

Resources for Parents and Caregivers

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.

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

ASSIST Community Services Centre 780-429-3111

Ben Calf Robe Society 780-477-6648

Bent Arrow Traditional Healing Society 780-481-3451

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

Family Resource Network Lookup

..... www.alberta.ca/lookup/frn-search.aspx

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

(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

Bissell Centre - Family Support Services

..... 780-423-2285 x133 or x121

Community Options - A Society for Children and Families

..... 780-455-1818

Dickinsfield Amity House 780-478-5022

E4C - Early Learning Services (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

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

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 780-474-5011

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

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.