

Resources for Children

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

Head Start Programs

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

Early Childhood Education

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

Leisure / Recreation

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton
(6-18 yrs) 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 18 yrs) 1-888-914-KIDS (5437)
Canadian Tire Jumpstart Charities (4-18 yrs)
..... 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 (6-17 yrs) 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 (3-17 yrs) .. 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.