

# Resources for Basic Needs

November 2019



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## Clothing / Household Goods

Bissell Centre  
Community Closet ..... 780-423-2285 x355  
Thrifty Shoppe ..... 780-471-6644  
Edmonton Emergency Relief Services - Thrift Store 780-428-4422  
Goodwill Industries of Alberta  
Thrift Retail Stores (multiple locations) ..... 780-944-1414  
Homeward Trust Edmonton - Find Furnishing Hope 780-988-1717  
The Mustard Seed - Edmonton (inner city) ..... 780-426-5600  
The Salvation Army - Edmonton - Thrift Stores  
East ..... 780-475-8778  
West ..... 780-451-8168  
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 (15-24 yrs) ..... 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 Transitional Housing ..... 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 ..... 1-888-294-0076  
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  
The Family Centre - Edmonton ..... 780-424-6103  
Drop-In Single Session Counselling ..... [dropinyeg.ca](http://dropinyeg.ca)

## 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.

**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.*