

Resources for Women

November 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>	1-877-644-9992
<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 (Millwoods Town Centre Mall)</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
<i>Drop-In Single Session Counselling</i>	dropinyeg.ca
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 (<i>Sexual and Reproductive Health</i>) ..	780-423-3737

Employment

Alberta Supports Centre.....	1-877-644-9992
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
Women Building Futures Society (<i>trades training</i>).....	780-452-1200

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
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
YWCA Edmonton	
<i>Sexual and Reproductive Health (pro-choice)</i>	780-423-3737

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)
Central Alberta Sexual Assault Support Centre (<i>24/7</i>)	
.....	1-866-956-1099
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i>	1-800-387-5437
Sexual Assault Centre of Edmonton.....	780-423-4121

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.....	780-496-4777
<i>Individual and Family Well - Being</i>	
(<i>14+yrs; individual counselling and various groups for women</i>	
<i>who have experienced abuse; no cost</i>)	
<i>Women's Support Services – Drop-In Support Group</i>	
Edmonton John Howard Society	
<i>Family Violence Prevention Centre</i>	780-423-1635
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 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	780-430-9220
<i>Fostering Healthy Families - Family Violence Support</i>	
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

Legal Resources

Edmonton Community Legal Centre.....	780-702-1725
Government of Alberta.....	www.rcas.alberta.ca
<i>Dispute Resolution - Family Mediation</i>	780-427-8329
<i>Maintenance Enforcement Program</i>	780-422-5555
<i>Resolution Services - Information Program</i>	780-638-4747
Law Society of Alberta	www.lawsociety.ab.ca
<i>Lawyer Referral Service</i>	1-800-661-1095
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

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.