

# Resources for Men

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](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) ..... 1-866-644-5135  
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 (in-person/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 x228

## 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) . 780-242-4357  
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  
Fyrefly Institute for Gender and Sexual Diversity .... 780-492-0772  
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 Services... 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.*