

# Resources for Parents and Caregivers

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.

## 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](http://www.alberta.ca/accessing-child-care.aspx)

## Cross-Cultural Parenting

- ASSIST Community Services Centre ..... 780-429-3111
- Ben Calf Robe Society ..... 780-477-6648  
..... 1-844-273-4208
- Bent Arrow Traditional Healing Society ..... 780-481-3451
- Métis 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](http://www.alberta.ca/ministry-childrens-services.aspx)
- Bullying Helpline (24/7) ..... 1-888-456-2323  
..... [www.alberta.ca/bullying](http://www.alberta.ca/bullying)
- Family Resource Networks Lookup  
..... [www.alberta.ca/lookup/frn-search.aspx](http://www.alberta.ca/lookup/frn-search.aspx)
- Family Violence Info Line (24/7) ..... 310-1818  
..... [www.alberta.ca/endfamilyviolence](http://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 ..... 780-423-2831
- 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 . 780-423-2831
- Government of Alberta  
Resolution Services - Parenting After Separation (PAS)  
..... [pas.albertacourts.ab.ca](http://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](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.*