

# Resources for Men

November 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)  
*Addiction Helpline* ..... 1-866-332-2322  
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  
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](http://www.alberta.ca/alberta-supports.aspx)  
*Alberta Supports Centre (info line)*.....780-644-9992  
*Alberta Works - Income Support / Employment Information*  
*City Centre (105<sup>th</sup> Street Office)* .....780-415-4900  
*North (Northgate Centre)* .....780-422-9440  
*South (Millwoods Town Centre Mall)* .....780-644-2888  
*West (Meadowlark)* .....780-415-8116  
*Emergency Income Support (24/7)*.....780-644-5135  
Hope Mission  
*Emergency Shelter and Support Services*.....780-422-2018  
*(Herb Jamieson Centre; 16+yrs)*  
Money Mentors..... 1-888-294-0076  
The Salvation Army - Edmonton  
*Men's Transitional Housing (18+ yrs)* .....780-429-4274  
Urban Manor Housing Society  
*Shelter* .....780-425-5901  
*(hard-to-house men; 18+ yrs; addictions/mental illness)*

## Counselling (low / no cost)

Catholic Social Services  
*Mercy Counselling (virtual)* .....780-391-3233  
Cornerstone Counselling Centre (*Christian*) .....780-482-6215  
The Family Centre - Edmonton ..... 780-423-2831  
*Drop-In Single Session Counselling* ..... [dropinyeg.ca](http://dropinyeg.ca)  
Jewish Family Services Edmonton.....780-454-1194  
Momentum Walk-In Counselling .....780-757-0900  
Psychologists' Association of Alberta  
*Psychologist Referral Service*.....780-424-0294  
University of Alberta - Faculty of Education  
*Clinical Services (September-April)*.....780-492-3746

## Employment

Alberta Supports Centre..... 1-877-644-9992  
Edmonton's Food Bank - *Beyond Food*..... 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*  
*(for men who are abusive toward their partners)* . 780-448-0378  
Edmonton Violence Prevention Centre  
*Changing PathWays* ..... 780-439-4635  
*(group for adults who are/have been abusive to their partners)*  
The Family Centre - Edmonton  
*Strive: Men's Healthy Relationship Group*...780-423-2831  
*(men experiencing challenges in relationships)*  
Government of Alberta  
*Family Violence Info Line (24/7)* ..... 310-1818  
The TODAY Family Violence Help Centre  
*Call* ..... 780-455-6880  
*Chat* ..... [www.thetodaycentre.ca](http://www.thetodaycentre.ca)

## Health and Sexuality (also see 2SLGBTQ+ list)

Alberta Health Services (AHS)  
*Health Link (24/7)*..... 811  
*Sexually Transmitted Infections (STI) Clinic*..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](http://www.alberta.ca/rcas.aspx)  
*Dispute Resolution - Family Mediation*.....780-427-8329  
*Maintenance Enforcement Program*.....780-422-5555  
*Resolution Services - Information Program*...780-638-4747  
Law Society of Alberta ..... [www.lawsociety.ab.ca](http://www.lawsociety.ab.ca)  
*Lawyer Referral Service*..... 1-800-661-1095  
Legal Aid Alberta - *Client Contact Centre* ..... 1-866-845-3425  
Student Legal Services of Edmonton..... 780-492-2226

## Relationship / Support

Caregivers Alberta ..... 780-453-5088  
The Family Centre - Edmonton  
*Strive: Men's Healthy Relationship Group*...780-423-2831  
*(men experiencing challenges in relationships)*  
Momentum Walk-In Counselling - *Support Groups*  
*(men's group; no cost; 18+ yrs)*..... 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](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.*