

# Resources for Women

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

Mental Health Helpline..... 1-877-303-2642

Access 24/7 ..... 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

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

Alberta Supports Centre (info line)..... 1-877-644-9992

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 .... 780-422-2018

Money Mentors..... 1-888-294-0076

Women's Emergency Accommodation Centre..... 780-423-5302

## **Counselling (\*no cost)**

Catholic Social Services - Mercy Counselling ..... 780-391-3233

Cornerstone Counselling Centre (Christian) ..... 780-482-6215

The Family Centre - Edmonton

Drop-In Single Session Counselling\* ..... 780-423-2831

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

The Elizabeth Fry Society of Northern Alberta

Work for Women Employment Program ..... 780-982-3730

Women Building Futures Society (trades training)..... 780-452-1200

## **Family Violence and Abuse (also see Family Violence list)**

Aboriginal Counseling Services Association of Alberta

Circle of Safety..... 780-242-4357

Catholic Social Services - Lurana Shelter..... 780-424-5875

(women with or without children; 24/7)

Edmonton John Howard Society

Family Violence Prevention Centre ..... 780-423-1635

Domestic Violence Complainant Program. 780-422-0721

Edmonton Violence Prevention Centre

Changing PathWays ..... 780-439-4635

(group for adults who are/have been abusive to their partners)

Edmonton Women's Shelter Limited

(women with or without children; 24/7) ..... 780-479-0058

Government of Alberta

Family Violence Info Line (24/7)..... 310-1818

Islamic Family and Social Services Association ..... 780-430-9220

Fostering Healthy Families - Family Violence Support

Legal Aid Alberta

Emergency Protection Order Program ..... 1-866-845-3425

The Shaama Centre for Seniors and Women..... 780-465-2992

The TODAY Family Violence Help Centre ..... 780-455-6880

Chat ..... [www.thetodaycentre.ca](http://www.thetodaycentre.ca)

## **Health and Sexuality**

Alberta Health Services (AHS)

Birth Control Centre (pregnancy testing)..... 780-735-0010

Health Link (confidential STI and health advice; 24/7) ..... 811

Sexually Transmitted Infections (STI) Clinic.. 780-342-2300

Fyrefly Institute for Gender and Sexual Diversity..... 780-492-0772

Multicultural Health Brokers Co-op ..... 780-423-1973

Pride Centre of Edmonton ..... 780-488-3234

Woman's Health Options (pro-choice; abortion services) 780-484-1124

## **Legal Resources**

Edmonton Community Legal Centre..... 780-702-1725

Government of Alberta..... [www.rcas.alberta.ca](http://www.rcas.alberta.ca)

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 - Legal Services Centres ..... 1-866-845-3425

Student Legal Services of Edmonton..... 780-492-2226

## **Relationship / Support**

Caregivers Alberta ..... 780-453-5088

Co-Dependents Anonymous - Support Meetings..... 780-436-6853

The Family Centre - Edmonton

Healthy Relationships Group for Women..... 780-423-2831

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.*