

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 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 (105th 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

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
Firefly 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
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
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.

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.