

Resources for Men

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.

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS)	
<i>Addiction Helpline</i>	1-866-332-2322
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

Basic Needs / Financial (also see Basic Needs list)

Edmonton's Food Bank	780-425-4190
Government of Alberta	www.alberta.ca/alberta-supports.aspx
<i>Alberta Supports Centre (info line)</i>	780-644-9992
<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>Short Term Housing for Men</i>	780-429-3470
<i>(Herb Jamieson Centre; 18-60yrs)</i>	
Money Mentors.....	1-888-294-0076
The Salvation Army - Edmonton	
<i>Men's Transitional Housing (18+ yrs)</i>	780-429-4274
Urban Manor Housing Society	
<i>Shelter</i>	780-425-5901
<i>(hard-to-house men; 18+ yrs; addictions/mental illness)</i>	

Counselling (low / no cost)

Catholic Social Services	
<i>Mercy Counselling (virtual)</i>	780-391-3233
Cornerstone Counselling Centre (<i>Christian</i>)	780-482-6215
The Family Centre - Edmonton	780-423-2831
<i>Drop-In Single Session Counselling</i>	dropinyeg.ca
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

Family Violence and Abuse (also see Family Violence list)

Aboriginal Counseling Services Association of Alberta	
Circle of Safety - Family Violence Teaching Circles for Men	
<i>(for men who are abusive toward their partners)</i> .	780-448-0378
Edmonton Violence Prevention Centre	
<i>Changing PathWays</i>	780-439-4635
<i>(group for adults who are/have been abusive to their partners)</i>	
The Family Centre - Edmonton	
<i>Healthy Relationships</i>	780-423-2831
<i>(men experiencing aggression and conflict in relationships)</i>	
Government of Alberta	
<i>Family Violence Info Line (24/7)</i>	310-1818
The TODAY Family Violence Help Centre	
<i>Call</i>	780-455-6880
<i>Chat</i>	www.thetodaycentre.ca

Health and Sexuality (also see 2SLGBTQ+ list)

Alberta Health Services (AHS)	
<i>Health Link (24/7)</i>	811
<i>Sexually Transmitted Infections (STI) Clinic</i> ..	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
<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
Momentum Walk-In Counselling - <i>Drop-In Support Groups</i>	
<i>(men's group; no cost; 18+ yrs)</i>	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.