

# 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](http://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 ..... 780-454-5310  
*(severe developmental disabilities; 2.8-6yrs/grades 1-12)*  
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  
Amiskwacyi 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](http://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* ..... 825-402-6799  
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](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.*