

Resources for Women

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.

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 (105th 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>Christian</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)
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	Call 780-455-6880
..... Chat www.thetodaycentre.ca	

Legal Resources

Edmonton Community Legal Centre	780-702-1725
Government of Alberta	www.rcas.alberta.ca
<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	www.lawsociety.ab.ca
<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.

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.