

# Resources for Women

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.

## **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 (105<sup>th</sup> 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
Women's Emergency Accommodation Centre.....	780-423-5302
Money Mentors .....	1-888-294-0076

## **Counselling (\*no cost)**

Catholic Social Services - <i>Mercy Counselling</i> .....	780-391-3233
Cornerstone Counselling Centre ( <i>faith-based</i> ).....	780-482-6215
The Family Centre - Edmonton .....	780-424-6103
<i>Drop-In Single Session Counselling</i> .....	780-423-2831
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

## **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 (Confidential STI and Health Advice 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
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 .....	780-423-3737
<i>Sexual and Reproductive Health (pro-choice)</i>	

## **Crisis (Call 911 if in immediate danger)**

Alberta Health Services (AHS)	
<i>Addiction Helpline</i> .....	1-866-332-2322
<i>Mental Health Helpline</i> .....	1-877-303-2642
<i>Access 24/7</i> .....	780-424-2424
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)**

Edmonton John Howard Society	
<i>Family Violence Prevention Centre</i> .....	780-423-1635
<i>Domestic Violence Complainant Program</i> ....	780-422-0721
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 .....	<a href="http://www.rcas.alberta.ca">www.rcas.alberta.ca</a>
<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 .....	<a href="http://www.lawsociety.ab.ca">www.lawsociety.ab.ca</a>
<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

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.*