

Resources for Parents and Caregivers

May 2021



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

Parenting Children with Disabilities

- 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
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
The Family Centre - Edmonton
Parenting Through Divorce and Separation .. 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.