

# Resources for Men

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](http://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 (105<sup>th</sup> 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  
Money Mentors ..... 1-888-294-0076  
The Salvation Army - Edmonton  
*Men's Transitional Housing (18+ yrs)* ..... 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  
Cornerstone Counselling Centre (faith-based) ..... 780-482-6215  
The Family Centre - Edmonton ..... 780-424-6103  
*Drop-In Single Session Counselling* ..... [dropinyeg.ca](http://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

## 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)

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) ...  
..... 780-423-9922

## Legal Resources

Edmonton Community Legal Centre ..... 780-702-1725  
Government of Alberta ..... [www.rcas.alberta.ca](http://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](http://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  
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

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at [www.ab.211.ca](http://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.*