

Resources for Basic Needs

May 2023



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.

Clothing / Household Goods

Bissell Centre - Thrift Shop	
<i>Alberta Avenue</i>	780-471-6644
<i>Hermitage Square</i>	780-969-5150
Goodwill Industries of Alberta	
<i>Thrift Retail Stores (multiple locations)</i>	780-944-1414
Homeward Trust Edmonton - Find Furnishing Hope	780-988-1717
The Mustard Seed - Edmonton (inner city)	780-426-5600
The Salvation Army - Edmonton - Thrift Stores	
<i>East</i>	780-475-8778
<i>West</i>	780-451-8168
Society of Saint Vincent de Paul Edmonton	780-471-5577

Emergency Clothing / Household Goods

Bissell Centre	
<i>Family Support Services</i>	780-423-2285 x133
Marian Centre	780-424-3544
Youth Empowerment & Support Services (YESS)	
<i>Daytime Support (15-24yrs)</i>	780-468-7070

Emergency Shelters

Hope Mission Edmonton	
<i>Emergency Shelter & Support Services (16+yrs)</i>	780-422-2018
Youth Empowerment & Support Services (YESS)	
<i>Nexus (15-21yrs; trans inclusive)</i>	780-468-7070

Financial Assistance / Employment

Credit Counselling Society	1-888-527-8999
Edmonton's Food Bank - Beyond Food	780-425-2133 x228
Government of Alberta	
<i>Alberta Supports Centre (info line)</i>	1-877-644-9992
<i>(for information on Assured Income for the Severely Handicapped (AISH), Emergency Income Support, Income Support, and Employment Information)</i>	
Money Mentors	1-888-294-0076
Service Canada - Employment Insurance (EI)	
<i>Info Line</i>	1-800-206-7218
United Way of the Alberta Capital Region	
<i>Empower U (multiple locations)</i>	780-990-1000

Food Hampers

Edmonton's Food Bank	780-425-4190
Wecan Food Basket Society	
<i>Food Orders</i>	780-413-4525

Health / Mental Health

Alberta Health Services (AHS)	
<i>Health Link (24/7)</i>	811
<i>Mental Health Help Line (24/7)</i>	1-877-303-2642
The Family Centre - Edmonton	780-423-2831
<i>Drop-In Single Session Counselling</i>	dropinyeg.ca
Momentum Walk-In Counselling (sliding scale)	780-757-0900

Housing Registries / Guides

Boyle Street Community Services	
<i>Housing First</i>	780-424-4106
GEF Seniors Housing	
<i>Directory</i>	780-482-6561
Operation Friendship Seniors Society	780-429-2626
<i>(inner city; 55+yrs)</i>	
Sage Seniors Association	
<i>Directory of Senior Services</i>	780-423-5510
<i>Housing Information Services (55+yrs)</i>	587-773-1764
The Salvation Army - Edmonton	
<i>Men's Transitional Housing</i>	780-429-4274

Housing: Subsidized / Transitional

Civida (Capital Region Housing Corporation)	780-420-6161
homeEd (City of Edmonton Non-Profit Housing Corporation)	
.....	780-474-5706
Native Counselling Services of Alberta	
<i>Cunningham Place (transitional housing; 18-30yrs)</i>	780-990-1120
Right at Home Housing Society	780-423-1339

Meals (Call agency for times or 211 for more options)

Boyle Street Community Services	780-424-4106
Dickinsfield Amity House	780-478-5022
Hope Mission Edmonton	780-422-2018
Marian Centre (emergency meals; 18+yrs)	780-424-3544
Mustard Seed	1-833-448-4673
Operation Friendship Seniors Society	780-429-2626
<i>(inner city; 55+yrs)</i>	
Youth Empowerment & Support Services (YESS)	
<i>Daytime Support (15-24yrs)</i>	780-468-7070

Transportation

Edmonton Transit Service (ETS)	
<i>Information</i>	311
<i>Ride Transit Program (subsidized monthly passes)</i>	311

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.