

Resources for Basic Needs

November 2020



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

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

Clothing / Household Goods

Bissell Centre
Thrift Shoppe 780-471-6644
Edmonton Emergency Relief Services - *Thrift Store* 780-428-4422
Goodwill Industries of Alberta
Thrift Retail Stores (multiple locations)..... 780-944-1414
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 x 133 or x 121
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
Warming Shelter 780-422-2018
Women's Emergency Shelter (16+ yrs) 780-422-2018
Youth Shelter (16-24 yrs) 780-422-2018
The Salvation Army - Edmonton
Men's Transitional Housing 780-429-4274
Youth Empowerment & Support Services (YESS)
Nexus (15 to 21 yrs; 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 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

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

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
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
E4C – *Housing Programs (inner city)* 780-424-7543
Inner City Youth Housing Project (14-17 yrs). 780-479-7075
homeEd (City of Edmonton Non-Profit Housing Corporation)
..... 780-474-5706
Native Counselling Services of Alberta
Transitional Housing (18-30 yrs) 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

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at www.ab.211.ca.

Contact 211 for more information or if you cannot find the particular service you are looking for.

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