

Resources for Men

November 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)
Addiction Helpline 1-866-332-2322
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Central Alberta Sexual Assault Support Centre (24/7)
..... 1-866-956-1099
Government of Alberta
Child Abuse Hotline (24/7) 1-800-387-5437
Sexual Assault Centre of Edmonton 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 (105th Street Office) 780-415-4900
North (Northgate Centre) 780-422-9440
South (Millwoods Town Centre Mall) 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 Transitional Housing 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 780-424-6103
Drop-In Single Session Counselling dropinyeg.ca
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 780-423-3737

Employment

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

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)
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 (STI) Clinic 780-342-2300
Institute for Sexual Minority Studies and Services ... 780-492-0772
Pride Centre of Edmonton 780-488-3234
YWCA – Sexual and Reproductive Health Education (pro-choice)
..... 780-423-3737

Legal Resources

Edmonton Community Legal Centre 780-702-1725
Government of Alberta www.rcas.alberta.ca
Dispute Resolution - Family Mediation 780-427-8329
Maintenance Enforcement Program 780-422-5555
Resolution Services - Information Program 780-638-4747
Law Society of Alberta www.lawsociety.ab.ca
Lawyer Referral Service 1-800-661-1095
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
City of Edmonton Citizen Services
Men's Support Services (no cost) 780-496-4777
Men Without Hats Drop-In Group
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).

Inclusion of an agency or service on this list does not constitute an endorsement by 211.