



Resource Lists

November 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

November 2019



Visit 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, Live Chat, Text and App..... 1-800-668-6868
Text..... Text Connect to 686-868
Online Chat..... www.kidshelpphone.ca

Groups / Workshops: Youth

Covenant Health
Adolescent Group Program..... 780-735-2981
(September-June; 14-17 yrs; referral required from a physician; a pre-entry screening interview is conducted to determine suitability; no cost)
YMCA of Northern Alberta
Youth Transition Program 780-426-9265
(weekly meetings; 13-19 yrs; 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; \$195)
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; 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

November 2019



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

Clothing / Household Goods

Bissell Centre	
<i>Community Closet</i>	780-423-2285 x355
<i>Thrift Shoppe</i>	780-471-6644
Edmonton Emergency Relief Services - <i>Thrift Store</i>	780-428-4422
Goodwill Industries of Alberta	
<i>Thrift Retail Stores (multiple locations)</i>	780-944-1414
Homeward Trust Edmonton - <i>Find Furnishing Hope</i>	780-988-1717
The Mustard Seed - Edmonton (<i>inner city</i>).....	780-426-5600
The Salvation Army - Edmonton - <i>Thrift Stores</i>	
<i>East</i>	780-475-8778
<i>West</i>	780-451-8168
Society of Saint Vincent de Paul Edmonton (<i>24/7</i>)..	780-471-5577

Emergency Clothing / Household Goods

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

Emergency Shelters

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

Financial Assistance / Employment

Credit Counselling Society.....	1-888-527-8999
Edmonton's Food Bank - <i>Beyond Food</i>	780-425-2133
The Elizabeth Fry Society of Edmonton	
<i>Me and Money - Women's Financial Literacy</i>	780-784-2203
Government of Alberta	
<i>Alberta Supports Centre (info line)</i>	1-877-644-9992
<i>(for information on Assured Income for the Severely Handicapped (AISH), Emergency Income Support, Income Support, and Employment Information)</i>	
Money Mentors.....	1-888-294-0076
Service Canada - <i>Employment Insurance (EI)</i>	1-800-206-7218

Food Hampers

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

Health / Mental Health

Alberta Health Services (AHS)	
<i>Health Link (24/7)</i>	811
<i>Mental Health Help Line (24/7)</i>	1-877-303-2642
Momentum Walk-In Counselling (<i>sliding scale</i>).....	780-757-0900
The Family Centre - Edmonton.....	780-424-6103
<i>Drop-In Single Session Counselling</i>	dropinyeg.ca

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

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

Housing Registries / Guides

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

Housing: Subsidized / Transitional

Capital Region Housing Corporation.....	780-420-6161
<i>24 Hour Information Line</i>	780-428-8200
E4C - <i>Housing Programs (inner city)</i>	780-424-7543
<i>Inner City Youth Housing Project (14-17yrs)</i>	780-479-7075
homeEd (City of Edmonton Non-Profit Housing Corporation)	
.....	780-474-5706
Native Counselling Services of Alberta	
<i>Transitional Housing (18-30yrs)</i>	780-990-1120
Right at Home Housing Society.....	780-423-1339
<u>Transportation</u>	
Edmonton Transit Service (ETS)	
<i>Information</i>	311
<i>Ride Transit Program (subsidized monthly passes)</i>	311
Operation Friendship Seniors Society	
<i>Helping Hands (inner city; 55+yrs)</i>	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

November 2019



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

Counselling

Kids Help Phone (24/7) 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

Early Childhood Development 780-478-5396

(provides developmental screening for children)

The Steadward Centre for Personal & Physical Achievement

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

Head Start Programs

ABC Head Start Society (3.5-4yrs; low income) 780-461-5353 x221

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+yrs by March of registering year) 780-471-3737

Oliver Centre Early Learning Programs for Children and Families

Society (12mos-5yrs; full and half day programs, low income)

..... 780-482-2116

Early Childhood Education

Alberta Health Services (AHS)

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

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

Edmonton Public Schools 780-429-8000

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 Centre 780-469-0663

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

Sport and Recreation Referrals... 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

Mentoring Programs

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

Uncles & Aunts at Large Society 780-452-5791

Violence

Aboriginal Counselling Services Association of Alberta

Circle of Safety - Teaching Circles for Children Who

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

Central Alberta Sexual Assault Support Centre (24/7)

..... 1-866-956-1099

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) 1-800-668-6868

Sexual Assault Centre of Edmonton

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

Sexual Assault Crisis Line 780-423-4121

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

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)

- 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 Help Phone, Live Chat, Text and App 1-800-668-6868
Text.....Text Connect to 686868
Online Chat.....kidshelpphone.ca
- Kids Kottage - Crisis Line / Crisis Nursery (24/7).....780-944-2888
*Sexual Assault Centre of Edmonton780-423-4121

Counselling

- Catholic Social Services
Mercy Counselling.....780-391-3233
- Central Alberta Sexual Assault Support Centre (24/7)
..... 1-866-956-1099
- *City of Edmonton Citizen Services
Individual and Family Well-Being.....780-496-4777
- Cornerstone Counselling Centre (faith-based).....780-482-6215
- The Family Centre - Edmonton780-424-6103
Drop-In Single Session Counselling dropinyeg.ca
- *Sexual Assault Centre of Edmonton780-423-4102
Sexual Assault Crisis Line780-423-4121
- *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
- Legal Aid Alberta - Legal Services Centres..... 1-866-845-3425
Emergency Protection Order Program780-422-9222
- OakNet: Older Adult Knowledge Networkwww.oaknet.ca
WillowNet: Abuse and the Law in Alberta.....www.willownet.ca

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
Women's Support Services – Drop-In Support Group
- *Edmonton Violence Prevention Centre
Changing PathWays.....780-439-4635
(group for women who are/have been abusive to their partners)

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)
- *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)

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

Outreach / Referral / Support

- *Changing Together - A Centre for Immigrant Women
Family Violence Prevention Workshops..... 780-421-0175
- *Edmonton John Howard Society
Family Violence Prevention Centre (FVPC) ..780-423-1635
- *Edmonton Violence Prevention Centre
Changing PathWays Partner Outreach..... 780-439-4635
(info for partners of individuals in the Changing Ways program)
- Elder Abuse Resource and Supports (EARS) 780-477-2929
- The Elizabeth Fry Society of Edmonton..... 780-421-1175
- Islamic Family and Social Services Association
Fostering Healthy Families – Family Violence Support
..... 780-430-9220
- 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
- Alberta Society for the Prevention of Cruelty to Animals
Pet Safekeeping Program..... 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)
Intake 780-702-1520
Helpline 780-454-8888

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

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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 – Ministry of Advanced Education
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 – Ministry of Community & Social Services
Family Violence Info Line (24/7) 310-1818
The TODAY Family Violence Help Centre 780-455-6880

Health

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

Housing / Homelessness Prevention

Bent Arrow Traditional Healing Society
Nihkh 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
Child and Youth Support Program 780-427-1033
*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

Substance Abuse / Addiction

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

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 780-616-8137

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 780-616-8137
- YWCA Edmonton 780-423-YWCA (9922)

Recreation and Culture

- City of Edmonton 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
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
- Edmonton Public Library www.epl.ca
Programs for Adults, Children, Families, and Youth
(online courses, book clubs, and more) 780-496-7000
- Edmonton Sport Council 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) *Bill Rees (central)*
- For referrals to community events 211

Volunteerism

- Edmonton Chamber of Voluntary Organizations
Volunteerism (resources) ecvo.ca
goVolunteer (volunteer opportunity postings) www.govolunteer.ca
Volunteer Connector (volunteer opportunity postings)
..... www.volunteerconnector.org
- For referrals to volunteer opportunities 211

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Resources for Men

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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.

Resources for Mental Health

November 2019



Visit 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
Boyle McCauley Health Centre	780-422-7333
E4C.....	780-424-7543
Wellness Network.....	780-488-0851
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).....	780-424-2424
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
Drop-In Single Session Counselling	dropinyeg.ca
Jewish Family Services Edmonton.....	780-454-1194
Momentum Walk-In Counselling	780-757-0900
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.....	780-944-2768
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... (telephone screening for programs in residential settings)	780-496-1300
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)	780-424-2424
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 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
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.).....	780-690-3338
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).

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

Resources for Newcomers to Canada

November 2019



Visit 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

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.

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 Parents and Caregivers

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)
Access 24/7, Adult Intake 780-424-2424 (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
Parent Link Centres Lookup www.parentlinkalberta.ca
Bullying Helpline (24/7) 1-888-456-2323
..... www.bullyfreealberta.ca
Family Violence Info Line (24/7) 310-1818
..... 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
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 1-877-644-9992
University of Alberta - Faculty of Education
Clinical Services (5+yrs; 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 (0-4yrs; 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 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

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).

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

Resources for People with Addictions

November 2019



Visit 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*
Access 24/7, Adult Intake Services 780-424-2424
Addiction Helpline (24/7) 1-866-332-2322
Opioid Dependency Program 780-422-1302
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) 1-800-668-6868
Poundmaker's Lodge Treatment Centres 780-458-1884

Adult Residential Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*
Access 24/7, Adult Intake Services 780-424-2424
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*
Access 24/7, Adult Intake Services 780-424-2424
Detoxification Services, Adult 780-427-4291 x1
George Spady Society 780-424-8335

Eating Disorders - Information / Treatment

Alberta Health Services (AHS) - *Addiction and Mental Health*
Access 24/7, Adult Intake Services 780-424-2424
Anorexics and Bulimics Anonymous 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
Canadian Assembly of Narcotics Anonymous (Edmonton and area)
..... 780-421-4429
Clean Scene (14-29yrs) 780-488-0036
Cocaine Anonymous World Services (24/7) ... www.ca-northab.org
Crystal Meth Anonymous 780-691-8509
Food Addicts in Recovery Anonymous www.foodaddicts.org
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

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*
Access 24/7, Adult Intake Services 780-424-2424
Addiction Helpline (24/7) 1-866-332-2322
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
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

November 2019



Visit 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 <i>Family Support and Mentorship</i>	780-454-0701
Inclusion Alberta (FKA: Alberta Association for Community Living)	780-451-3055
Voice of Albertans with Disabilities <i>Support and Referral</i>	780-488-9088

Day Programs / Employment Services

Alberta AdaptAbilities Association.....	780-431-8446
Arch Enterprises.....	780-438-4347
Chrysalis: An Alberta Society for Citizens with Disabilities (18+yrs)	780-454-9656
Elves Special Needs Society <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 <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)

Easter Seals Alberta <i>Adaptive Equipment and Support Services</i> ..	780-429-0137
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Government Services

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

Housing

Alberta Health Services (AHS) - <i>Community Care Access</i> <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) <i>Community Care Access</i>	780-496-1300
City of Edmonton - Waste Management Services Branch <i>Assisted Waste Collection</i>	311
Skills Society - Supporting the Citizenship of People with Disabilities.....	780-496-9686
YWCA Edmonton	780-423-YWCA (9922)

Leisure and Social Programs

Alberta AdaptAbilities Association	780-431-8446
City of Edmonton <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	780-492-3182

Organizations (Call 211 for additional listings)

The Arthritis Society - Alberta and North West Territories Division	1-800-321-1433
Autism Edmonton	780-453-3971
Brain Care Centre.....	780-477-7575
Bridges Support Services Association <i>(hard of hearing; deaf)</i>	780-428-6610
Canadian Diabetes Association	1-800-226-8464
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 Services	780-454-9581
Elves Special Needs Society <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
Tetra Society of North America <i>Assistive Device Projects</i>	1-877-688-8762
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> <i>(or find "License & 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).

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Resources for Pregnancy / New Parents

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)

Action Canada for Sexual Health and Rights
Unplanned Pregnancy Info & Referrals 1-888-642-2725
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
AMARIS Adoption and Family Support 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
(*info & nutrition programs at various agencies; call for location*)
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

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

Pregnancy Care Centre
Abortion Recovery Centre (pro-life) 780-454-5911
YWCA Edmonton
Counselling (pro-choice) 780-423-3737

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*) Text: 780-718-4272
..... Call: 780-433-5656

Alberta Health Services (AHS)
Birth Control Centre (pro-choice) 780-735-0010
Reproductive Mental Health Program 780-735-6785
Pregnancy Care Centre (*pro-life*) 780-424-2624
YWCA Edmonton (*pro-choice*) 780-423-3737

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 (0-4yrs; 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.

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Resources for Seniors and Older Adults

November 2019



Visit www.edmonton.cmha.ca 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.....780-477-2929
- 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
- Sage Seniors Association
Seniors' Safe House (60+yrs).....780-702-1520
- The Shaama Centre for Seniors and Women780-465-2992
(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 Programs780-644-9992
- 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*)780-424-2424
Health Link (24/7).....811
Home Care - Adult Services.....780-496-1300
- Edmonton Meals on Wheels780-429-2020
- ElderCare Edmonton - *Day Support Program*.....780-434-4747 x0
- ElderDog Canada780-885-1226
(help for seniors with dog care and bereavement support)
- The Good Samaritan Society - *TeleCare (help button)*780-431-3630
- Yellow Pages Telephone Bookwww.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
- Operation Friendship Seniors Society (*inner city*)780-429-2626
- Sage Seniors Association
Housing Information Services (55+yrs)587-773-1764

Information

- Edmonton Seniors Coordinating Council (ESCC).... 780-423-5635
Online Resources.....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 (*55+yrs*)..... 780-496-7369
- Edmonton Aboriginal Seniors Centre (*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 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 (*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 (*55+yrs*)..... 780-433-5807
- Westend Seniors Activity Centre (*55+yrs*)..... 780-483-1209

Transportation

- Drive Happiness Seniors Association 780-424-5438
- Edmonton Transit Service (ETS) 311
Disabled Adult Transit Service (DATS) 780-496-4567
Seniors' Transit Passes 311
- 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

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

November 2019



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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 - Women's Emergency Shelter	780-422-2018
Money Mentors	1-888-294-0076

Counselling (*no cost)

Catholic Social Services - Mercy Counselling	780-391-3233
City of Edmonton Citizen Services	
<i>*Individual and Family Well-Being</i>	780-496-4777
Cornerstone Counselling Centre (faith-based)	780-482-6215
The Family Centre - Edmonton	780-424-6103
<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 (Sexual and Reproductive Health)	780-423-3737

Employment

Alberta Supports Centre	1-877-644-9992
Edmonton's Food Bank - Beyond Food	780-425-2133
The Elizabeth Fry Society of Edmonton	
<i>Work for Women Employment Program</i>	780-784-2207
Women Building Futures Society (trades training)	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 (low income; inner city)	
<i>Women's Health Promotion Program</i>	780-422-7333
The Elizabeth Fry Society of Edmonton - STI Testing	
<i>(women only, inclusive of trans women)</i>	780-784-2205
Institute for Sexual Minority Studies and Services	780-492-0772
Multicultural Health Brokers Co-op	780-423-1973
Pride Centre of Edmonton	780-488-3234
Woman's Health Options (pro-choice; abortion services)	780-484-1124
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 (24/7)	
.....	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 - Family Violence Info Line	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 - Legal Services Centres	1-866-845-3425
Student Legal Services of Edmonton	780-492-2226

Relationship / Support

Caregivers Alberta	780-453-5088
Co-Dependents Anonymous - Support Meetings	780-436-6853

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 Youth and Young Adults

November 2019



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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
Central Alberta Sexual Assault Support Centre (24/7)
..... 1-866-956-1099
Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
Kids Help Phone (24/7) 1-800-668-6868
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
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) 780-423-2831
Drop-In Single Session Counselling dropinyeg.ca
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
Sexually Transmitted Infections Clinic 780-342-2300
Eating Disorder Support Network of Alberta www.edsna.ca
Pride Centre of Edmonton
Drop-In Community Centre..... 780-488-3234
Terra Centre for Teen Parents 780-428-3772
Woman's Health Options
(*pro-choice; abortion services*) 780-484-1124
YWCA Edmonton
Compass Sexual Wellness (pro-choice)..... 780-423-9922

Life Skills / Education / Employment

Alberta Learning Information Service (ALIS) . www.alis.alberta.ca
Bredin Centre for Learning..... 780-425-3730
City of Edmonton Citizen Services
Leaders in Training (13-17yrs, May-August)..780-944-7421
Edmonton's Food Bank - *Beyond Food*..... 780-425-2133
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
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
YOUNCAN 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 www.edmontonsport.com
Online Resources and Sport Referrals
KidSport Alberta (*funding; 18yrs and under*)..... 1-888-914-5437

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
CASA Child, Adolescent and Family Mental Health
Concurrent Addiction and Mental Health Program (12-18yrs)
..... 780-410-8483

Support

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
Edmonton John Howard Society
*REE*START (15-22yrs)* 780-428-7590
Family Futures Resource Network 780-413-4521
Kids On Track Association of Edmonton 780-481-2942
Old Strathcona Youth Society (14-24yrs) 780-496-5947
Uncles & Aunts at Large Society (6-18yrs) 780-452-5791
Youth Empowerment & Support Services (YESS) ... 780-468-7070
YMCA - *Youth Transition Program (13-19yrs)* 780-426-9265

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.

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Resources for Youth and Young Adults at Risk

November 2019



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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 McCauley Health Centre - *Kindred House* 780-424-4091
Outreach project for women and transgender individuals involved in sex work; 18+yrs
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

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

Catholic Social Services
Safe House (24/7; 14-19yrs)..... 780-474-9938
Central Alberta Sexual Assault Support Centre (24/7) 1-866-956-1099

Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
Kids Help Phone (24/7) 1-800-668-6868
Sexual Assault Centre of Edmonton..... 780-423-4121

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
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
The Elizabeth Fry Society of Edmonton (EFry)
Girls Empowered and Strong (12-17yrs) 780-784-2200
YESS - *Resource Centre (FKA: BEST) (15-24yrs)* ... 780-468-7070
YMCA - *Bridging the Gap (employment; 15-30yrs)*..... 780-429-9622

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

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
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
YWCA Edmonton (*pro-choice*) 780-423-3737

Sexual Exploitation

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 13-17yrs)* 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)

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
CASA Child, Adolescent and Family Mental Health
Concurrent Addiction and Mental Health Program (12-18yrs) 780-410-8483

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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