

Resources for Parents and Caregivers

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 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
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

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
Bullying Helpline (24/7) 1-888-456-2323
..... www.alberta.ca/bullying
Family Resource Networks Lookup
..... www.alberta.ca/family-resource-networks.aspx
Family Violence Info Line (24/7) 310-1818
..... www.alberta.ca/endfamilyviolence

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

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)
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
Next Chapter for Divorcing Families Society 780-448-1180
(support groups for children and their families grieving a death, separation, or divorce)
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
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

The Family Centre - Edmonton
Parenting Through Divorce and Separation .. 780-423-2831
Government of Alberta
Resolution Services - Parenting After Separation (PAS)
..... www.pas.albertacourts.ab.ca

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.