

# Resources for Basic Needs

May 2022



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.

## Clothing / Household Goods

Bissell Centre	
<i>Thrift Shoppe</i> .....	780-471-6644
Goodwill Industries of Alberta	
<i>Thrift Retail Stores (multiple locations)</i> .....	780-944-1414
Homeward Trust Edmonton - <i>Find Furnishing Hope</i>	780-988-1717
The Mustard Seed - Edmonton ( <i>inner city</i> ) .....	780-426-5600
The Salvation Army - Edmonton - <i>Thrift Stores</i>	
<i>East</i> .....	780-475-8778
<i>West</i> .....	780-451-8168
Society of Saint Vincent de Paul Edmonton .....	780-471-5577

## Emergency Clothing / Household Goods

Bissell Centre	
<i>Family Support Services</i> .....	780-423-2285 x133 or x121
Marian Centre .....	780-424-3544
Youth Empowerment & Support Services (YESS)	
<i>Resource Centre (15-24 yrs)</i> .....	780-468-7070

## Emergency Shelters

Hope Mission Edmonton	
<i>Short Term Housing for Men (18-60 yrs)</i> .....	780-429-3470
<i>Warming Shelter</i> .....	780-422-2018
<i>Women's Emergency Shelter (16+ yrs)</i> .....	780-422-2018
<i>Youth Shelter (16-24 yrs)</i> .....	780-422-2018
The Salvation Army - Edmonton	
<i>Men's Transitional Housing</i> .....	780-429-4274
Youth Empowerment & Support Services (YESS)	
<i>Nexus (15 to 21 yrs; trans inclusive)</i> .....	780-468-7070

## Financial Assistance / Employment

Credit Counselling Society .....	1-888-527-8999
Edmonton's Food Bank - <i>Beyond Food</i> .....	780-425-2133 x228
The Elizabeth Fry Society of Northern Alberta	
<i>Me and Money - Women's Financial Literacy</i> .....	780-784-2203
Government of Alberta	
<i>Alberta Supports Centre (info line)</i> .....	1-877-644-9992
<i>(for information on Assured Income for the Severely Handicapped (AISH), Emergency Income Support, Income Support, and Employment Information)</i>	
Money Mentors .....	1-888-294-0076
Service Canada - <i>Employment Insurance (EI)</i>	
<i>Info line</i> .....	1-800-206-7218
<i>COVID-19</i> .....	1-833-381-2725

## Food Hampers

Edmonton's Food Bank .....	780-425-4190
Wecan Food Basket Society	
<i>Food Orders</i> .....	780-413-4525

## Health / Mental Health

Alberta Health Services (AHS)	
<i>Health Link (24/7)</i> .....	811
<i>Mental Health Help Line (24/7)</i> .....	1-877-303-2642
Momentum Walk-In Counselling ( <i>sliding scale</i> ) .....	780-757-0900
The Family Centre - Edmonton .....	780-423-2831
<i>Drop-In Single Session Counselling</i> .....	<a href="http://dropinyeq.ca">dropinyeq.ca</a>

## 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 ( <i>emergency meals; 18+ yrs</i> ) .....	780-424-3544
Operation Friendship Seniors Society .....	780-429-2626
( <i>inner city; 55+ yrs</i> )	
Youth Empowerment & Support Services (YESS)	
<i>Resource Centre (15-24 yrs)</i> .....	780-468-7070

## Housing Registries / Guides

Boyle Street Community Services	
<i>Housing First</i> .....	780-424-4106
GEF Seniors Housing	
<i>Directory</i> .....	780-482-6561
Operation Friendship Seniors Society .....	780-429-2626
( <i>inner city; 55+ yrs</i> )	
Sage Seniors Association	
<i>Directory of Senior Services</i> .....	780-423-5510
<i>Housing Information Services (55+ yrs)</i> .....	587-773-1764

## Housing: Subsidized / Transitional

Civida (Capital Region Housing Corporation) .....	780-420-6161
E4C - <i>Housing Programs - Affordable Housing</i> .....	587-879-3997
<i>Inner City Youth Housing Project (14-17 yrs)</i> .....	780-479-7075
homeEd (City of Edmonton Non-Profit Housing Corporation)	
.....	780-474-5706
Native Counselling Services of Alberta	
<i>Transitional Housing (18-30 yrs)</i> .....	780-990-1120

## Transportation

Edmonton Transit Service (ETS)	
<i>Information</i> .....	311
<i>Ride Transit Program (subsidized monthly passes)</i> .....	311
Operation Friendship Seniors Society	
<i>Helping Hands (inner city; 55+ yrs)</i> .....	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](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.*