

Resources for Parents and Caregivers

November 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)
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

Childcare and Preschool Referrals

Government of Alberta	
Childcare Services / Listings / Subsidies	780-644-9992
.....	www.alberta.ca/accessing-child-care.aspx

Cross-Cultural Parenting

ASSIST Community Services Centre	780-429-3111
Ben Calf Robe Society	780-477-6648
.....	780-918-0435
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	
Child and Youth Services Division	780-422-0305
.....	www.alberta.ca/ministry-childrens-services.aspx
Bullying Helpline (24/7)	1-888-456-2323
.....	www.alberta.ca/bullying
Family Resource Networks Lookup	
.....	www.alberta.ca/lookup/frn-search.aspx
Family Violence Info Line (24/7)	310-1818
.....	www.alberta.ca/endfamilyviolence

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

<i>(Contact agencies for more information on workshops and services available. See also: Cross-Cultural Parenting)</i>	
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 Family Resource Centre	587-635-1775
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
<i>(support groups for children and their families grieving a death, separation, or divorce)</i>	
Terra Centre for Teen Parents	780-428-3772
Uncles and Aunts at Large Society	
Strengthening Families Program	780-452-5791
YMCA of Northern Alberta	780-429-YMCA (9622)
Family Connect	587-726-7400

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.