-423-2285 x157  
Catholic Social Services - *FASD Programs* ..... 780-378-2508  
FASD Support and Resources in Alberta . [www.fasd.typepad.com](http://www.fasd.typepad.com)  
Parents Empowering Parents Society  
*Parent Support Line* ..... 780-293-OPEP (0737)  
*U-Turn for Youth* ..... 780-293-0737  
*(support group for youth wishing to quit drugs and alcohol)*  
REACH Edmonton Council for Safe Communities  
*Drug and Alcohol Parent Resource Toolkit* ..... 311  
*(resource for parents who want to talk to their children about drugs and alcohol; also available online in multiple languages)*  
S-Anon Family Groups ..... 587-921-1915  
*(for those affected by another person's sexual behaviour)*

## Youth Residential Programs

Alberta Health Services (AHS) - *Addiction Services*  
*Protection of Children Abusing Drugs* ..... 1-866-332-2322  
*(PChAD; under 18yrs)*

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).**

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# Resources for People with Disabilities

May 2019



Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Advocacy / Information

|  |              |
|--|--------------|
| Caregivers Alberta.....  | 780-453-5088 |
| Edmonton Down Syndrome Society.....  | 780-944-4224 |
| Gateway Association<br><i>Family Support and Mentorship</i> .....          | 780-454-0701 |
| Inclusion Alberta (FKA: Alberta Association for Community Living)<br>..... | 780-451-3055 |

## Day Programs / Employment Services

|   |                  |
|---|------------------|
| Alberta AdaptAbilities Association.....   | 780-431-8446     |
| Arch Enterprises & Training Association.....  | 780-438-4347     |
| Chrysalis: An Alberta Society for Citizens with Disabilities (18+yrs)<br>.....                            | 780-454-9656     |
| Elves Special Needs Society<br><i>Adult Program</i> .....   | 780-481-5335     |
| EmployAbilities.....  | 780-423-4106     |
| Excel Society - <i>Community Support Services</i> ..  | 780-424-4366 x21 |
| Gateway Association.....  | 780-454-0701     |
| McMan Youth, Family and Community Services Association<br><i>Supported Community Access Network</i> ..... | 780-482-4010     |
| On Site Placement Services Association (OSP).....   | 780-488-8122     |
| Society for Selections - <i>Employment Supports</i> .....   | 780-461-5270     |

## Funding (non-government)

|   |              |
|---|--------------|
| Children's Ability Fund.....  | 780-454-9191 |
| Easter Seals Alberta<br><i>Adaptive Equipment and Support Services</i> .. | 780-429-0137 |

## Government Services

|  |                |
|--|----------------|
| Alberta Health Services (AHS)<br><i>Spasticity Program for Adults (18+yrs)</i> .....   | 780-735-8260   |
| Government of Alberta<br><i>Alberta Aids to Daily Living (AADL)</i> .....  | 780-427-0731   |
| <i>Assured Income for the Severely Handicapped (AISH)</i><br>.....   | 1-877-644-9992 |
| <i>Disability Services - Information and Referral</i><br><i>(includes family support for children with disabilities and</i><br><i>persons with developmental disabilities)</i> ..... | 780-427-4354   |
| <i>Residential Access Modification Program (RAMP)</i><br>.....   | 780-427-5760   |

## Housing

|  |                 |
|--|-----------------|
| Alberta Health Services (AHS) - <i>Community Care Access</i><br><i>(for eligibility assessments)</i> ..... | 780-496-1300    |
| Capital Region Housing Corporation.....  | 780-420-6161    |
| Excel Society.....   | 780-455-2601 x0 |

## In-Home Support / Respite Care

|   |                     |
|---|---------------------|
| Alberta AdaptAbilities Association.....   | 780-431-8446        |
| Alberta Health Services (AHS)<br><i>Community Care Access</i> .....                           | 780-496-1300        |
| City of Edmonton - Waste Management Services Branch<br><i>Assisted Waste Collection</i> ..... | 311                 |
| Skills Society.....   | 780-496-9686        |
| YWCA Edmonton.....  | 780-423-YWCA (9922) |

## Leisure and Social Programs

|  |              |
|--|--------------|
| Alberta AdaptAbilities Association.....                            | 780-431-8446 |
| City of Edmonton<br><i>Activities, Parks, and Recreation</i> ..... | 311          |
| <i>Leisure Access Program</i> .....                                | 311          |
| Little Bits Therapeutic Riding Association.....                    | 780-476-1233 |
| Paralympic Sports Association.....                                 | 780-439-8687 |
| The Steadward Centre for Personal & Physical Achievement<br>.....  | 780-492-3182 |

## Organizations (Call 211 for additional listings)

|  |                    |
|--|--------------------|
| The Arthritis Society (Edmonton).....  | 780-424-1740       |
| Autism Edmonton.....   | 780-453-3971       |
| Brain Care Centre.....   | 780-477-7575       |
| Bridges Support Services Association<br><i>(hard of hearing; deaf)</i> .....   | 780-428-6610       |
| Canadian Diabetes Association.....   | 780-423-5722       |
| Cerebral Palsy Association in Alberta.....                                     | 780-477-8030       |
| Chronic Pain Association of Canada.....  | 780-482-6727       |
| CNIB <i>(visually impaired; blind)</i> .....                                   | 780-488-4871       |
| Connect Society - Deafness Education, Advocacy and Family<br>Services.....     | 780-454-9581       |
| Elves Special Needs Society<br><i>Early Childhood Services (3-6 yrs)</i> ..... | 780-454-5310       |
| Goodwill Industries of Alberta.....  | 780-944-1414       |
| Multiple Sclerosis Society of Canada.....                                      | 780-463-1190       |
| Spinal Cord Injury Alberta.....  | 780-424-6312       |
| Tourette Canada.....   | 1-800-361-3120 x51 |

## Transportation

|   |              |
|---|--------------|
| Edmonton Transit Service (ETS).....   | 311          |
| <i>Ride Transit Program</i> .....   | 311          |
| <i>Disabled Adult Transit Service (DATS)</i> .....  | 780-496-4567 |
| Service Alberta.....  | 780-427-7013 |
| <i>Parking Placards for Persons with Disabilities</i><br><i>(or find "License &amp; Registry Services" in the Yellow Pages)</i> |              |

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.*

# Resources for Pregnancy / New Parents

May 2019



Visit [www.edmonton.cmha.ca](http://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) - *Healthy Beginnings Hotline*  
(24/7; postpartum)..... 780-413-7990  
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

## Abortion Clinic Information / Referral

Woman's Health Options  
(*pro-choice; abortion services*)..... 780-484-1124

## Adoption and Fostering

Adoption by Choice ..... 780-448-1159  
Adoption Options Alberta Ltd. .... 780-433-5656  
Christian Adoption Services ..... 780-438-3455  
Government of Alberta - Ministry of Children's Services  
*Adoptions / Foster Caregiver Recruitment*.... 780-422-3333

## Birth Preparation

Alberta Health Services (AHS)  
*Health for Two* ..... 780-735-3008  
(*information and nutritional programs offered at various  
community agencies; call for locations*)  
*Prenatal Class Registration* ..... 780-413-7980  
*Prenatal Education Program*..... 780-735-4204  
Multicultural Health Brokers Co-op..... 780-423-1973  
Terra Centre for Teen Parents ..... 780-428-3772

## Breastfeeding Information and Support

Alberta Health Services (AHS)  
*Healthy Beginnings Hotline* (24/7) ..... 780-413-7990  
La Leche League (*breastfeeding info and support*)..... 780-478-0507

## Child Car Seat Safety Information

Government of Alberta - *Traffic Safety*..... 780-427-8901  
..... [www.saferoads.com](http://www.saferoads.com)

## Health and Developmental Delays

Alberta Health Services (AHS)  
*Early Intervention Program (0-3.5yrs)* ..... 780-342-1707  
*Health Link* (24/7) ..... 811  
*Healthy Beginnings Hotline* (24/7) ..... 780-413-7990  
Multicultural Health Brokers Co-op..... 780-423-1973

## Post-Abortion Support

Compass Centre for Sexual Wellness (*pro-choice*) .. 780-423-3737  
Pregnancy Care Centre  
*Abortion Recovery Centre (pro-life)* ..... 780-454-5911

## Postpartum Depression

Family Futures Resource Network  
*Managing Motherhood* ..... 780-413-4521  
Parent Link Centre ..... See Information and Support below

## Pregnancy Loss / Parent Bereavement

Baby's Breath (*FKA: SIDS Canada*) ..... 1-800-363-SIDS (7437)  
Grieving Parents Society of Edmonton ..... 780-451-5381  
ParentCare Society of Edmonton ..... 780-735-4506  
Pilgrims Hospice Society ..... 780-413-9801

## Pregnancy Testing / Counselling

Adoption Options Alberta Ltd. (*pro-choice*)..... 780-718-4272  
Alberta Health Services (AHS)  
*Birth Control Centre (pro-choice)* ..... 780-735-0010  
*Reproductive Mental Health Program* ..... 780-735-6785  
Compass Centre for Sexual Wellness (*pro-choice*)... 780-423-3737  
Pregnancy Care Centre (*pro-life*) ..... 780-424-2624

## Teen Pregnancy and Parenting

Alberta Health Services (AHS)  
*Adolescent Pregnancy Clinic* ..... 780-735-6892  
\*Jasper Place Child and Family Resource Society.. 780-489-2243  
Terra Centre for Teen Parents..... 780-428-3772

## Multiple Births

Edmonton Twin and Triplet Club..... 780-455-5520

## Information and Support (\*Parent Link Centre)

Ben Calf Robe Society..... 780-477-6648  
Bent Arrow Traditional Healing Society  
*\*Aboriginal Parent Link Centre*..... 780-474-2400  
*Healthy Families*..... 780-481-3451  
Bissell Centre  
*Family Support Services* ..... 780-423-2285 x133  
Boyle McCauley Health Centre (*inner city*)..... 780-422-7333  
Boyle Street Community Services ..... 780-424-4106  
The Candora Society of Edmonton..... 780-474-5011  
Catholic Social Services  
*FASD - First Steps Prevention Program* ..... 780-378-2535  
Community Options - A Society for Children and Families  
..... 780-455-1818  
E4C - *Early Head Start (0-3.5yrs; low income)* ..... 780-426-3666  
The Elizabeth Fry Society of Edmonton  
*Resources and Referrals Centre*..... 780-784-2205  
\*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

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).**

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# Resources for Seniors and Older Adults

May 2019



Visit [www.211edmonton.com](http://www.211edmonton.com) to obtain a new copy if more than 6 months old.

## Abuse

- Canadian Mental Health Association (CMHA)  
*Seniors' Abuse Helpline (24/7)*.....780-454-8888
- Catholic Social Services  
*Elder Abuse Resource and Supports (EARS)*780-477-2929  
*Relationships with Your Adult Children*.....780-496-4777
- Government of Alberta  
*Family Violence Info Line*.....310-1818  
*Protection for Persons in Care (reporting)*. 1-888-357-9339
- OakNet: *Older Adult Knowledge Network*.....[www.oaknet.ca](http://www.oaknet.ca)
- Sage Seniors Association  
*Seniors' Safe House (60+yrs)*.....780-702-1520
- The Shaama Centre for Seniors and Women .....780-465-2992  
(FKA: *Multicultural Women and Seniors Services Association*)

## Government Services

- Government of Alberta  
*Alberta Aids to Daily Living (AADL)* .....780-427-0731  
(funding for medical equipment and supplies)  
*Office of the Public Guardian and Trustee*. 1-877-427-4525  
*Residential Access Modification (RAMP)* .....780-427-5760  
*Saying Farewell Handbook*.....780-644-9992  
*Seniors Financial Assistance Programs* .....780-644-9992
- Service Canada  
*Canada Pension Plan (CPP) / Old Age Security (OAS) /  
Guaranteed Income Supplement (GIS)* ..... 1-800-277-9914

## Health / Home Care / Safety

- Alberta Health Services  
*Community Care Access (24/7)*.....780-496-1300  
*Access 24/7, Adult Intake Services*  
(FKA: *Adult Community Urgent Services / Adult Crisis Response  
Team / Community Urgent Services and Stabilization Team /  
CUSST*) ..... 780-342-7777 (Crisis)  
*Health Link (24/7)*..... 811  
*Home Care - Adult Services*.....780-496-1300
- Edmonton Meals on Wheels .....780-429-2020
- ElderCare Edmonton - *Day Support Program*.....780-434-4747 x0
- ElderDog Canada .....780-885-1226  
*Help for seniors with dog care and bereavement support*
- The Good Samaritan Society - *TeleCare (help button)*780-431-3630
- Yellow Pages Telephone Book .....[www.yellowpages.ca](http://www.yellowpages.ca)  
*For private home care services look up "Home Health  
Services" or "Nurses' Registries".*

## Housing

- Alberta Seniors Communities and Housing Association  
*Online Seniors Housing Directory*..... [www.ascha.com](http://www.ascha.com)
- Operation Friendship Seniors Society (*inner city*) ....780-429-2626
- Sage Seniors Association  
*Housing Information Services (60+yrs)* .....587-773-1764

## Information

- Edmonton Seniors Coordinating Council (ESCC).... 780-423-5635  
*Online Resources*..... [www.seniorscouncil.net](http://www.seniorscouncil.net)
- Sage Seniors Association  
*Directory of Senior Services*..... 780-423-5510
- Seniors Information Phone Line..... 211

## Seniors Centres / Groups

- Contact individual agencies for services offered in your area for:*
- *in-home assistance, home repairs, and yard work services*
  - *health, fitness, recreational, social programs, and clubs*
  - *outreach services, one-on-one support*
- Central Lions Seniors Association (*north; 55+yrs*)..... 780-496-7369
- Edmonton Aboriginal Seniors Centre  
(*central; 55+yrs*) ..... 587-525-8969
- Edmonton Seniors Centre (*central; 55+yrs*)..... 780-425-8625
- Mill Woods Seniors Association (*55+yrs*) ..... 780-496-2997
- North Edmonton Seniors Association (*55+yrs*)..... 780-496-6969
- North West Edmonton Seniors Society (*55+yrs*) ..... 780-451-1925
- Operation Friendship Seniors Society  
(*inner city only; 55+yrs*)..... 780-429-2626
- Sage Seniors Association (*central*)..... 780-423-5510
- Senior Citizen Opportunity Neighbourhood Association (SCONA)  
(*south only; 55+yrs*) ..... 780-433-5377
- The Shaama Centre for Seniors and Women (*55+yrs*)  
(FKA: *Multicultural Women and Seniors Services Association*)  
..... 780-465-2992
- Society of Seniors Caring About Seniors  
(*south only; 65+yrs*) ..... 780-465-0311
- South East Edmonton Seniors Association (*55+yrs*)..780-468-1985
- SouthWest Edmonton Seniors' Association (*55+yrs*)587-987-3200
- Strathcona Place Society (*south*)..... 780-433-5807
- Westend Seniors Activity Centre (*55+yrs*) ..... 780-483-1209
- ## Transportation
- Edmonton Transit Service (ETS) ..... 311  
*Disabled Adult Transit Service (DATS)* ..... 780-496-4567  
*Seniors' Transit Passes* ..... 311
- Drive Happiness Seniors Association ..... 780-424-5438
- Operation Friendship Seniors Society  
*Helping Hands (inner city only; 55+yrs)* ..... 780-429-2626
- Service Alberta - *Consumer Protection*..... 780-427-4088  
*Parking Placards for Persons with Disabilities*.....780-427-7013  
(*or find "License and Registry Services" in Yellow Pages*)
- Society of Seniors Caring About Seniors (*65+yrs*)... 780-465-0311  
(*Cannot accommodate those with wheelchairs*)
- University of Alberta  
*Medically At-Risk Driver Centre* ..... 780-492-6273  
*Online Resources*..... [www.mard.ualberta.ca](http://www.mard.ualberta.ca)

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Women

May 2019



Visit [www.edmonton.cmha.ca](http://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 (105<sup>th</sup> 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 - <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-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 - <i>Beyond Food</i>                 | 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 ( <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 Referral 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 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   |
| 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).**

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# Resources for Youth and Young Adults

May 2019



Visit [www.edmonton.cmha.ca](http://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*  
*Adolescent Mobile Addiction Services*..... 780-422-7383  
Canadian Mental Health Association (CMHA)  
*Distress Line (24/7)* ..... 780-482-HELP (4357)  
*Live Crisis Chat* ..... [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)  
Government of Alberta  
*Child Abuse Hotline (24/7)*..... 1-800-387-5437  
Kids Help Phone (24/7; 5-20yrs) ..... 1-800-668-6868  
Sexual Assault Centre of Edmonton (24/7) ..... 780-423-4121

## Basic Needs / Financial (also see Basic Needs list)

Edmonton's Food Bank ..... 780-425-4190  
Government of Alberta  
*Alberta Supports Centre (info line)* ..... 780-644-9992  
*Emergency Income Support (24/7)*..... 780-644-5135  
Money Mentors..... 1-888-294-0076  
Youth Empowerment & Support Services (YESS)  
*Nexus (15-21yrs)*..... 780-468-7070

## Counselling (\*no cost)

Catholic Social Services - *Mercy Counselling* ..... 780-391-3233  
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 Edmonton ..... 780-454-1194  
Psychologists' Association of Alberta (*referrals*) ..... 780-424-0294  
Starfish Family Resources Society ..... 780-448-1180  
(*support for youth grieving a death, separation, or divorce*)

## Health / Pregnancy / Sexuality

Alberta Health Services (AHS)  
*Adolescent Pregnancy Clinic (under 20yrs)*.. 780-735-6892  
*Birth Control Centre (pro-choice)*..... 780-735-0010  
*Health Link (24/7)* ..... 811  
Compass Centre for Sexual Wellness (*pro-choice*) ... 780-423-3737  
Eating Disorder Support Network of Alberta ..... [www.ednsa.ca](http://www.ednsa.ca)  
The Elizabeth Fry Society of Edmonton  
*Sexually Transmitted Infections Testing*..... 780-784-2205  
(*women only, inclusive of trans women*)  
Pride Centre of Edmonton  
*Drop-In Community Centre*..... 780-488-3234  
Woman's Health Options  
(*pro-choice; abortion services*) ..... 780-484-1124

## Life Skills / Education / Employment

Alberta Learning Information Service (ALIS) . [www.alis.alberta.ca](http://www.alis.alberta.ca)  
Bredin Centre for Learning..... 780-425-3730  
City of Edmonton Citizen Services  
*Leaders in Training* ..... 780-944-7421  
(*13-17yrs; life skills and leadership; May-August*)  
Edmonton Public Schools ..... 780-429-8000  
*Alternate High School Completion*  
*Centre High Campus (17-20yrs)* ..... 780-425-6753  
*Learning Store (16-19yrs)* ..... 780-437-8119  
*Metro Continuing Education* ..... 780-428-1111  
*Transition Support Program (17-20yrs)*..... 780-434-9561  
Edmonton's Food Bank - *Beyond Food* ..... 780-425-2133  
The Elizabeth Fry Society of Edmonton  
*Girls Empowered and Strong (12-17yrs)*..... 780-784-2200  
Government of Alberta - *Student Funding* ..... 1-855-606-2096  
*Alberta Supports Centre*..... 1-877-644-9992  
Youth Empowerment & Support Services (YESS)  
*Resource Centre (Formerly BEST) (15-24yrs)*..780-468-7070  
YMCA - *Bridging the Gap (employment; 15-30yrs)*..780-429-9622  
YOU CAN Youth Services (*employment; 18-24yrs*)..780-444-3348  
For local employment offices ..... 211

## Recreation

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181  
City of Edmonton Citizen Services - *Leisure Access Program* 311  
Edmonton Sport Council Society (*sport referrals*).... 780-497-7678  
KidSport Alberta (*funding; 18yrs and under*)..... 1-888-914-5437  
YMCA of Northern Alberta - *Jumpstart (5-18yrs)*..... 780-429-9622

## Substance Abuse / Addictions

Al-Anon Family Groups (*including Alateen*) ..... 780-443-6000  
Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Outpatient Counselling Services, Adult* ..... 780-427-2736

## Support

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181  
Family Futures Resource Network ..... 780-413-4521  
Edmonton John Howard Society - *REE\*START (15-22yrs)*..  
..... 780-428-7590  
Kids On Track Association of Edmonton ..... 780-481-2942  
Old Strathcona Youth Society (14-24yrs) ..... 780-496-5947  
Terra Centre for Teen Parents..... 780-428-3772  
Uncles & Aunts at Large Society ..... 780-452-5791  
YMCA - *Youth Transition Program (13-19yrs)* ..... 780-429-9265  
Youth Empowerment & Support Services (YESS)... 780-468-7070

## Youth and Young Adults at Risk

(See *Resources for Youth and Young Adults at Risk*.)

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.*

# Resources for Youth and Young Adults at Risk

May 2019



Visit [www.edmonton.cmha.ca](http://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*  
(FKA: *Adult Crisis Response Team / Community Urgent Services and Stabilization Team / CUSST*) (24/7)  
..... 780-342-7777

Canadian Mental Health Association (CMHA)  
*Distress Line* (24/7) ..... 780-482-HELP (4357)  
*Live Crisis Chat* ..... [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)

Catholic Social Services  
*Safe House* (24/7; 14-19yrs)..... 780-474-9938

Government of Alberta  
*Child Abuse Hotline* (24/7)..... 1-800-387-5437  
*Kids Help Phone* (24/7; 5-20yrs) ..... 1-800-668-6868  
Sexual Assault Centre of Edmonton  
*24 Hour Sexual Assault Crisis Line*.....780-423-4121

## Accommodation / Basic Needs (also see Basic Needs list)

Boyle Street Community Services  
*Housing First (chronically homeless)* ..... 780-424-4106  
E4C - *Inner City Youth Housing Project* (14-17yrs) .. 780-479-7075

Government of Alberta  
*Emergency Income Support* (24/7)..... 780-644-5135  
Hope Mission Edmonton - *Youth Shelter* (16-24yrs)  
*Herb Jamieson Centre (men; 18-60yrs)*..... 780-422-2018  
Youth Empowerment & Support Services (YESS)  
*Nexus* (15-21yrs)..... 780-468-7070

## Community Supports

Boyle Street Community Services ..... 780-424-4106  
Boys and Girls Clubs Big Brothers Big Sisters ..... 780-424-8181  
Crystal Kids Youth Centre - *Drop-In Centre* ..... 780-479-5753  
Edmonton Police Service  
*Drug and Gang Enforcement Unit* .. 780-414-GANG (4264)  
*Victim Services Units* ..... Call 211 for local unit  
iHuman Youth Society ..... 780-421-8811  
Old Strathcona Youth Society (14-24yrs) ..... 780-496-5947  
Uncles & Aunts at Large Society ..... 780-452-5791  
Youth Empowerment & Support Services (YESS) .. 780-468-7070  
YMCA - *Youth Transition Program* (13-19yrs)..... 780-426-9265

## Harm Reduction / Health Promotion

Alberta Health Services (AHS)  
*Sexually Transmitted Infections (STI) Clinic*..... 811  
*Streetworks Needle Exchange* ..... Call 211 for locations  
Boyle McCauley Health Centre (*inner city*) ..... 780-422-7333  
The Elizabeth Fry Society of Edmonton (EFry)  
*Sexually Transmitted Infections Testing* ..... 780-784-2205  
(*women only, inclusive of trans women*)  
HIV Edmonton ..... 780-488-5742

## Life Skills / Education / Employment

Boyle Street Education Centre (Charter School) ..... 780-428-1420  
E4C - *Hallway Cafe* (16-24yrs)..... 780-619-5502  
Edmonton John Howard Society  
*REE\*START* (15-22yrs)..... 780-428-7590  
Edmonton's Food Bank - *Beyond Food*..... 780-425-2133  
EFry - *Girls Empowered and Strong* (12-17yrs) ..... 780-784-2200  
YMCA - *Bridging the Gap* (employment; 15-30yrs).....780-429-9622  
YESS - *Resource Centre* (FKA: *BEST*) (15-24yrs) ...780-468-7070

## Pregnancy / Sexual Health

Alberta Health Services (AHS)  
*Adolescent Pregnancy Clinic* (under 20yrs) .... 780-735-6892  
*Birth Control Centre* (STI and HIV testing) ..... 780-735-0010  
*Health for Two* (prenatal; low income)..... 780-735-3008  
Compass Centre for Sexual Wellness (*pro-choice*)...780-423-3737  
Pride Centre of Edmonton ..... 780-488-3234  
Terra Centre for Teen Parents.....780-428-3772  
Woman's Health Options (*pro-choice; abortion services*).780-484-1124

## Prostitution

Boyle McCauley Health Centre  
*Kindred House* (women/transgender; 18+yrs) ...780-424-4091  
Catholic Social Services - *Safe House* (14-19yrs.).....780-474-9938  
CEASE: Centre to End All Sexual Exploitation .....780-471-6137  
E4C - *Crossroads House* (*safe house; outreach 13-17 yrs*)  
..... 780-474-7547  
Government of Alberta - *Ministry of Children's Services*  
*Protection of Sexually Exploited Children*  
(PSECA; 24/7)..... 1-800-387-5437  
Metis Child and Family Services Society Edmonton.780-452-6100  
*PSECA Follow - Up Worker* (Indigenous; under 18yrs)

## Legal / Advocacy

EFry - *Courtworks - Adult, Youth, and Family*..... 780-422-4775  
Legal Aid Alberta ..... 1-866-845-3425  
*Youth Criminal Defence Office* (24/7; 12-18yrs) 780-422-8383  
Legislative Assembly of Alberta  
*Child and Youth Advocate* (CFSA status) .....780-422-6056  
Native Counselling Services of Alberta  
*Youth Courtwork* (Indigenous; under 18yrs) .....780-423-2141

## Substance Abuse / Addictions

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Mobile Addiction Services, Adolescent* .....780-422-7383  
*Outpatient Counselling Services, Adult*.....780-427-2736  
*Protection of Children Abusing Drugs* ..... 1-866-332-2322  
(PChAD; 24/7; under 18yrs)  
*Stabilization Services, Adolescent (detox)* ....780-644-3627

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