Resource Lists

November 2021

Compiled by 211 Alberta – Edmonton and Area, a program of
Canadian Mental Health Association – Edmonton Region.

For Community Services Information contact 2-1-1.
211 is now available province-wide by dialing 2-1-1, texting INFO to 211,
or through live chat at www.ab.211.ca.

Inclusion of an agency or service on these resource lists
does not constitute an endorsement by 211 Alberta – Edmonton and Area.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association
Edmonton
Mental health for all

Resources for 2SLGBTQ+

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.

Counselling

The Family Centre - Edmonton
- *Drop-In Single Session Counselling* 780-423-2831

Momentum Walk-In Counselling
- *Single Session Counselling* 780-757-0900

Crisis *(Call 911 if in immediate danger)*

Canadian Mental Health Association (CMHA)
- *Distress Line (24/7)* 780-482-HELP (4357)

Government of Alberta
- *Bullying Helpline (24/7)* 1-888-456-2323
- *Child Abuse Hotline (24/7)* 1-800-387-5437

First Nations and Inuit Hope For Wellness Help Line
..... 1-855-242-3310

Kids Help Phone 1-800-668-6868
- *Text* ..... Text *Connect* to 686868
- *Online Chat* ..... kidshelpphone.ca

Sexual Assault Centre of Edmonton
- *Support and Information Crisis Line* 780-423-4121

Central Alberta Sexual Assault Support Centre
- *24 Hour Sexual Assault Crisis Line* 1-866-956-1099
- *Text* 403-986-HELP (4357)

Family Violence and Abuse *(also see Family Violence list)*

The TODAY Family Violence Help Centre 780-455-6880
- *Inclusive Family Violence Supports*

Edmonton Women's Shelter Limited ..... www.winhouse.org
- *24/7 Helpline* 780-479-0058

Health / Sexual Health / Harm Reduction

Alberta Health Services (AHS)
- *Birth Control Centre (pregnancy testing)*
  - *Seventh Street Plaza* 780-735-0010
- *Health Link (24/7)* 811
- *Sexually Transmitted Infections (STI) Clinic* . 780-342-2300

CATIE (HIV and Hepatitis C Information) ..... www.catie.ca
- *Confidential Bilingual Toll-free Inquiry Line* 1-800-263-1638

Edmonton Men's Health Collective
- *Peer N Peer Substance Use Program* 587-599-7290

HIV Edmonton 780-488-5742

The LGBTQ Wellness Centre 587-635-3130
- *Social and Psychological Supports*
- *Trans-Affirming Medical Care*

Legal / Advocacy

Alberta Civil Liberties Research Centre
- *LGBT Resources* ..... www.aclrc.com

Alberta Human Rights Commission
- *Confidential Inquiry Line* 780-427-7661

Legislative Assembly of Alberta
- *Office of the Child and Youth Advocate* 1-800-661-3446

Shelter

Catholic Social Services
- *Safe House (14 to 19 yrs; trans-affirming)* 780-474-9938

e4c
- *Women's Emergency Accommodation Centre (18+ yrs; women with children cannot be accommodated; trans-affirming)* 780-423-5302

Support / Support Groups

Edmonton Mennonite Centre for Newcomers
- *Rainbow Refuge* 587-938-6869

Edmonton Seniors Centre
- *LGBTQIA2S+ Seniors Support Group* 780-425-8625

Momentum Walk-In Counselling 780-757-0900
- *Queer Café - LGBTQ2S+ Support Group*

Pride Centre of Edmonton 780-488-3234
- *Drop-In Community Centre (all expressions and identities)*

Pflag Canada ..... www.pflagcanada.ca
- *Edmonton Chapter* ..... 1-888-530-6777 Ext. 581

Sexual Assault Centre of Edmonton
- *Sexual Assault Group Counselling*
  - *refleQT* 780-423-4102

Youth

The Family Centre - Edmonton 780-423-2831
- *The Rainbow Pages* ..... www.therainbowpages.ca

iHuman Youth Society 780-421-8811

Institute for Sexual Minority Studies and Services
- *Camp fYrefly (14 to 24 yrs)* 780-492-4909
- *Comprehensive Health Education Workers (CHEW) (14 to 29 yrs)* 780-263-2221
- *fYrefly in Schools* 780-492-0772

Old Strathcona Youth Society 780-496-5947

Pride Centre of Edmonton ..... www.pridecentreofedmonton.ca
- *Pride Youth (12 to 24 yrs)* 780-488-3234

Youth Empowerment and Support Services (YESS)
..... 780-468-7070

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of Canadian Mental Health Association Edmonton Mental health for all

Resources for Anger Management

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)*

Canadian Mental Health Association (CMHA)
- *Distress Line (24/7)* 780-482-HELP (4357)

Government of Alberta
- *Family Violence Info Line (24/7)* 310-1818

Kids Help Phone, Live Chat, Text, and App 1-800-668-6868
- *Text*.....686-868
- *Online Chat*..... www.kidshelpphone.ca

Counselling

Boyle Street Community Services
- *The Urban Counselling Network*..... 780-424-4106
  (18+; individuals with low or no income; support managing emotions such as anger; no cost)
- *Mental Health Support*..... 780-424-4106
  (Outreach, including support, information and referral, to individuals with chronic mental illness living in the inner city)

Catholic Social Services
- *Mercy Counselling*..... 780-391-3233

Cornerstone Counselling Centre *(faith-based)*..... 780-482-6215

Edmonton Mennonite Centre for Newcomers
- *Health and Well-Being Services*..... 780-423-9696
  (Immigrants who are permanent residents of Canada, Convention refugees, Canadian citizens, or refugee claimants)

The Family Centre - Edmonton
- *Drop-In Single Session Counselling*
- *Telephone Counselling*..... 780-424-6103
- *Mental Health Therapist*..... 780-900-6274

Psychologists' Association of Alberta
- *Psychologist Referral Service*..... 780-424-0294

University of Alberta - Faculty of Education
- *Clinical Services (September-April)*..... 780-492-3746

Disabilities

Chrysalis: An Alberta Society for Citizens with Disabilities
- *Personal Development Course*..... 780-454-9656
  (6 weeks; 18+; problem solving skills including anger management, stress management, and assertiveness; no cost)

Groups / Workshops: Women

Aboriginal Counselling Services Association of Alberta
- *Healing Anger for Women* 780-448-0378
  (12 weeks; Aboriginal women, 18+yrs; healing through discussion, expressive arts and traditional practices; no cost)

Groups / Workshops: Youth

Covenant Health
- *Adolescent Group Program*..... 780-735-2731
  (September-June; 14-17yrs; referral required from a physician; a pre-entry screening interview is conducted to determine suitability; no cost)

YMCA of Northern Alberta
- *Youth Transition Program*..... 780-426-9265
  (11 weeks; 13-19yrs; voluntary program; teaches skills and techniques to gain control over anger)

Mixed Groups / Workshops

Cornerstone Counselling Centre
- *Anger Management Workshop*..... 780-482-6215
  (9 hours; Thursdays or Saturdays; how to change destructive expressions of anger into positive behaviours; $195)

The Family Centre - Edmonton
- *Men / Women and Anger*..... 780-497-7536
  (10 hours; 18+; healthy ways to express anger and resolve conflict; costs vary; subsidies may be available)
- *Self-Esteem and Assertiveness*..... 780-497-7536
  (10 hours; 18+; topics include anger and its relationship with self-esteem; costs vary; subsidies may be available)

Family Futures Resource Network
- *Count to Ten*..... 780-413-4521
  (8 weeks; 18+yrs; adult education and support group to learn effective ways to deal with anger; $25)

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.

Resources for Basic Needs

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.

Clothing / Household Goods

Bissell Centre
- *Thrift Shoppe* 780-471-6644

Goodwill Industries of Alberta
- *Thrift Retail Stores (multiple locations)* 780-944-1414

Homeward Trust Edmonton - *Find Furnishing Hope* 780-988-1717

The Mustard Seed - Edmonton *(inner city)* 780-426-5600

The Salvation Army - Edmonton - *Thrift Stores*
- *East* 780-475-8778
- *West* 780-451-8168

Society of Saint Vincent de Paul Edmonton 780-471-5577

Emergency Clothing / Household Goods

Bissell Centre
- *Family Support Services*.....780-423-2285 x 133 or x 121

Marian Centre..... 780-424-3544

Youth Empowerment & Support Services (YESS)
- *Resource Centre (15-24 yrs)*..... 780-468-7070

Emergency Shelters

Hope Mission Edmonton
- *Short Term Housing for Men (18-60 yrs)* 780-429-3470
- *Warming Shelter*..... 780-422-2018
- *Women's Emergency Shelter (16+ yrs)* 780-422-2018
- *Youth Shelter (16-24 yrs)* 780-422-2018

The Salvation Army - Edmonton
- *Men's Transitional Housing* 780-429-4274

Youth Empowerment & Support Services (YESS)
- *Nexus (15 to 21 yrs; trans inclusive)*..... 780-468-7070

Financial Assistance / Employment

Credit Counselling Society 1-888-527-8999

Edmonton's Food Bank - *Beyond Food* .....780-425-2133 x 228

The Elizabeth Fry Society of Northern Alberta
- *Me and Money - Women's Financial Literacy*..... 780-784-2203

Government of Alberta
- *Alberta Supports Centre (info line)* .....1-877-644-9992 *(for information on Assured Income for the Severely Handicapped (AISH), Emergency Income Support, Income Support, and Employment Information)*

Money Mentors..... 1-888-294-0076

Service Canada - *Employment Insurance (EI)*
- *Info line*..... 1-800-206-7218
- *COVID-19*..... 1-833-381-2725

Food Hampers

Edmonton's Food Bank 780-425-4190

Wecan Food Basket Society
- *Food Orders* 780-413-4525

Health / Mental Health

Alberta Health Services (AHS)
- *Health Link (24/7)* 811
- *Mental Health Help Line (24/7)*..... 1-877-303-2642

Momentum Walk-In Counselling *(sliding scale)* 780-757-0900

The Family Centre - Edmonton 780-424-6103
- *Drop-In Single Session Counselling* ..... dropinyeg.ca

Meals *(Call agency for times or 211 for more options)*

Boyle Street Community Services..... 780-424-4106

Dickinsfield Amity House..... 780-478-5022

Hope Mission Edmonton 780-422-2018

Marian Centre *(emergency meals; 18+ yrs)* 780-424-3544

Operation Friendship Seniors Society..... 780-429-2626
(inner city; 55+yrs)

Youth Empowerment & Support Services (YESS)
- *Resource Centre (15-24yrs)* 780-468-7070

Housing Registries / Guides

Boyle Street Community Services
- *Housing First* 780-424-4106

GEF Seniors Housing
- *Directory* 780-482-6561

Operation Friendship Seniors Society..... 780-429-2626
(inner city; 55+yrs)

Sage Seniors Association
- *Directory of Senior Services* 780-423-5510
- *Housing Information Services (55+ yrs)*..... 587-773-1764

Housing: Subsidized / Transitional

Civida (Capital Region Housing Corporation) 780-420-6161

E4C – *Housing Programs (inner city)* 780-424-7543
- *Inner City Youth Housing Project (14-17 yrs)*. 780-479-7075

homeEd (City of Edmonton Non-Profit Housing Corporation)
..... 780-474-5706

Native Counselling Services of Alberta
- *Transitional Housing (18-30 yrs)*..... 780-990-1120

Transportation

Edmonton Transit Service (ETS)
- *Information*.....311
- *Ride Transit Program (subsidized monthly passes)*.....311

Operation Friendship Seniors Society
- *Helping Hands (inner city; 55+ yrs)* 780-429-2626

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of

Canadian Mental Health Association Edmonton
Mental health for all

Resources for Children

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.

Counselling

Kids Help Phone *(24/7)* ..... Call 1-800-668-6868
..... Text 686-868

Grief Counselling Programs

Kids On Track Association of Edmonton
HomeBuilders (kindergarten-grade 6) 780-481-2942
Pilgrims Hospice Society 780-413-9801 x102
Starfish Family Resources Society 780-448-1180

Play Therapy

Catholic Social Services 780-391-3233
University of Alberta - Faculty of Education
Clinical Services (5+yrs; September-April) 780-492-3746

Disabilities

Alberta Health Services (AHS)
Early Intervention Program (0-3.5yrs) 780-342-1707
Centre for Autism Services Alberta.....780-488-6600
Connect Society - Deafness Education, Advocacy and Family Services
Early Intervention (deaf; 0-3.5yrs) 780-454-9581 x226
Edmonton Down Syndrome Society
Speech-Language Therapy.....780-944-4224
Elves Special Needs Society
(severe developmental disabilities; 2.8-6yrs/grades 1-12) ...780-454-5310
Family Futures Resource Network
Parent Education.....780-413-4521
(provides developmental screening for children; 4mos-5yrs)
GRIT Program (The Getting Ready for Inclusion Today Program)
Early Childhood Program (2.5-6yrs) 780-454-9910
KARA Family Resource Centre
Early Childhood Development.....780-478-5396
(provides developmental screening for children)
The Steadward Centre for Personal & Physical Achievement
Free2BMe Physical Activity (4-19yrs).....780-492-8269

Head Start Programs

ABC Head Start Society *(2.6-4yrs; low income)* 780-461-5353 x247
Amiskwaciy Cultural Society
Aboriginal Head Start (3.5-5yrs; Indigenous). ...780-640-9799
Bent Arrow Traditional Healing Society
White Cloud Aboriginal Head Start Program
(3-5yrs; Indigenous) 780-486-2543
E4C *(programs for families with low income)*
Early Learning Services (2.8-5yrs) 780-426-3666
Norwood Child and Family Resource Centre *(3-5yrs)* .....
.....780-471-3737
Oliver Centre Early Learning Programs for Children and Families Society *(12mos-5yrs; low income)*.....780-482-2116

Early Childhood Education

Alberta Health Services (AHS)
Preschool Speech and Language (0-5.9yrs).. 780-408-8793
Edmonton Catholic Schools *(3-4yrs)* 780-436-7888
Edmonton Public Schools *(2.6-5yrs)*.....780-429-8000
Family Futures Resource Network *(0-6yrs)* 780-413-4521

Leisure / Recreation

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton *(6-18yrs)*
..... 780-424-8181
City of Edmonton Citizen Services
Leisure Access Program.....311
Activities, Parks, and Recreation 311
Edmonton Public Library
Children's Programs (general info line) 780-496-7000
Edmonton Sport Council
Sport and Recreation Referrals .. www.edmontonsport.com
Kids On Track Association of Edmonton 780-481-2942
KidSport Alberta *(funding; under 18yrs)* 1-888-914-KIDS (5437)
Canadian Tire Jumpstart Charities *(4-18yrs)* .....
..... 1-844-YES-PLAY (937-7529)
Suggestions for parent-child or child activities 211

Mental Health

Alberta Health Services (AHS) - *Addiction and Mental Health*
Intake Services, Child and Adolescent 780-342-2701
CASA Child, Adolescent and Family Mental Health .....
.....780-400-2271

Mentoring Programs

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton .....
..... 780-424-8181
Uncles & Aunts at Large Society 780-452-5791

Violence

Aboriginal Counselling Services Association of Alberta
Circle of Safety - Teaching Circles for Children Who Witness Abuse (6-17yrs) 780-448-0378
Government of Alberta
Bullying Helpline (24/7) 1-888-456-2323
Child Abuse Hotline (24/7) 1-800-387-5437
Family Violence Info Line (24/7) 310-1818
Kids Help Phone *(24/7)* 1-800-668-6868
..... Text 686-868
Sexual Assault Centre of Edmonton
Child and Adolescent Counselling (3-17yrs).. 780-423-4102
Support and Information Line 780-423-4121

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Family Violence and Abuse

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)*

Canadian Mental Health Association (CMHA)
- **Distress Line (24/7)* 780-482-HELP (4357)
- **Seniors' Abuse Helpline (24/7)* 780-454-8888

Government of Alberta
- *Child Abuse Hotline (24/7)* 1-800-387-5437

Kids Help Phone, Live Chat, Text and App 1-800-668-6868
- *Text* ..... Text *Connect* to 686868
- *Online Chat* ..... kidshelpphone.ca

Kids Kottage - *Crisis Line / Crisis Nursery (24/7)* 780-944-2888
*Sexual Assault Centre of Edmonton 780-423-4121

Counselling

Catholic Social Services
- *Mercy Counselling* 780-391-3233

Central Alberta Sexual Assault Support Centre *(24/7)*..... .....
1-866-956-1099

Cornerstone Counselling Centre *(faith-based)* 780-482-6215
The Family Centre - Edmonton 780-424-6103
- *Drop-In Single Session Counselling* ..... dropinyeg.ca

*Sexual Assault Centre of Edmonton 780-423-4102
- *Support and Information Line* 780-423-4121

*Stop Abuse in Families (SAIF) Society *(St. Albert)* .. 780-460-2195

Court Preparation / Legal / Protection

*Edmonton John Howard Society
- *Domestic Violence Complainant Program* 780-422-0721
- *Family Violence Prevention Centre (FVPC)* .. 780-423-1635

Elizabeth Fry Society of Northern Alberta
- *Courtworks* 780-422-4775

Legal Aid Alberta - *Legal Services Centres* 1-866-845-3425
- *Emergency Protection Order Program* 780-422-9222

OakNet: *Older Adult Knowledge Network* ..... www.oaknet.ca
WillowNet: *Abuse and the Law in Alberta* ..... www.willownet.ca

Group Programs for Women / Children / Seniors

*Edmonton Violence Prevention Centre
- *Changing PathWays* 780-439-4635
  (group for women who are/have been abusive to their partners)

Group Programs for Men

*Edmonton Violence Prevention Centre
- *Changing PathWays (men's group)* 780-439-4635
  (group for men who are/have been abusive to their partners)

The Family Centre – Edmonton
- *Healthy Relationships* 780-424-6103
  (for men with conflict in relationships because of aggression)

Information

Government of Alberta
- *Prevention of Family Violence and Bullying*
  - *Bullying Helpline (24/7)* 1-888-456-2323
  - *Family Violence Info Line (24/7)* 310-1818
  - *Online Resources* ..... www.familyviolence.alberta.ca

Outreach / Referral / Support

*Edmonton John Howard Society
- *Family Violence Prevention Centre (FVPC)* .. 780-423-1635

*Edmonton Violence Prevention Centre
- *Changing PathWays Partner Outreach* 780-439-4635
  (info for partners of individuals in the Changing Ways program)

Elder Abuse Resource and Supports (EARS)..... 780-477-2929
Elizabeth Fry Society of Northern Alberta 780-421-1175
Islamic Family and Social Services Association
- *Fostering Healthy Families – Family Violence Support* .....
  780-430-9220

The Shaama Centre for Seniors and Women
- *(FKA: Multicultural Women and Seniors Services Association)*
  780-465-2992

*The TODAY Family Violence Help Centre 780-455-6880

Shelter / Housing

Alberta Council of Women's Shelters 1-866-331-3933
- *Alberta Shelters Lookup* ..... www.acws.ca/shelters

Alberta Society for the Prevention of Cruelty to Animals
- *Pet Safekeeping Program* ..... 780-447-3600 x 3750

Edmonton Women's Shelter Limited
- *(women with or without children; 24/7)* 780-479-0058

*Sage Seniors Association
- *Seniors' Safe House (men/women; 60+yrs)*
  - *Intake* 780-702-1520
  - *Helpline* 780-454-8888

*** Denotes agencies that have adopted Family Violence Protocols through Community Initiatives Against Family Violence (CIAFV).**

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Indigenous Peoples

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.

Counselling

The Edmonton Native Healing Centre
Drop-In Centre (pastoral counselling) 780-482-5522
The Red Road Healing Society
Counselling and Family Therapy 780-471-3220

Education

Bent Arrow Traditional Healing Society
White Cloud Aboriginal Head Start (3-5 yrs) .. 780-486-2543
Boyle Street Education Centre (Charter School) 780-428-1420
Nechi Institute: Centre of Indigenous Learning 780-459-1884

Employment *(including entrepreneurship)*

Bent Arrow Traditional Healing Society
Adult Employment Program (18+ yrs) 780-481-3451
Bissell Centre – *Bissell Workforce (18+ yrs)* 780-424-4385
Business Link
Indigenous Services 780-422-7722
Edmonton's Food Bank – *Beyond Food* .....780-425-2133 x 228
Government of Alberta – Ministry of Advanced Education
Apprenticeship and Industry Training 1-800-248-4823
Institute for the Advancement of Aboriginal Women (IAAW)
..... 780-479-8195
Rupertsland Institute – Métis Centre of Excellence .....
..... 1-888-486-3847

Family Violence and Abuse

Government of Alberta – Ministry of Community & Social Services
Family Violence Info Line (24/7) 310-1818
The TODAY Family Violence Help Centre 780-455-6880

Health

Alberta Health Services (AHS)
Health Link (24/7) 811
Indigenous Wellness Clinic..... 780-735-4512
Bent Arrow Traditional Healing Society..... 780-481-3451

Housing / Homelessness Prevention

Bent Arrow Traditional Healing Society
Nikihk Housing First..... 780-481-3451
Boyle Street Community Services
Housing First 780-424-4106
Métis Urban Housing Corporation
Affordable Market Housing Program 780-452-6440
Native Counselling Services of Alberta
Transitional Housing (18-30 yrs) 780-990-1120

Information and Referral

Ben Calf Robe Society
Family Resource Work Program 780-477-6648
Elizabeth Fry Society of Northern Alberta
Indigenous Women's Program 780-784-2206

Legal / Status

Government of Canada - Indigenous and Northern Affairs Canada
First Nations Register and Status..... 1-800-567-9604
Metis Nation of Alberta
Metis Identification and Registry..... 780-455-2200
Native Counselling Services of Alberta
Criminal Courtwork 780-644-7167
Indigenous Correctional Services..... 780-495-3748
Young Offender Probation..... 780-423-2141

Parenting Programs / Support

Amiskwaciy Cultural Society
Aboriginal Head Start (3.5-5 yrs; Indigenous)....780-640-9799
Ben Calf Robe Society
Traditional Parenting 780-477-6648
Bent Arrow Traditional Healing Society..... 780-481-3451
Bissell Centre
Family Support Services.....780-423-2285 x 133 or x 121
Elizabeth Fry Society of Northern Alberta
Indigenous Women's Program 780-784-2206
Government of Alberta - Ministry of Children's Services
Child and Youth Support Program..... 780-427-1511
KARA Family Resource Centre..... 780-478-5396
Metis Child and Family Services Society Edmonton .....
..... 780-452-6100

Substance Use / Addiction

Alberta Health Services
Addiction Helpline (24/7).....1-866-332-2322
Poundmaker's Lodge Treatment Centres 780-458-1884

Supportive Services

Aboriginal Counseling Services Association of Alberta.....
..... 780-448-0378
Ben Calf Robe Society 780-477-6648
Bent Arrow Traditional Healing Society..... 780-481-3451
Bissell Centre 780-423-2285
Boyle Street Community Services..... 780-424-4106
Canadian Native Friendship Centre 780-761-1900
Edmonton Aboriginal Seniors Centre *(55+ yrs)*..... 587-525-8969
The Edmonton Native Healing Centre..... 780-482-5522
Institute for the Advancement of Aboriginal Women (IAAW)
..... 780-479-8195
Metis Child and Family Services Society Edmonton .....
..... 780-452-6100
The Red Road Healing Society..... 780-471-3220

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Leisure and Personal Enrichment

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.

Assertiveness and Self-Esteem

Bissell Centre Workforce - *Skill Enhancement*..... 780-424-4385
(employment and life skills workshops)
Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course.....780-454-9656
(individuals 18+yrs with developmental disabilities)
The Elizabeth Fry Society of Edmonton
(personal development workshops).....780-421-1175
The Family Centre - Edmonton
Self-Esteem and Assertiveness.....780-497-7536
Society for Personal Growth 780-616-8137

Continuing Education

Edmonton Lifelong Learners Association (ELLA)
Non-Credit Courses (50+yrs).....780-492-5055
(fine and liberal arts, sciences, humanities; $350 for maximum of 4 courses; income-based bursary available; partnered with University of Alberta - Faculty of Extension)
Edmonton Public Schools
Metro Continuing Education 780-428-1111
(personal enrichment/special interest courses; registration and material fees apply)
MacEwan University
Continuing Education 780-497-4400
NorQuest College 780-644-6000
Northern Alberta Institute of Technology (NAIT) 780-378-6990
University of Alberta - *Faculty of Extension* 780-492-3116

Financial Literacy

Consolidated Credit Counselling Services of Canada, Inc.
Financial Literacy Education..... 1-888-477-7397
Credit Counselling Society 1-888-527-8999
The Elizabeth Fry Society of Edmonton
Me and Money - Women's Financial Literacy.780-784-2203
Money Mentors ..... www.moneymentors.ca
Financial Classes 1-888-294-0076

Literacy

Centre for Family Literacy..... 780-421-7323
The Learning Centre Literacy Association *(18+yrs)*.. 780-429-0675
PALS - Project Adult Literacy Society *(18+yrs)* 780-424-5514

Personal and / or Spiritual Growth

Bent Arrow Traditional Healing Society 780-481-3451
Edmonton Aboriginal Seniors Centre *(55+yrs)*.....587-525-8969
The Mustard Seed - Edmonton
Spiritual Development (inner city)..... 780-426-5600
The Salvation Army - Edmonton
Chapel Service..... 780-429-4274
Society for Personal Growth.....780-616-8137
YWCA Edmonton..... 780-423-YWCA (9922)

Recreation and Culture

City of Edmonton .....www.edmonton.ca
Accessibility Services Liaison 780-496-4917
Attractions / Activities, Parks, and Recreation..... 311
(e.g. Fort Edmonton, Nature Centre, Muttart, Zoo)
Leisure Access Program 311
Seasonal Program Guides.....www.edmonton.ca
Copies also available at City recreation facilities / libraries
Edmonton Federation of Community Leagues 587-650-5721
Directory of Community Leagues.....www.efcl.org
Edmonton Public Library .....www.epl.ca
Programs for Adults, Children, Families, and Youth
(online courses, book clubs, and more)..... 780-496-7000
Edmonton Sport Council ..... www.edmontonsport.com
(online Resources and Sport Referrals)
Events Edmonton.....780-423-2822
Francis Winspear Centre for Music 780-428-1414
TELUS World of Science - Edmonton.....780-451-3344
YMCA of Northern Alberta 780-429-YMCA (9622)
Castle Downs (north) 780-476- 9622
Don Wheaton (central).....780-452- 9622
Jamie Platz (west).....780-481- 9622
William Lutsky (south) 780-439-9622
YMCA Welcome Village 780-426-9249
For referrals to community events 211

Volunteerism

Edmonton Chamber of Voluntary Organizations.....ecvo.ca
Volunteerism (resources).....780-801-4727
goVolunteer .....www.govolunteer.ca
(volunteer opportunity postings)
Volunteer Connector ..... www.volunteerconnector.org
(volunteer opportunity postings)
For referrals to volunteer opportunities.....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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Men

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)
- *Addiction Helpline* 1-866-332-2322

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

Sexual Assault Centre of Edmonton 780-423-4121

Basic Needs / Financial *(also see Basic Needs list)*

Edmonton's Food Bank 780-425-4190
Government of Alberta ..... www.alberta.ca/alberta-supports.aspx
- *Alberta Supports Centre (info line)* 780-644-9992
- *Alberta Works - Income Support / Employment Information*
  - *City Centre (105th Street Office)* 780-415-4900
  - *North (Northgate Centre)* 780-422-9440
  - *South (Millwoods Town Centre Mall)* 780-644-2888
  - *West (Meadowlark)* 780-415-8116
- *Emergency Income Support (24/7)* 780-644-5135

Hope Mission - Herb Jamieson Centre (18-60yrs) 780-429-3470
Money Mentors 1-888-294-0076
The Salvation Army - Edmonton
- *Men's Transitional Housing (18+ yrs)* 780-429-4274

Urban Manor Housing Society
- *Shelter (hard-to-house men; 18+ yrs; addictions/mental illness)* 780-425-5901

Counselling *(low / no cost)*

Catholic Social Services
- *Mercy Counselling* (virtual) 780-391-3233

Cornerstone Counselling Centre *(Christian)* 780-482-6215
The Family Centre - Edmonton 780-424-6103
- *Drop-In Single Session Counselling* ..... dropinyeg.ca

Jewish Family Services Edmonton 780-454-1194
Momentum Walk-In Counselling 780-757-0900
Psychologists' Association of Alberta
- *Psychologist Referral Service* 780-424-0294

University of Alberta - Faculty of Education
- *Clinical Services (September-April)* 780-492-3746

Employment

Alberta Supports Centre 1-877-644-9992
Edmonton's Food Bank - *Beyond Food* 780-425-2133

Family Violence and Abuse *(also see Family Violence list)*

Aboriginal Counseling Services Association of Alberta
- Circle of Safety - Family Violence Teaching Circles for Men *(for men who are abusive toward their partners)* . 780-448-0378

Edmonton Violence Prevention Centre
- *Changing PathWays* ..... 780-439-4635 *(group for adults who are/have been abusive to their partners)*

The Family Centre - Edmonton - *Strive* ..... 780-424-6103 *(men experiencing aggression and conflict in relationships)*

Government of Alberta
- *Family Violence Info Line (24/7)* 310-1818

The TODAY Family Violence Help Centre
- Call 780-455-6880
- Chat ..... www.thetodaycentre.ca

Health and Sexuality *(also see 2SLGBTQ+ list)*

Alberta Health Services (AHS)
- *Health Link (24/7)* 811
- *Sexually Transmitted Infections (STI) Clinic* .. 780-342-2300

Institute for Sexual Minority Studies and Services ... 780-492-0772
The LGBTQ Wellness Centre 587-635-3130
Pride Centre of Edmonton 780-488-3234

Legal Resources

Edmonton Community Legal Centre 780-702-1725
Government of Alberta ..... www.alberta.ca/rcas.aspx
- *Dispute Resolution - Family Mediation* 780-427-8329
- *Maintenance Enforcement Program* 780-422-5555
- *Resolution Services - Information Program* ... 780-638-4747

Law Society of Alberta ..... www.lawsociety.ab.ca
- *Lawyer Referral Service* 1-800-661-1095

Legal Aid Alberta - *Legal Services Centres* 1-866-845-3425
Student Legal Services of Edmonton 780-492-2226

Relationship / Support

Caregivers Alberta 780-453-5088
Growth, Attitude, Truth, Trust, Energy (GATTE)
- *Men's Support Group* 780-405-5988

Momentum Walk-In Counselling - *Drop-In Support Groups*
- *(men's group; no cost; 18+ yrs)* 780-757-0900

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of Canadian Mental Health Association Edmonton *Mental health for all*

Resources for Mental Health

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.

Advocacy / Information / Referral

Alzheimer Society of Alberta *(Edmonton)* 780-488-2266
Boyle McCauley Health Centre 780-422-7333
E4C - *Wellness Network*..... 780-748-3492
Government of Alberta Ministry of Health - Office of the Alberta Health Advocates
Mental Health Patient Advocate..... 780-422-1812
Schizophrenia Society of Alberta *(Edmonton)*..... 780-452-4661

Assessment / Testing / Treatment

Alberta Health Services (AHS) - *Access 24/7, Adult Intake Services*
(FKA: Community Assessment and Treatment Services, Adult / Edmonton Mental Health Clinic) 780-424-2424
Child and Adolescent Intake Services 780-342-2701
CASA Child, Adolescent and Family Mental Health
(under 5yrs; for over 5yrs access through Child and Adolescent Mental Health Intake, see above) 780-400-2271
Psychologists' Association of Alberta
Psychologist Referral Service..... 780-424-0294
University of Alberta - Faculty of Education
Clinical Services (September - April)..... 780-492-3746

Counselling *(low / no cost)*

Catholic Social Services - *Mercy Counselling*..... 780-391-3233
The Family Centre - Edmonton 780-423-2831
Drop-In Single Session Counselling..... dropinyeg.ca
Jewish Family Services Edmonton 780-454-1194
Momentum Walk-In Counselling 780-757-0900
For more counselling options available in your area..... 211

Employment / Living Skills / Training

Edmonton's Food Bank - *Beyond Food* 780-425-2133
EmployAbilities 780-423-4106
Excel Society..... 780-455-2601 x 0
Goodwill Industries of Alberta
Career Connections..... 780-944-2768
On Site Placement Services Association (OSP)..... 780-488-8122
Prosper Place Clubhouse 780-426-7861

Housing / Supported Independent Living

Alberta Health Services *Community Care Access*...780-496-1300
(telephone screening for programs in residential settings)
Canadian Mental Health Association (CMHA)
Housing Program..... 780-414-6300
E4C 780-424-7543
The Salvation Army - Edmonton
Cornerstone Transitional Residence
(for women without children) 780-474-7499
Supportive Residence 780-428-4405

Crisis *(Call 911 if in immediate danger)*

Alberta Health Services (AHS) - *Access 24/7, Adult Intake Services*
(FKA: Adult Community Urgent Services / Adult Crisis Response Team / Community Urgent Services and Stabilization Team / CUSST) (24/7)
.....780-424-2424
Mental Health Help Line (24/7) 1-877-303-2642
Canadian Mental Health Association (CMHA)
Distress Line (24/7).....780-482-HELP (4357)

Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers
Health and Well-Being Services.....780-423-9696
Multicultural Health Brokers Co-op..... 780-423-1973

Inner City Mental Health Services

Bissell Centre - *Mental Health Supports*..... 780-660-8640
Boyle Street Community Services 780-424-4106
Hope Mission - *Health Centre - Psychiatrist* .. 780-422-2018 x278

Recreation and Social Programs

Addictions and Mental Health Community Linking Program
Young Adult Services Social, Recreation, and Wellness Programs 780-782-5042
Canadian Mental Health Association (CMHA)..... 780-414-6300
Prosper Place Clubhouse..... 780-426-7861

Suicide Education and Support

Canadian Mental Health Association (CMHA)
Applied Suicide Intervention Skills Training (ASIST)
.....780-414-6300
Distress Line (24/7).....780-482-HELP (4357)
Mental Health and Wellbeing Education 780-414-6300
Suicide Bereavement Support Services.....780-414-6300
Suicide Caregiver Support Services.....780-414-6300
Unlimited Potential Community Services Society
Professional and Educational Services.....780-440-0708

Support Groups

Anorexics and Bulimics Anonymous..... www.aba12steps.org
Caregivers Alberta..... 780-453-5088
Co-Dependents Anonymous 780-436-6853
Eating Disorder Support Network of Alberta 780-729-3376
Momentum Walk-In Counselling - *Drop-In Support Groups*
(bipolar disorder, anxiety, depression) 780-757-0900
Organization for Bipolar Affective Disorders 1-866-263-7408
Schizophrenia Society of Alberta (*Edmonton*)..... 780-452-4661

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Newcomers to Canada

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.

Citizenship and Classes

Government of Canada - *Citizenship Service* 1-888-242-2100

Citizenship Classes

Bredin Centre for Learning 780-425-3730
Canadian Arab Friendship Association of Edmonton780-473-7214
Changing Together - A Centre for Immigrant Women
..... 780-421-0175

Education

Bredin Centre for Learning 780-425-3730
Edmonton Mennonite Centre for Newcomers 780-424-7709
Government of Alberta
International Qualifications Assessment..... 780-427-2655
NorQuest College - *Employment Programs* 780-644-6000

Employment Assistance

Accès Emploi Alberta - *Employment Centre* 780-490-6975
ASSIST Community Services Centre..... 780-429-3111
Bredin Centre for Learning 780-425-3730
Changing Together - A Centre for Immigrant Women
..... 780-421-0175
Edmonton's Food Bank - *Beyond Food* 780-425-2133
Edmonton Mennonite Centre for Newcomers 780-424-7709
EmployAbilities - *EmployAbilities 4 Newcomers* 780-945-4643
Government of Alberta
Temporary Foreign Worker Helpline 1-877-944-9955

English Language Training

ASSIST Community Services Centre..... 780-429-3111
Bredin Centre for Learning 780-425-3730
Canadian Arab Friendship Association of Edmonton
English as a Second Language (ESL)..... 780-473-7214
Catholic Social Services - *Language Assessment, Referral, and Counselling Centre* 780-424-3545
Changing Together - A Centre for Immigrant Women
English as a Second Language (ESL)..... 780-421-0175
Cultural Connections Institute - The Learning Exchange
..... 780-944-0792
Edmonton Catholic Schools - *LINC (16+yrs)* 780-473-2600
Edmonton Immigrant Services Association (EISA) . 780-474-8445
Edmonton Mennonite Centre for Newcomers 780-424-7709
Edmonton Public Schools
Metro Continuing Education (ESL/LINC)..... 780-428-1111
NAIT - *English as a Second Language (ESL)* 780-471-6248
NorQuest College - *English language training* 780-644-6000
PALS - Project Adult Literacy Society - *Tutoring*..... 780-424-5514
University of Alberta - Faculty of Extension..... 780-492-3116

Family Violence *(also see Family Violence list)*

Changing Together - A Centre for Immigrant Women
Family Violence Prevention Workshops..... 780-421-0175
Edmonton Violence Prevention Centre 780-439-4635
Government of Alberta - *Family Violence Info Line*.....310-1818
Islamic Family and Social Services Association..... 780-430-9220
Fostering Healthy Families - Family Violence Support (direct outreach services)
Fostering Healthy Families - Sister's Serenity Group (for women, verbal translation)
The Shaama Centre for Seniors and Women 780-465-2992
The TODAY Family Violence Help Centre 780-455-6880
WillowNet: *Abuse and the Law in Alberta* .....www.willownet.ca

Health / Mental Health

Alberta Health Services (AHS)
Health Link (24/7) 811
Catholic Social Services
Cross Cultural Counselling and Outreach Program (no cost)..... 780-424-3545
Edmonton Mennonite Centre for Newcomers
Health and Well-Being Services..... 780-423-9696
Multicultural Health Brokers Co-op..... 780-423-1973

Supportive Services

ASSIST Community Services Centre..... 780-429-3111
Bredin Centre for Learning 780-425-3730
Canadian Arab Friendship Association of Edmonton
..... 780-473-7214
Catholic Social Services..... 780-432-1137
Cultural Links / Settlement Counselling..... 780-424-3545
Edmonton Immigrant Services Association (EISA)
Children and Youth Settlement Services..... 780-474-8445
Edmonton Mennonite Centre for Newcomers 780-424-7709
Edmonton Viets Association 780-424-8934
Islamic Family and Social Services Association..... 780-430-9220
Jewish Family Services Edmonton..... 780-454-1194
Multicultural Health Brokers Co-op..... 780-423-1973
Sage Seniors Association
Multicultural Seniors Outreach Program..... 587-773-1764
Ukrainian Canadian Social Services 780-471-4477
Windmill Microlending
Immigrant Loan Program..... 1-855-423-2262

Translation Services

Canadian Arab Friendship Association 780-473-7214
Edmonton Immigrant Services Association (EISA)
Language Bank 780-474-8445

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of Canadian Mental Health Association Edmonton Mental health for all

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

(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 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
(support groups for children and their families grieving a death, separation, or divorce)
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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for People with Addictions

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.

Addictions Counselling / Crisis Support

Alberta Health Services (AHS) - *Addiction and Mental Health*
- *Access 24/7, Adult Intake Services* 780-424-2424
- *Addiction Helpline (24/7)* 1-866-332-2322
- *Opioid Dependency Program* 780-422-1302
- *Outpatient Counselling Services, Adult* 780-427-2736

Canadian Mental Health Association (CMHA)
- *Distress Line (24/7)* 780-482-HELP (4357)

Kids Help Phone *(24/7)* 1-800-668-6868
Poundmaker's Lodge Treatment Centres (*18+*) 780-458-1884

Adult Residential Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*
- *Access 24/7, Adult Intake Services* 780-424-2424

Hope Mission Edmonton 780-422-2018
- *Breakout Recovery Community (men; 18-60yrs; homeless)*
- *Wellspring Recovery Community (women; 18+yrs)*

Jellinek Society 780-488-1160
(men in recovery from cross-addiction and alcoholism; 18+yrs)

McDougall House Association 780-426-1409
(women in recovery; 18+yrs)

Our House (Edmonton) Limited 780-474-8945
(men; 18+yrs; alcohol, drugs)

Oxford House Foundation of Canada 780-455-5517
(men/women in recovery from addictions)

Poundmaker's Lodge Treatment Centres 780-458-1884
(men/women; 18+yrs; alcohol, drugs, gambling)

Recovery Acres Society - Edmonton 780-471-2996
(men; 16+yrs; alcohol, drugs)

The Salvation Army - Edmonton
- *Transformations Addiction Treatment Program*
(men; 18+yrs; alcohol, drugs) 780-429-4274

Urban Manor Housing Society 780-425-5901
(hard-to-house men; 18+yrs; addictions / mental illness)

Detoxification Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*
- *Access 24/7, Adult Intake Services* 780-424-2424
- *Detoxification Services, Adult (17+)* 780-427-4291 x1

George Spady Society ..... 780-424-8335 x 0

Eating Disorders - Information / Treatment

Alberta Health Services (AHS) - *Addiction and Mental Health*
- *Access 24/7, Adult Intake Services* 780-424-2424

Anorexics and Bulimics Anonymous www.aba12steps.org

Emergency Shelters for the Intoxicated

Hope Mission Edmonton 780-422-2018
- *Intox Emergency Centre (men)*
- *Women's Emergency Shelter (16+yrs)*

Self Help / Support Groups

Alano Club - *12-Step Meetings* 780-423-1807
Alberta Gamblers Anonymous *(Edmonton)* 780-463-0892
Alcoholics Anonymous in Alberta (AA) 780-424-5900
Anorexics and Bulimics Anonymous www.aba12steps.org
Canadian Assembly of Narcotics Anonymous *(Edmonton and area)* 780-421-4429
Clean Scene *(14-29yrs)* 780-488-0036
Cocaine Anonymous World Services *(24/7)* ..... https://ca.org/
Crystal Meth Anonymous 780-691-8509
Food Addicts in Recovery Anonymous ..... www.foodaddicts.org
Overeaters Anonymous (OA) 780-423-2546
Problem Gambling Resources Network 780-461-1259
Alberta Health Services (AHS) – Provincial Health Services
- QuitCore (*smoking group*) 1-866-710-QUIT (7848)

Sex Addicts Anonymous (SAA) 587-921-4528
SMART Recovery Alberta ..... www.smartrecoveryalberta.org

Support / Info for Those Affected by Addictions

Al-Anon Family Groups - Edmonton *(24/7)* 780-443-6000
- *Al-Anon / Alateen Meetings*

Alberta Health Services (AHS) - *Addiction and Mental Health*
- *Access 24/7, Adult Intake Services* 780-424-2424
- *Addiction Helpline (24/7)* 1-866-332-2322
- *Outpatient Counselling Services, Adult* 780-427-2736

Bissell Centre - *FAS Services* 780-423-2285 x157
Catholic Social Services - *FASD Programs* 780-975-4896
FASD Support and Resources in Alberta. www.fasd.typepad.com
Parents Empowering Parents Society
- *Parent Support Line* 780-293-OPEP (0737)
- *U-Turn for Youth* 780-293-0737
(support group for youth wishing to quit drugs and alcohol)

REACH Edmonton Council for Safe Communities
- *Drug and Alcohol Parent Resource Toolkit* 311
(resource for parents who want to talk to their children about drugs and alcohol; also available online in multiple languages)

S-Anon Family Groups 1-800-210-8141
(for those affected by another person's sexual behaviour)

Youth Residential Programs

Alberta Health Services (AHS) - *Addiction Services*
- *Protection of Children Abusing Drugs* 1-866-332-2322
(PChAD; under 18yrs)

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for People with Disabilities

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.

Advocacy / Information

Caregivers Alberta 780-453-5088
Edmonton Down Syndrome Society 780-944-4224
Gateway Association
Family Support and Mentorship 780-454-0701
Inclusion Alberta 780-451-3055
Voice of Albertans with Disabilities
Support and Referral 780-488-9088

Day Programs / Employment Services

Alberta AdaptAbilities Association 780-431-8446
Arch Enterprises 780-438-4347
Chrysalis: An Alberta Society for Citizens with Disabilities *(18+yrs)* 780-454-9656
Elves Special Needs Society - *Adult Program* 780-481-5335
EmployAbilities 780-423-4106
Excel Society - *Community Support Services* ...780-424-4366 x21
Gateway Association 780-454-0701
McMan Youth, Family and Community Services Association
Supported Community Access Network 780-482-4010
On Site Placement Services Association (OSP) 780-488-8122
Society for Selections - *Employment Supports* 780-461-5270

Funding *(non-government)*

Easter Seals Alberta
Adaptive Equipment & Support Services ... 1-877-732-7837

Government Services

Alberta Health Services (AHS)
Adult Spasticity Clinic (18+yrs) 780-735-8260
Government of Alberta
Alberta Aids to Daily Living (AADL) 780-427-0731
Assured Income for the Severely Handicapped (AISH) 1-877-644-9992
Disability Services - Information and Referral 780-427-4354
(includes family support for children with disabilities and persons with developmental disabilities)
Residential Access Modification Program (RAMP) 780-427-5760
Government of Canada
Canada Pension Plan Disability Benefit 1-800-277-9914

Housing

Alberta Health Services (AHS) - *Continuing Care Access*
Eligibility assessments 780-496-1300
Civida (*FKA Capital Region Housing Corporation*) 780-420-6161
Excel Society 780-455-2601 x0

In-Home Support / Respite Care

Alberta AdaptAbilities Association 780-431-8446
Alberta Health Services (AHS)
Continuing Care Access 780-496-1300
City of Edmonton - Waste Management Services Branch
Assisted Waste Collection 311
Skills Society - Supporting the Citizenship of People with Disabilities 780-496-9686
YWCA Edmonton 780-423-YWCA (9922)

Leisure and Social Programs

Alberta AdaptAbilities Association 780-431-8446
City of Edmonton
Activities, Parks, and Recreation 311
Leisure Access Program 311
Little Bits Therapeutic Riding Association 780-476-1233
Paralympic Sports Association 780-439-8687
The Steadward Centre for Personal & Physical Achievement 780-492-3182
Wheelchair Sports Alberta Association 780-427-8699

Organizations *(Call 211 for additional listings)*

Arthritis Society 1-800-321-1433
Autism Edmonton 780-453-3971
Brain Care Centre 780-477-7575
Canadian Diabetes Association 1-800-226-8464
Cerebral Palsy Alberta 1-800-363-2807
Chronic Pain Association of Canada 780-482-6727
CNIB *(visually impaired; blind)* 780-488-4871
Connect Society - Deafness Education, Advocacy and Family Services 780-454-9581
Elves Special Needs Society 780-454-5310
Goodwill Industries of Alberta 780-944-1414
Multiple Sclerosis Society of Canada 780-463-1190
Muscular Dystrophy Canada 1-800-567-2873
Spinal Cord Injury Alberta 780-424-6312
Tetra Society of North America
Assistive Device Projects 1-877-688-8762
Tourette Canada 1-800-361-3120 x51

Transportation

Edmonton Transit Service (ETS) 311
Ride Transit Program 311
Disabled Adult Transit Service (DATS) 780-496-4567
Service Alberta 780-427-7013
Parking Placards for Persons with Disabilities
(or find "License & Registry Services" in the Yellow Pages)

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of Canadian Mental Health Association Edmonton *Mental health for all*

Resources for Pregnancy / New Parents

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)*

Action Canada for Sexual Health and Rights
Unplanned Pregnancy Info & Referrals 1-888-642-2725
Alberta Health Services (AHS)
Healthy Beginnings Hotline (24/7; 0-2mos) . 780-413-7990
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

Abortion Clinic Information / Referral

Woman's Health Options
(pro-choice; abortion services) 780-484-1124

Adoption and Fostering

A Small Miracle Adoption 780-421-1177
Birth Parent Line (24/7) 587-596-5380
Adoption Options Alberta Ltd. 780-433-5656
Birthparent TEXT Line 780-718-4272
AMARIS Adoption and Family Support Services 780-438-3455
Government of Alberta - Ministry of Children's Services
Adoptions / Foster Caregiver Recruitment 780-422-3333

Birth Preparation

Alberta Health Services (AHS)
Health for Two 780-735-3008
Prenatal Class Registration 780-413-7980
Prenatal Education Program 780-735-4204
Multicultural Health Brokers Co-op 780-423-1973
Terra Centre for Teen Parents 780-428-3772

Breastfeeding Information and Support

Alberta Health Services (AHS)
Healthy Beginnings Hotline (24/7, 0-2mos) 780-413-7990
La Leche League *(breastfeeding info and support)* 780-478-0507

Child Car Seat Safety Information

Government of Alberta - *Traffic Safety* 780-427-8901
..... www.saferoads.com

Health and Developmental Delays

Alberta Health Services (AHS)
Early Intervention Program (0-3.5yrs) 780-342-1707
Health Link (24/7) 811
Healthy Beginnings Hotline (24/7, 0-2 mos) ... 780-413-7990
Multicultural Health Brokers Co-op 780-423-1973

Post-Abortion Support

Pregnancy Care Centre
Abortion Recovery Centre (pro-life) 780-454-5911
Woman's Health Options
Counselling (pro-choice) 780-484-1124

Postpartum Depression

Family Futures Resource Network
Managing Motherhood 780-413-4521

Pregnancy Loss / Parent Bereavement

Baby's Breath *(FKA: SIDS Canada)* 1-800-363-SIDS (7437)
Grieving Parents Society of Edmonton 780-451-5381
ParentCare Society of Edmonton ..... parentcareyeg@gmail.com
Pilgrims Hospice Society 780-413-9801

Pregnancy Testing / Counselling

Adoption Options Alberta Ltd. *(pro-choice)* ..... Text: 780-718-4272
..... Call: 780-433-5656
Alberta Health Services (AHS)
Birth Control Centre (pro-choice) 780-735-0010
Reproductive Mental Health Program 780-735-6785
Pregnancy Care Centre *(pro-life)* 780-424-2624

Teen Pregnancy and Parenting

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic 780-735-6892
Bent Arrow Traditional Healing Society
Iskwew House (Indigenous) 780-481-3451
Terra Centre for Teen Parents 780-428-3772

Multiple Births

Edmonton Twin and Triplet Club 780-455-5520

Information and Support

Ben Calf Robe Society 780-477-6648
Bissell Centre
Family Support Services ..... 780-423-2285 x133 or x121
Boyle McCauley Health Centre *(inner city)* 780-422-7333
Boyle Street Community Services 780-424-4106
The Candora Society of Edmonton 780-474-5011
Catholic Social Services
FASD - First Steps Prevention Program 780-378-2535
Community Options - A Society for Children and Families .....
..... 780-455-1818
E4C - *Early Head Start (0-5yrs; low income)* 780-426-3666
The Elizabeth Fry Society of Edmonton
Resources and Referrals Centre 780-784-2205
Family Futures Resource Network 780-413-4521
Jasper Place Child and Family Resource Society .....
..... 587-635-1775
KARA Family Resource Centre 780-478-5396
Norwood Child and Family Resource Centre 780-471-3737
Lansdowne Child Care and Family Centre 780-437-5654

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Seniors and Older Adults

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.

Abuse

Canadian Mental Health Association (CMHA)
- *Seniors' Abuse Helpline (24/7)* 780-454-8888

Catholic Social Services
- *Elder Abuse Resource and Supports (EARS) (65+ yrs)* 780-477-2929

Government of Alberta
- *Family Violence Info Line (24/7)* 310-1818
- *Protection for Persons in Care (reporting)* . 1-888-357-9339

OakNet: *Older Adult Knowledge Network* ..... www.oaknet.ca

Sage Seniors Association
- *Seniors' Safe House (60+ yrs)* 780-702-1520

The Shaama Centre for Seniors and Women 780-465-2992

Government Services

Government of Alberta
- *Alberta Aids to Daily Living (AADL)* 780-427-0731
  (funding for medical equipment and supplies)
- *Office of the Public Guardian and Trustee.* 1-877-427-4525
- *Residential Access Modification (RAMP)* 780-427-5760
- *Saying Farewell Handbook* 780-644-9992
- *Seniors Financial Assistance Programs (65+ yrs)* 1-877-644-9992

Service Canada
- *Canada Pension Plan (CPP) / Old Age Security Pension (OAS)* 1-800-277-9914

Health / Home Care / Safety

Alberta Health Services
- *Continuing Care Access* 780-496-1300
- *Access 24/7, Adult Intake Services* 780-424-2424
- *Health Link (24/7)* 811
- *Home Care - Adult Services* 780-496-1300

Edmonton Meals on Wheels 780-429-2020

ElderDog Canada 780-885-1226
(help for seniors with dog care and bereavement support)

The Good Samaritan Society
- *TeleCare (help button)* 780-431-3630

Yellow Pages Telephone Book ..... www.yellowpages.ca
For private home care services look up "Home Health Services" or "Nurses' Registries".

Housing

Alberta Seniors Communities and Housing Association
- *Online Seniors Housing Directory (65+ yrs)* www.ascha.com

Operation Friendship Seniors Society (*inner city*) 780-429-2626

Sage Seniors Association
- *Housing Information Services (55+ yrs)* 587-773-1764

Information

Edmonton Seniors Coordinating Council (ESCC) 780-423-5635
- *Online Resources* ..... www.seniorscouncil.net

Sage Seniors Association
- *Directory of Senior Services* 780-423-5510

Seniors Information Phone Line 211

Seniors Centres / Groups

Contact individual agencies for services offered in your area for:
- *in-home assistance, home repairs, and yard work services*
- *health, fitness, recreational, social programs, and clubs*
- *outreach services, one-on-one support*

Central Lions Seniors Association 780-496-7369
Edmonton Aboriginal Seniors Centre *(55+ yrs)* 587-525-8969
Edmonton Seniors Centre *(central; 55+ yrs)* 780-425-8625
ElderCare Edmonton - *Well Connected: Virtual Day Program* ..... www.eldercareedmonton.ca/wellconnected
Mill Woods Seniors Association *(55+ yrs)* 780-496-2997
North Edmonton Seniors Association *(55+ yrs)* 780-496-6969
North West Edmonton Seniors Society *(55+ yrs)* 780-451-1925
Operation Friendship Seniors Society
- *(inner city, 55+ yrs)* 780-429-2626

Sage Seniors Association *(55+ yrs)* 780-423-5510
Senior Citizen Opportunity Neighbourhood Association (SCONA)
- *(55+ yrs)* 780-433-5377

The Shaama Centre for Seniors and Women *(55+ yrs)* 780-465-2992
South East Edmonton Seniors Association *(55+ yrs)* . 780-468-1985
SouthWest Edmonton Seniors' Association *(55+ yrs)* 587-987-3200
Strathcona Place Society *(55+ yrs)* 780-433-5807
Westend Seniors Activity Centre *(55+ yrs)* 780-483-1209

Transportation

Drive Happiness Seniors Association *(65+ yrs)* 780-424-5438
Edmonton Transit Service (ETS) 311
- *Disabled Adult Transit Service (DATS) (16+ yrs)* 780-496-4567
- *Seniors' Transit Passes (65+ yrs)* 311

Operation Friendship Seniors Society
- *Helping Hands (inner city, 55+ yrs)* 780-429-2626

Service Alberta
- *Consumer Protection* 780-427-4088
- *Parking Placards for Persons with Disabilities.* 780-427-7013
  (or find "License and Registry Services" in Yellow Pages)

University of Alberta
- *Medically At-Risk Driver Centre* 780-492-6273
- *Online Resources* ..... www.mard.ualberta.ca

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of Canadian Mental Health Association Edmonton Mental health for all

Resources for Women

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)
- *Addiction Helpline* 1-866-332-2322
- *Mental Health Helpline* 1-877-303-2642
- Access 24/7 780-424-2424

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

Sexual Assault Centre of Edmonton 780-423-4121

Basic Needs / Financial *(also see Basic Needs list)*

Edmonton's Food Bank 780-425-4190

Government of Alberta
- *Alberta Supports Centre (info line)* 1-877-644-9992
- *Alberta Works - Income Support / Employment Information*
  - *City Centre (105th Street Office)* 780-415-4900
  - *North (Northgate Centre)* 780-422-9440
  - *South (Millwoods Town Centre Mall)* 780-644-2888
  - *West (Meadowlark)* 780-415-8116
- *Emergency Income Support (24/7)* 780-644-5135

Hope Mission - *Women's Emergency Shelter* 780-422-2018
Women's Emergency Accommodation Centre 780-423-5302
Money Mentors 1-888-294-0076

Counselling *(*no cost)*

Catholic Social Services - *Mercy Counselling* 780-391-3233
Cornerstone Counselling Centre *(Christian)* 780-482-6215
The Family Centre - Edmonton
- *Drop-In Single Session Counselling** 780-423-2831

Jewish Family Services Edmonton 780-454-1194
Momentum Walk-In Counselling 780-757-0900
Psychologists' Association of Alberta
- *Psychologist Referral Service* 780-424-0294

University of Alberta - Faculty of Education
- *Clinical Services (September-April)* 780-492-3746

Employment

Alberta Supports Centre 1-877-644-9992
Edmonton's Food Bank
- *Beyond Food* 780-425-2133 x228

The Elizabeth Fry Society of Edmonton
- *Work for Women Employment Program* 780-784-2207

Women Building Futures Society *(trades training)* 780-452-1200

Health and Sexuality

Alberta Health Services (AHS)
- *Birth Control Centre (pregnancy testing)* 780-735-0010
- *Health Link (Confidential STI and Health Advice 24/7)* 811
- *Sexually Transmitted Infections (STI) Clinic* 780-342-2300

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 *(pro-choice; abortion services)* 780-484-1124

Family Violence and Abuse *(also see Family Violence list)*

Aboriginal Counseling Services Association of Alberta
- *Circle of Safety* 780-448-0378

Edmonton John Howard Society
- *Family Violence Prevention Centre* 780-423-1635
- *Domestic Violence Complainant Program* 780-422-0721

Edmonton Violence Prevention Centre
- *Changing PathWays* 780-439-4635
  (group for adults who are/have been abusive to their partners)

Edmonton Women's Shelter Limited
- *(women with or without children; 24/7)* 780-479-0058

Government of Alberta
- *Family Violence Info Line* 310-1818

Islamic Family and Social Services Association 780-430-9220
- *Fostering Healthy Families - Family Violence Support*

Legal Aid Alberta
Emergency Protection Order Program 1-866-845-3425

Lurana Shelter
- *(women with or without children; 24/7)* 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
- *Dispute Resolution - Family Mediation* 780-427-8329
- *Maintenance Enforcement Program* 780-422-5555
- *Resolution Services - Information Program* 780-638-4747

Law Society of Alberta ..... www.lawsociety.ab.ca
- *Lawyer Referral Service* 1-800-661-1095

Legal Aid Alberta - *Legal Services Centres* 1-866-845-3425
Student Legal Services of Edmonton 780-492-2226

Relationship / Support

Caregivers Alberta 780-453-5088
Co-Dependents Anonymous - *Support Meetings* 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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Youth and Young Adults at Risk

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.

Accommodation / Basic Needs *(also see Basic Needs list)*

Boyle Street Community Services
Housing First (chronically homeless) 780-424-4106
E4C - *Inner City Youth Housing Project (14-17 yrs)* . 780-479-7075
Government of Alberta
Emergency Income Support (24/7) 780-644-5135
Hope Mission Edmonton
Youth Shelter (16-24 yrs) 780-422-2018
Youth Empowerment & Support Services (YESS)
Nexus (15-21 yrs) 780-468-7070

Community Supports

Boyle McCauley Health Centre - *Kindred House* 780-424-4091
(outreach project for women and transgender individuals involved in sex work; 18+ yrs)
Boyle Street Community Services 780-424-4106
Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
Crystal Kids Youth Centre - *Drop-In Centre* 780-479-5753
Edmonton Police Service
Drug and Gang Enforcement Unit .. 780-414-GANG (4264)
Victim Services Units ..... Call 211 for local unit
iHuman Youth Society 780-421-8811
Old Strathcona Youth Society *(14-24 yrs)*..... 780-496-5947
Uncles & Aunts at Large Society 780-452-5791
Youth Empowerment & Support Services (YESS) .. 780-468-7070
YMCA - *Youth Transition Program (13-19 yrs)*..... 780-426-9265

Crisis *(Call 911 if in immediate danger)*

Alberta Health Services (AHS) - *Addiction and Mental Health* ....
..... 780-342-7777
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Live Crisis Chat ..... www.edmonton.cmha.ca
Catholic Social Services
Safe House (24/7; 14-19 yrs) 780-474-9938
Central Alberta Sexual Assault Support Centre *(24/7)*
..... 1-866-956-1099
Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
Kids Help Phone *(24/7)*..... 1-800-668-6868
Sexual Assault Centre of Edmonton 780-423-4121

Harm Reduction / Health Promotion

Alberta Health Services (AHS)
Sexually Transmitted Infections (STI) Clinic 811
Streetworks Needle Exchange ..... Call 211 for locations
Boyle McCauley Health Centre *(inner city)* 780-422-7333
HIV Edmonton 780-488-5742

Life Skills / Education / Employment

Boyle Street Education Centre (Charter School).... 780-428-1420
Edmonton John Howard Society
*REE*START (15-22 yrs)*..... 780-428-7590
Edmonton's Food Bank - *Beyond Food*..... 780-425-2133
The Elizabeth Fry Society of Northern Alberta (EFry)
Girls Empowered and Strong (12-17 yrs) 780-784-2200
YESS - *Resource Centre (FKA: BEST) (15-24 yrs)* . 780-468-7070
YMCA - *Bridging the Gap (employment; 15-30 yrs)*... 780-429-9622

Legal / Advocacy

EFry - *Courtworks - Adult, Youth, and Family* 780-422-4775
Legal Aid Alberta 1-866-845-3425
Legislative Assembly of Alberta
Child and Youth Advocate (CFSA status) 780-422-6056
Native Counselling Services of Alberta
Youth Courtwork (Indigenous; under 18 yrs) 780-423-2141

Pregnancy / Sexual Health

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic (under 20 yrs) ... 780-735-6892
Birth Control Centre (STI and HIV testing) 780-735-0010
Health for Two (prenatal; low income)..... 780-735-3008
Pride Centre of Edmonton 780-488-3234
Terra Centre for Teen Parents..... 780-428-3772
Woman's Health Options *(pro-choice; abortion services)* 780-484-1124
YWCA Edmonton *(pro-choice)* 780-423-3737

Sexual Exploitation

Catholic Social Services - *Safe House (14-19 yrs)* .. 780-474-9938
CEASE: Centre to End All Sexual Exploitation..... 780-471-6137
E4C - *Crossroads House (safe house; 13-17yrs)* 780-474-7547
Government of Alberta - *Ministry of Children's Services*
Protection of Sexually Exploited Children
(PSECA; 24/7)..... 1-800-387-5437
Metis Child and Family Services Society Edmonton. 780-452-6100
PSECA Follow - Up Worker (Indigenous; under 18 yrs)

Substance Abuse / Addictions

Alberta Health Services (AHS) - *Addiction and Mental Health*
Mobile Addiction Services, Adolescent 780-422-7383
Outpatient Counselling Services, Adult..... 780-427-2736
Protection of Children Abusing Drugs 1-866-332-2322
(PChAD; 24/7; under 18yrs)
CASA Child, Adolescent and Family Mental Health
Concurrent Addiction and Mental Health Program (12-18 yrs)
..... 780-410-8483

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all

Resources for Youth and Young Adults

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) - *Addiction and Mental Health*
Adolescent Mobile Addiction Services 780-422-7383
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Live Crisis Chat ..... www.edmonton.cmha.ca
Government of Alberta
Child Abuse Hotline (24/7) 1-800-387-5437
Kids Help Phone *(24/7)*.....1-800-668-6868
Text 686-868
Live chat.....kidshelpphone.ca
Sexual Assault Centre of Edmonton..... 780-423-4121

Basic Needs / Financial *(also see Basic Needs list)*

Edmonton's Food Bank..... 780-425-4190
Government of Alberta
Alberta Supports Centre (info line)..... 780-644-9992
Emergency Income Support (24/7) 780-644-5135
Money Mentors 1-888-294-0076
Youth Empowerment & Support Services (YESS)
Nexus (15-21 yrs)..... 780-468-7070

Counselling *(*no cost)*

Catholic Social Services - *Mercy Counselling* 780-391-3233
Cornerstone Counselling Centre *(Christian)* 780-482-6215
The Family Centre - Edmonton *(drop-in)* 780-423-2831
**Drop-In Single Session Counselling*..... dropinyeg.ca
Jewish Family Services Edmonton..... 780-454-1194
Psychologists' Association of Alberta *(referrals)* 780-424-0294
Starfish Family Resources Society..... 780-448-1180
(support for youth grieving a death, separation, or divorce)

Health / Pregnancy / Sexuality

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic (under 20 yrs) .. 780-735-6892
Birth Control Centre (pro-choice) 780-735-0010
Health Link (24/7) 811
Sexually Transmitted Infections Clinic..... 780-342-2300
Eating Disorder Support Network of Alberta 780-729-3376
Pride Centre of Edmonton
Drop-In Community Centre 780-488-3234
Terra Centre for Teen Parents 780-428-3772
Woman's Health Options *(pro-choice; abortion services)* … 780-484-1124

Life Skills / Education / Employment

Alberta Learning Information Service (ALIS) ..www.alis.alberta.ca
Bredin Centre for Learning.....780-425-3730
Edmonton's Food Bank - *Beyond Food* 780-425-2133
Edmonton Public Schools.....780-429-8000
Alternate High School Completion.....780-429-8000
Transition Support Program 780-434-9561
The Elizabeth Fry Society of Northern Alberta
Girls Empowered and Strong (12-17 yrs)..... 780-784-2200
Government of Alberta - *Student Funding* 1-855-606-2096
Alberta Supports Centre..... 1-877-644-9992
Youth Empowerment & Support Services (YESS)
Resource Centre *(Formerly BEST) (15-24 yrs)*.....
..... 780-468-7070
YOUCAN Youth Services *(employment; 18-24 yrs)* ...780-444-3348
For local employment offices..... 211

Recreation

Boys and Girls Clubs Big Brothers Big Sisters.....780-424-8181
City of Edmonton Citizen Services - *Leisure Access Program* 311
Edmonton Sport Council - *Online Resources and Sport Referrals*
.....www.edmontonsport.com
KidSport Alberta *(funding; 18 yrs and under)*..... 1-888-914-5437

Substance Use / Addictions

Al-Anon Family Groups *(including Alateen)*.....780-443-6000
Alberta Health Services (AHS) - *Addiction and Mental Health*
Intake Services, Child and Adolescent.....780-342-2701
CASA Child, Adolescent and Family Mental Health
Concurrent Addiction and Mental Health Program (12-18 yrs)
.....780-410-8483

Support

Boys and Girls Clubs Big Brothers Big Sisters.....780-424-8181
Edmonton John Howard Society
*REE*START (15-22yrs).* 780-428-7590
Family Futures Resource Network 780-413-4521
Kids On Track Association of Edmonton 780-481-2942
Old Strathcona Youth Society *(14-24yrs)*.....780-496-5947
Uncles & Aunts at Large Society *(6-18yrs)* 780-452-5791
Youth Empowerment & Support Services (YESS) ..780-468-7070
YMCA - *Youth Transition Program (13-19yrs)* 780-426-9265

Youth and Young Adults at Risk

(See *Resources for Youth and Young Adults at Risk.*)

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of
Canadian Mental Health Association Edmonton
Mental health for all