



Resource Lists

May 2023

Compiled by 211 Alberta – Edmonton and Area, a program of
Canadian Mental Health Association – Edmonton Region.

For Community Services Information contact 2-1-1.
211 is now available province-wide by dialing 2-1-1, texting INFO to 211,
or through live chat at www.ab.211.ca.

*Inclusion of an agency or service on these resource lists
does not constitute an endorsement by 211 Alberta – Edmonton and Area.*

Resources for 2SLGBTQ+

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.

Counselling

The Family Centre - Edmonton

Drop-In Single Session Counselling 780-423-2831

Momentum Walk-In Counselling

Single Session Counselling 780-757-0900

Crisis (Call 911 if in immediate danger)

Canadian Mental Health Association (CMHA)

Distress Line (24/7) 780-482-HELP (4357)

Government of Alberta

Bullying Helpline (24/7) 1-888-456-2323

Child Abuse Hotline (24/7) 1-800-387-5437

Hope For Wellness Help Line 1-855-242-3310

Kids Help Phone 1-800-668-6868

Text Text Connect to 686868

Online Chat kidshelpphone.ca

Sexual Assault Centre of Edmonton

Support and Information Line 780-423-4121

Family Violence and Abuse (also see Family Violence list)

The TODAY Family Violence Help Centre 780-455-6880

Inclusive Family Violence Supports

Edmonton Women's Shelter Limited www.winhouse.org

24 Hour Crisis and Information Line 780-479-0058

Health / Sexual Health / Harm Reduction

Alberta Health Services (AHS)

Birth Control Centre

Seventh Street Plaza 780-735-0010

Health Link (24/7) 811

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

CATIE (HIV and Hepatitis C Information) www.catie.ca

Confidential Bilingual Toll-free Inquiry Line 1-800-263-1638

HIV Edmonton 780-488-5742

Queer and Trans Health Collective

Peer N Peer Substance Use Program 587-599-7290

Shelter

e4c 780-423-5302

*Women's Emergency Accommodation Centre (18+ yrs;
women with children cannot be accommodated; trans-affirming)*

Legal / Advocacy

Alberta Civil Liberties Research Centre

LGBTQ+ Resources www.aclrc.com

Government of Alberta - Ministry of Justice and Solicitor General

Alberta Human Rights Commission

Confidential Inquiry Line 780-427-7661

Legislative Assembly of Alberta

Office of the Child and Youth Advocate 1-800-661-3446

Support / Support Groups

Edmonton Mennonite Centre for Newcomers

Rainbow Refuge 587-938-6869 or 780-399-0501

Edmonton Seniors Centre

LGBTQIA2S+ Seniors Support Group 780-425-8625

Momentum Walk-In Counselling 780-757-0900

Queer Café - LGBTQ2S+ Support Group

Pride Centre of Edmonton 780-488-3234

Drop-In Community Centre (all expressions and identities)

Pflag Canada www.pflagcanada.ca

Edmonton Chapter 1-888-530-6777 x581

Sexual Assault Centre of Edmonton

Sexual Assault Group Counselling

refleQT 780-423-4102

University / Student Groups

University of Alberta Students' Union 780-492-4241

The Landing www.thelandingualberta.ca

..... 780-492-4949

Students' Association of MacEwan University www.samu.ca

InQueeries 780-633-3590

Youth

The Family Centre - Edmonton 780-423-2831

The Rainbow Pages www.therainbowpages.ca

iHuman Youth Society 780-421-8811

Fyrefly Institute for Gender and Sexual Diversity

Camp fYrefly (14 to 24 yrs) 780-492-4909

Community, Health, Empowerment, Wellness Project

(CHEW) (14 to 29 yrs) 780-665-5220

fYrefly in Schools 780-492-0772

Old Strathcona Youth Society 780-496-5947

Pride Centre of Edmonton www.pridecentreofedmonton.ca

Youth Supports (12 to 24 yrs) 780-488-3234

Youth Empowerment and Support Services (YESS)

..... 780-468-7070

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Resources for Anger Management

May 2023



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Crisis (Call 911 if in immediate danger)

Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Government of Alberta
Family Violence Info Line (24/7) 310-1818
Kids Help Phone, Live Chat, Text, and App 1-800-668-6868
Text 686-868
Online Chat www.kidshelpphone.ca

Counselling

Boyle Street Community Services
The Urban Counselling Network 780-424-4106 x232
(18+; individuals with low or no income; support managing emotions such as anger; no cost)
Mental Health Support 780-424-4106
(outreach, including support, information and referral, to individuals with chronic mental illness living in the inner city)
Catholic Social Services
Mercy Counselling 780-391-3233
Cornerstone Counselling Centre (faith-based) 780-482-6215
Edmonton Mennonite Centre for Newcomers
Therapeutic and Counselling Services 780-424-7709
(anyone born outside of Canada, including immigrants and refugees regardless of length of stay in Canada or immigration status, and minor children of parents born outside of Canada)
The Family Centre - Edmonton
Drop-In Single Session Counselling
Telephone Counselling 780-423-2831
Mental Health Therapist 780-900-6274
Psychologists' Association of Alberta
Psychologist Referral Service 780-424-0294
University of Alberta - Faculty of Education
Clinical Services (September-April) 780-492-3746

Disabilities

Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course 780-454-9656
(6 weeks; 18+; skills related to obtaining and maintaining employment including managing stress and anger; no cost)

Groups / Workshops: Men

The Family Centre - Edmonton
Men and Anger 780-497-7536
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

Groups / Workshops: Women

Aboriginal Counselling Services Association of Alberta
Holding Our Anger Bundle 780-448-0378
(12 weeks; Aboriginal women, 18+ yrs; understanding healthy and unhealthy anger, developing tools for coping with anger, and exploring emotions through expressive arts and traditional practices; no cost)
The Family Centre - Edmonton
Women and Anger 780-497-7536
(10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

Groups / Workshops: Youth

Covenant Health
Adolescent Group Program 780-735-2613
(September-June; 14-17 yrs; referral required from a physician; a pre-entry screening interview is conducted to determine suitability; no cost; program is continuing virtually at this time due to COVID-19)
The Family Centre - Edmonton
Understanding Anger for Youth 780-497-7536
(13-17 yrs; parental consent is needed; teaches children self-awareness skills to take back control of their emotions; costs vary; subsidies may be available)
Stop Abuse in Families (SAIF) Society (St. Albert)
SAIF-ED Program 780-460-2195
(increases awareness about abuse and curbs violent and intimidating behaviours among elementary, junior high, and high school students in St. Albert and Sturgeon County; also available to community groups and organizations)
YMCA of Northern Alberta
Youth Transition Program 780-426-9265
(11 weeks; 13-19 yrs; teaches skills and techniques to gain control over anger)

Mixed Groups / Workshops

Cornerstone Counselling Centre
Anger Management Workshop 780-482-6215
(9 hours; Thursdays or Saturdays; help to change destructive expressions of anger into positive behaviours; \$195)
Family Futures Resource Network
Count to Ten 780-413-4521
(8 weeks; 18+ yrs; adult education and support group to learn effective ways to deal with anger; \$25)

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Resources for Basic Needs

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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

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Resources for Children

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Counselling

Kids Help Phone (24/7) Call 1-800-668-6868
..... Text 686-868

Grief Counselling Programs

Kids On Track Association of Edmonton
HomeBuilders (kindergarten-grade 6) 587-404-8877
Next Chapter for Divorcing Families Society 780-448-1180
Pilgrims Hospice Society 780-413-9801 x102

Play Therapy

Catholic Social Services 780-391-3233
University of Alberta - Faculty of Education
Clinical Services (5+ yrs; September-April) 780-492-3746

Disabilities

Alberta Health Services (AHS)
Early Intervention Program (0-3.5 yrs) 780-735-3489
Centre for Autism Services Alberta 780-488-6600
Connect Society - Deafness Education, Advocacy and Family Services
Early Intervention (deaf; 0-3.5 yrs) 780-454-9581 x226
Edmonton Down Syndrome Society
Speech-Language Therapy 780-944-4224
Elves Special Needs Society 780-454-5310
(severe developmental disabilities; 2.8-6 yrs/grades 1-12)
Family Futures Resource Network
Parent Education 780-413-4521
(provides developmental screening for children; 4 mos-5 yrs)
GRIT Program (The Getting Ready for Inclusion Today Program)
Early Childhood Program (2.8-6 yrs) 780-454-9910
KARA Family Resource Centre
Parent Education 780-478-5396
(provides developmental screening for children)
The Steadward Centre for Personal & Physical Achievement
Free2BMe Physical Activity (4-19 yrs) 780-492-8269

Head Start Programs

ABC Head Start Society (2.6-5 yrs; low income) 780-461-5353 x247
Alder Academy Early Learning Society (12 mos-6 yrs; low income)
..... 780-482-2116
Amiskwaciy Cultural Society
Aboriginal Head Start (3.5-5 yrs; Indigenous) ... 780-640-9799
Bent Arrow Traditional Healing Society
White Cloud Aboriginal Head Start Program
(3-5 yrs; Indigenous) 780-486-2543
e4c (programs for families with low income)
Early Learning Services (2.8-5 yrs) 780-426-3666
Norwood Child and Family Resource Centre (3-5 yrs)
..... 780-471-3737

Early Childhood Education

Alberta Health Services (AHS)
Pediatric Community Rehabilitation (0-5 yrs) .. 780-735-3489
Edmonton Catholic Schools (3-4 yrs) 780-436-7888
Edmonton Public Schools (2.6-5 yrs) 780-429-8000
Family Futures Resource Network (0-6 yrs) 780-413-4521

Leisure / Recreation

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton
(6-18 yrs) 780-424-8181
Canadian Tire Jumpstart Charities (4-18 yrs)
..... 1-844-YES-PLAY (937-7529)
City of Edmonton
Leisure Access Program 311
Activities, Parks, and Recreation 311
Edmonton Public Library
Programs for Children (general info line) 780-496-7000
Edmonton Sport Council
Sport and Recreation Referrals.. www.edmontonsport.com
Kids On Track Association of Edmonton 587-404-8877
KidSport Alberta (funding; under 18 yrs) 1-888-914-KIDS (5437)
Suggestions for parent-child or child activities 211

Mental Health

Alberta Health Services (AHS) - *Addiction and Mental Health*
Intake Services, Child and Adolescent 825-402-6799
CASA Mental Health 780-400-2271

Mentoring Programs

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton
..... 780-424-8181
Uncles & Aunts at Large Society 780-452-5791

Violence

Aboriginal Counselling Services Association of Alberta
Circle of Safety - Teaching Circles for Children Who
Witness Abuse (6-17 yrs) 780-448-0378
Government of Alberta
Bullying Helpline (24/7) 1-888-456-2323
Child Abuse Hotline (24/7) 1-800-387-5437
Family Violence Info Line (24/7) 310-1818
Kids Help Phone (24/7) 1-800-668-6868
..... Text 686-868
Sexual Assault Centre of Edmonton
Child and Adolescent Counselling (3-17 yrs) ... 780-423-4102
Support and Information Line 780-423-4121

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Resources for Family Violence and Abuse

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Crisis (Call 911 if in immediate danger)

Canadian Mental Health Association (CMHA)

*Distress Line (24/7) 780-482-HELP (4357)

*Seniors' Abuse Helpline (24/7) 780-454-8888

Government of Alberta

Child Abuse Hotline (24/7) 1-800-387-5437

Kids Help Phone, Live Chat, Text and App 1-800-668-6868

Text Text Connect to 686868

Online Chat kidshelpphone.ca

Kids Kottage - Crisis Line / Crisis Nursery (24/7) 780-944-2888

*Sexual Assault Centre of Edmonton 780-423-4121

Counselling

Catholic Social Services

Mercy Counselling 780-391-3233

Central Alberta Sexual Assault Support Centre (24/7)

..... 1-866-956-1099

Cornerstone Counselling Centre (faith-based) 780-482-6215

The Family Centre - Edmonton 780-423-2831

Drop-In Single Session Counselling dropinyeg.ca

*Sexual Assault Centre of Edmonton 780-423-4102

Support and Information Line 780-423-4121

*Stop Abuse in Families (SAIF) Society (St. Albert) 780-460-2195

Court Preparation / Legal / Protection

*Edmonton John Howard Society

Domestic Violence Complainant Program 780-422-0721

Family Violence Prevention Centre (FVPC) .. 780-423-1635

Elizabeth Fry Society of Northern Alberta

Courtworks 780-421-1175

Legal Aid Alberta - Legal Services Centres 1-866-845-3425

Emergency Protection Order Program 780-422-9222

OakNet: Older Adult Knowledge Network www.oaknet.ca

WillowNet: Abuse and the Law in Alberta www.willownet.ca

Group Programs for Women / Children / Seniors

*Edmonton Violence Prevention Centre

Changing PathWays 780-439-4635

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

Group Programs for Men

*Edmonton Violence Prevention Centre

Changing PathWays (men's group) 780-439-4635

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

The Family Centre - Edmonton

Strive: Men's Healthy Relationship Group 780-423-2831

(for men experiencing challenges in relationships)

Information

Government of Alberta

Prevention of Family Violence and Bullying

Bullying Helpline (24/7) 1-888-456-2323

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

Online Resources www.alberta.ca/family-violence.aspx

Outreach / Referral / Support

*Edmonton John Howard Society

Family Violence Prevention Centre (FVPC) .. 780-423-1635

*Edmonton Violence Prevention Centre

Changing PathWays Partner Outreach 780-439-4635

(info for partners of individuals in the Changing Ways program)

Elder Abuse Resource and Supports (EARS) 780-477-2929

Elizabeth Fry Society of Northern Alberta 780-421-1175

Islamic Family and Social Services Association

Fostering Healthy Families - Family Violence Support

..... 780-430-9220

The Shaama Centre for Seniors and Women

(FKA: Multicultural Women and Seniors Services Association)

..... 780-465-2992

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

Shelter / Housing

Alberta Council of Women's Shelters 1-866-331-3933

Alberta Shelters Lookup www.acws.ca/shelters

Alberta Society for the Prevention of Cruelty to Animals

One Family Welfare (FKA: Pet Safekeeping Program)

..... 780-447-3600 x3750

Edmonton Women's Shelter Limited

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

*Sage Seniors Association

Seniors' Safe House (men/women; 60+ yrs)

Intake 780-702-1520

Helpline 780-454-8888

* Denotes agencies that have adopted Family Violence Protocols through Community Initiatives Against Family Violence (CIAFV).

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Resources for Indigenous Peoples

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Education

Bent Arrow Traditional Healing Society
White Cloud Aboriginal Head Start (3-5yrs) ... 780-486-2543
Boyle Street Education Centre (Charter School) 780-428-1420
Nechi Institute: Centre of Indigenous Learning 780-459-1884

Employment (including entrepreneurship)

Bent Arrow Traditional Healing Society
Journey to Success 780-481-3451
Transition to Success (women) 780-481-3451
Bissell Centre - *Bissell Workforce (18+yrs)* 780-424-4385
Business Link
Indigenous Services 780-422-7722
Edmonton's Food Bank - *Beyond Food* 780-425-2133 x228
Government of Alberta - Ministry of Advanced Education
Apprenticeship and Industry Training 1-800-248-4823
Institute for the Advancement of Aboriginal Women (IAAW)
..... 780-479-8195
Rupertsland Institute - Métis Centre of Excellence
..... 1-888-486-3847

Family Violence and Abuse

Government of Alberta - Ministry of Community & Social Services
Family Violence Info Line (24/7) 310-1818
The TODAY Family Violence Help Centre 780-455-6880

Health

Alberta Health Services (AHS)
Health Link (24/7) 811
Indigenous Wellness Clinic 780-735-4512
Bent Arrow Traditional Healing Society 780-481-3451

Housing / Homelessness Prevention

Bent Arrow Traditional Healing Society
Nikihk Housing First 780-481-3451
Boyle Street Community Services
Housing First 780-424-4106
Métis Urban Housing Corporation
Affordable Market Housing Program 780-452-6440
Native Counselling Services of Alberta
Cunningham Place (transitional housing; 18-30yrs)
..... 780-990-1120

Information and Referral

Ben Calf Robe Society
Family Resource Network 780-477-6648
Elizabeth Fry Society of Northern Alberta
Indigenous Women's Program 780-784-2206

Legal / Status

Government of Canada - Indigenous and Northern Affairs Canada
First Nations Register and Status 1-800-567-9604
Native Counselling Services of Alberta
Indigenous Correctional Services 780-495-3748
Indigenous Courtwork Program 780-423-2141
(criminal, family, and youth court)
Young Offender Probation 780-423-2141

Parenting Programs / Support

Amiskwaciy Cultural Society
Aboriginal Head Start (3.5-5yrs; Indigenous) 780-640-9799
Ben Calf Robe Society 780-477-6648
Traditional Indigenous Wellness Parenting Program
Bent Arrow Traditional Healing Society 780-481-3451
Bissell Centre
Family Support Services 780-423-2285 x133
Elizabeth Fry Society of Northern Alberta
Indigenous Women's Program 780-905-3864
Government of Alberta - Ministry of Children's Services
Child and Youth Support Program 310-0000
KARA Family Resource Centre 780-478-5396
Metis Child and Family Services Society Edmonton
..... 780-452-6100

Substance Use / Addiction

Alberta Health Services
Addiction Helpline (24/7) 1-866-332-2322
Poundmaker's Lodge Treatment Centres 780-458-1884

Supportive Services

Aboriginal Counseling Services Association of Alberta
..... 780-448-0378
Ben Calf Robe Society 780-477-6648
Bent Arrow Traditional Healing Society 780-481-3451
Bissell Centre 780-423-2285
Boyle Street Community Services 780-424-4106
Canadian Native Friendship Centre 780-761-1900
Edmonton Aboriginal Seniors Centre (55+yrs) 587-525-8969
Institute for the Advancement of Aboriginal Women (IAAW)
..... 780-479-8195
Metis Child and Family Services Society Edmonton
..... 780-452-6100

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Resources for Leisure and Personal Enrichment

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Assertiveness, Self-Esteem, and Life Skills

- Alberta Health Services - Primary Care Network Services
Assert Yourself Workshops (on demand)
Effective Communication Workshop
Relationships in Motion Workshop
.....www.albertafindadoctor.ca/workshops/home
Bissell Workforce (life management workshops)780-424-4385
Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course780-454-9656
(18+ yrs with developmental disabilities)
The Family Centre - Edmonton780-423-2831
Building Self-Esteem (18+ yrs)
Effective Communication Skills (18+ yrs)

Continuing Education

- Edmonton Lifelong Learners Association (ELLA)
Non-Credit Courses (50+ yrs)780-492-5055
(fine and liberal arts, sciences, humanities; \$350 for maximum
of 4 courses; income-based bursary available; partnered with
University of Alberta - Online and Continuing Education)
Edmonton Public Schools
Metro Continuing Education780-428-1111
(personal enrichment/special interest courses; registration and
material fees apply)
MacEwan University780-497-4400
Continuing Education
NorQuest College780-644-6000
Post-Secondary and Continuing Education Programs
Northern Alberta Institute of Technology (NAIT)
Corporate and Continuing Education780-378-6990
University of Alberta
Online and Continuing Education780-492-3113

Financial Literacy

- City of Edmonton311
Financial Empowerment Program780-496-2800
Consolidated Credit Counselling Services of Canada, Inc.
Financial Education Resources1-888-477-7397
Credit Counselling Society1-888-527-8999
Financial Literacy Workshops and Webinars
Money Mentorswww.moneymentors.ca
Financial Classes1-888-294-0076
United Way of the Alberta Capital Region
Empower U (multiple locations)780-990-1000

Literacy

- Centre for Family Literacy780-421-7323
The Learning Centre Literacy Association (18+ yrs) ...780-429-0675
PALS - Project Adult Literacy Society (18+ yrs)780-424-5514

Personal and / or Spiritual Growth

- Bent Arrow Traditional Healing Society780-481-3451
Edmonton Aboriginal Seniors Centre (55+ yrs)587-525-8969
The Family Centre - Edmonton
Journey to Self-Discovery (18+ yrs)780-497-7536
Society for Personal Growth780-616-8137
Who I Am Workshop One-to-One
YWCA Edmonton780-423-YWCA (9922)

Recreation and Culture

- City of Edmontonwww.edmonton.ca
Abundant Community Edmonton780-720-3797
Accessibility for People with Disabilities780-496-4917
Activities, Parks, and Recreation311
Attractions and Events311
(e.g. Fort Edmonton, Nature Centre, Muttart, Zoo)
Leisure Access Program311
Program Guideswww.edmonton.ca
Copies also available at City recreation facilities / libraries
Edmonton Federation of Community Leagues780-437-2913
Directory of Community Leagueswww.efcl.org
Edmonton Public Librarywww.epl.ca
Programs for Adults, Children, Families, and Youth
(online courses, book clubs, and more)780-496-7000
Seed Library (Stanley A. Milner)780-496-7070
Edmonton Sport Councilwww.edmontonsport.com
(online resources and sport referrals)
Events Edmonton780-423-2822
Francis Winspear Centre for Music780-428-1414
TELUS World of Science - Edmonton780-451-3344
YMCA of Northern Alberta780-429-YMCA (9622)
Castle Downs (north)780-476-9622
Don Wheaton (central)780-452-9622
Jamie Platz (west)780-481-9622
William Lutsky (south)780-439-9622
YMCA Welcome Village780-426-9259
For referrals to community events211

Volunteerism

- Edmonton Chamber of Voluntary Organizationswww.ecvo.ca
Volunteerism (resources)780-801-4727
goVolunteerwww.govolunteer.ca
(volunteer opportunity postings)
Volunteer Connectorwww.volunteerconnector.org
(volunteer opportunity postings)
For referrals to volunteer opportunities211

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.

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Resources for Men

May 2023



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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
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
Alberta Supports Centre (info line) 780-644-9992
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) 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
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) . 780-448-0378
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

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
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 - 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

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Resources for Mental Health

May 2023



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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 Services (24/7)..... 780-424-2424

Mental Health Help Line (24/7)..... 1-877-303-2642

Canadian Mental Health Association (CMHA)

Distress Line (24/7) 780-482-HELP (4357)

Advocacy / Information / Referral

Alzheimer Society of Alberta (Edmonton)..... 780-488-2266

e4c - Wellness Network..... 780-699-3253

.....www.wellnessnetworkedmonton.com

Government of Alberta - Ministry of Health

Office of the Alberta Health Advocates

Mental Health Patient Advocate 780-422-1812

Radius Community Health and Healing..... 780-422-7333

(FKA: Boyle McCauley Health Centre)

Schizophrenia Society of Alberta (Edmonton)..... 780-452-4661

Assessment / Testing / Treatment

Alberta Health Services (AHS)

Access 24/7, Adult Intake Services (24/7)..... 780-424-2424

Child and Adolescent Intake Services 825-402-6799

CASA Mental Health

(under 5yrs; for over 5yrs access through Child and Adolescent

Mental Health Intake, see above)..... 780-400-2271

Psychologists' Association of Alberta

Psychologist Referral Service..... 780-424-0294

University of Alberta - Faculty of Education

Clinical Services (September-April) 780-492-3746

Counselling (low / no cost)

Catholic Social Services - Mercy Counselling 780-391-3233

The Family Centre - Edmonton 780-423-2831

Drop-In Single Session Counselling dropinyeg.ca

Jewish Family Services Edmonton..... 780-454-1194

Momentum Walk-In Counselling 780-757-0900

For more counselling options available in your area 211

Employment / Living Skills / Training

Canadian Mental Health Association - Edmonton Region (CMHA)

Prosper Place Peer Program..... 780-426-7861

Edmonton's Food Bank - Beyond Food..... 780-425-2133 x228

EmployAbilities 780-423-4106

Excel Society..... 780-455-2601 x0

Goodwill Industries of Alberta - Career Connections.. 780-944-2768

On Site Placement Services Association (OSP) 780-488-8122

Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers

Therapeutic and Counselling Services 780-424-7709

Multicultural Health Brokers Co-op..... 825-333-6242

Housing / Supported Independent Living

Alberta Health Services - Continuing Care Access..780-496-1300
(telephone screening for programs in residential settings)

Canadian Mental Health Association - Edmonton Region (CMHA)

Housing Program 780-414-6300

e4c..... 780-424-7543

The Salvation Army - Edmonton

Cornerstone Transitional Residence 780-474-7499

(for women without children)

Supportive Residence 780-428-4405

Inner City Mental Health Services

Bissell Centre - Mental Health Supports 780-660-8640

Boyle Street Community Services 780-424-4106

Radius Community Health and Healing 780-422-7333

(FKA: Boyle McCauley Health Centre)

Recreation and Social Programs

Addictions and Mental Health Community Linking Program

Young Adult Services Social, Recreation, and Wellness

Programs 780-782-5042

Canadian Mental Health Association - Edmonton Region (CMHA)

Prosper Place Peer Program 780-426-7861

Suicide Education and Support

Canadian Mental Health Association (CMHA) 780-414-6300

Applied Suicide Intervention Skills Training (ASIST)

Mental Health and Wellbeing Education

Suicide Bereavement Support Services

Suicide Caregiver Support Services

Distress Line (24/7) 780-482-HELP (4357)

e4c - In-Person Suicide Attempt Survivor Support YEG

..... 780-289-6219

Unlimited Potential Community Services Society

Professional and Educational Services 780-440-0708

Support Groups

Anorexics and Bulimics Anonymous www.aba12steps.org

Caregivers Alberta 780-453-5088

Co-Dependents Anonymous 780-436-6853

e4c - In-Person Peer-Facilitated Mental Wellness Drop In

..... 780-699-3253

Eating Disorder Support Network of Alberta 780-729-3376

The Family Centre - Edmonton..... 780-900-6423

Anxiety Therapy Group and Depression Therapy Group

Momentum Walk-In Counselling - Drop-In Support Groups

(bipolar disorder, anxiety, depression)..... 780-757-0900

Organization for Bipolar Affective Disorders www.obad.ca

Schizophrenia Society of Alberta (Edmonton) 780-452-4661

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Resources for Newcomers to Canada

May 2023



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Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Citizenship and Classes

Action for Healthy Communities	780-944-4687
Bredin Centre for Career Advancement	780-425-3730
Changing Together - A Centre for Immigrant Women	780-421-0175
Government of Canada - Citizenship Service	1-888-242-2100

Education

Bredin Centre for Career Advancement	780-425-3730
Edmonton Mennonite Centre for Newcomers	780-424-7709
Government of Alberta	
<i>International Qualifications Assessment</i>	780-427-2655
NorQuest College - Employment Programs	780-644-6000

Employment Assistance

Accès Emploi Alberta - Employment Centre	780-490-6975
Action for Healthy Communities	780-944-4687
ASSIST Community Services Centre	780-429-3111
Bredin Centre for Career Advancement	780-425-3730
Changing Together - A Centre for Immigrant Women	780-421-0175
Edmonton's Food Bank - Beyond Food	780-425-2133 x228
Edmonton Mennonite Centre for Newcomers	780-424-7709
EmployAbilities - EmployAbilities for Newcomers ...	780-945-4643
Government of Alberta	
<i>Temporary Foreign Worker Helpline</i>	1-877-944-9955

English Language Training

Action for Healthy Communities	780-944-4687
ASSIST Community Services Centre	780-429-3111
Bredin Centre for Career Advancement	780-425-3730
Canadian Arab Friendship Association of Edmonton	
<i>English as a Second Language (ESL)</i>	780-473-7214
Catholic Social Services	780-424-3545
Changing Together - A Centre for Immigrant Women	
<i>English as a Second Language (ESL)</i>	780-421-0175
Cultural Connections Institute - The Learning Exchange	780-944-0792
Edmonton Catholic Schools - LINC (16+yrs)	780-441-6000
Edmonton Immigrant Services Association (EISA)	780-474-8445
Edmonton Mennonite Centre for Newcomers	780-424-7709
Edmonton Public Schools	
<i>Metro Continuing Education (ESL/LINC)</i>	780-428-1111
NAIT - English as a Second Language (ESL)	780-471-6248
NorQuest College - English language training	780-644-6000
PALS - Project Adult Literacy Society - Tutoring	780-424-5514
University of Alberta	
<i>Online & Continuing Education</i>	780-492-3113

Family Violence (also see Family Violence list)

Changing Together - A Centre for Immigrant Women	
<i>Family Violence Prevention Workshops</i>	780-421-0175
Edmonton Violence Prevention Centre	780-439-4635
Government of Alberta - Family Violence Info Line	310-1818
Islamic Family and Social Services Association	780-430-9220
<i>Fostering Healthy Families - Family Violence Support</i> <i>(direct outreach services) / Sisters' Serenity Group</i> <i>(open to people of all genders and immigration status)</i>	
The Shaama Centre for Seniors and Women	780-465-2992
The TODAY Family Violence Help Centre	780-455-6880
WillowNet: Abuse and the Law in Alberta	www.willownet.ca

Health / Mental Health

Action for Healthy Communities	780-944-4687
Alberta Health Services (AHS) - Health Link (24/7)	811
Catholic Social Services	
<i>Cross Cultural Counselling and Outreach</i>	780-424-3545
Edmonton Mennonite Centre for Newcomers	
<i>Therapeutic and Counselling Services</i>	780-424-7709
Multicultural Health Brokers Co-op	780-423-1973

Supportive Services

Action for Healthy Communities	780-944-4687
ASSIST Community Services Centre	780-429-3111
Bredin Centre for Career Advancement	780-425-3730
Canadian Arab Friendship Association of Edmonton	780-473-7214
Catholic Social Services	780-432-1137
<i>Cultural Links / Settlement Counselling</i>	780-424-3545
Edmonton Immigrant Services Association (EISA)	780-474-8445
Edmonton Mennonite Centre for Newcomers	780-424-7709
Edmonton Viets Association	780-424-8934
The Family Centre - Edmonton - Cultural Coaches	780-423-2831
Islamic Family and Social Services Association	780-430-9220
Jewish Family Services Edmonton	780-454-1194
Multicultural Health Brokers Co-op	780-423-1973
Sage Seniors Association	
<i>Multicultural Seniors Outreach Program</i>	587-773-1764
Ukrainian Canadian Social Services	780-471-4477
Windmill Microlending - Immigrant Loan Program	1-855-423-2262

Translation Services

Canadian Arab Friendship Association	780-473-7214
Edmonton Immigrant Services Association (EISA)	
<i>Translation and Interpretation</i>	780-474-8445
The Shaama Centre for Seniors and Women	
<i>Translation Services</i>	780-465-2992

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Resources for Parents and Caregivers

May 2023



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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 Foundation
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 Community 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) 780-735-3489
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
Community Options - A Society for Children and Families
..... 780-455-1818
Dickinsfield Amity House 780-478-5022
e4c - Early Learning Services (2.8-5yrs; 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
Parenting After Separation (PAS)
..... www.pas.albertacourts.ab.ca

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Resources for People with Addictions

May 2023



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Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Addictions Support and Counselling / Crisis Support

Alberta Health Services (AHS) - *Addiction and Mental Health*
Access 24/7, Adult Intake Services 780-424-2424
Addiction Helpline (24/7)..... 1-866-332-2322
Opioid Dependency Program 780-342-7810
Boyle Street Community Services..... 780-424-4106
Managed Alcohol Program..... 780-990-5912
Canadian Mental Health Association - Edmonton Region (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Digital Overdose Response System App www.dorsapp.ca
Kids Help Phone (24/7) 1-800-668-6868
Poundmaker's Lodge Treatment Centres (18+yrs) . 780-458-1884

Adult Residential Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*
Access 24/7, Adult Intake Services 780-424-2424
Hope Mission Edmonton 780-422-2018
Breakout Recovery Community x312
(men; 18-60yrs; transient, indigent, and single)
Wellspring Recovery Community..... x203
(women; 18+yrs)
Jellinek Society..... 780-488-1160
(men in recovery from cross-addiction and alcoholism; 18+yrs)
McDougall House Association..... 780-426-1409
(women in recovery; 18+yrs)
Our House (Edmonton) Limited..... 780-474-8945
(men; 18+yrs; alcohol, drugs)
Oxford House Foundation of Canada..... 587-598-6977
(men/women in recovery from addictions)
Poundmaker's Lodge Treatment Centres..... 780-458-1884
(men/women; 18+yrs; alcohol, drugs, gambling)
Recovery Acres Society - Edmonton..... 780-471-2996
(men; 16+yrs; alcohol, drugs)
Urban Manor Housing Society 780-425-5901
(hard-to-house men; 18+yrs; addictions / mental illness)

Detoxification Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*
Access 24/7, Adult Intake Services 780-424-2424
Detoxification Services, Adult (17+yrs)..... 780-342-5900
George Spady Society
Medical Detox Unit (18+yrs)..... 780-424-8335 x0
Poundmaker's Lodge Treatment Centres
Detox Program (18+yrs)..... 780-458-1884

Eating Disorders - Information / Treatment

Alberta Health Services (AHS) - *Addiction and Mental Health*
Access 24/7, Adult Intake Services 780-424-2424
Anorexics and Bulimics Anonymous..... www.aba12steps.org

Emergency Shelters for the Intoxicated

Hope Mission Edmonton..... 780-422-2018
Emergency Shelter and Support Services (16+yrs)

Self Help / Support Groups

Alano Club - 12-Step Meetings..... 780-423-1807
Alberta Gamblers Anonymous (Edmonton) 780-463-0892
Alberta Health Services (AHS) - Provincial Health Services
QuitCore (smoking group)..... 1-866-710-QUIT (7848)
Alcoholics Anonymous in Alberta (AA) 780-424-5900
Anorexics and Bulimics Anonymous..... www.aba12steps.org
Canadian Assembly of Narcotics Anonymous
Edmonton and area..... 780-421-4429
Clean Scene (14-29yrs)..... 780-488-0036
Cocaine Anonymous World Services..... www.ca.org
Crystal Meth Anonymous..... 780-691-8509
Food Addicts in Recovery Anonymous www.foodaddicts.org
Overeaters Anonymous (OA)..... www.oa-southernalberta.com
Parents Empowering Parents (PEP) Society
U-Turn for Youth 780-410-8516
(support group for youth wishing to quit drugs and alcohol)
Problem Gambling Resources Network 780-461-1259
Sex Addicts Anonymous (SAA) 780-394-3709
SMART Recovery Alberta..... www.smartrecoveryalberta.org

Support / Info for Those Affected by Addictions

Al-Anon Family Groups - Edmonton (24/7) 780-443-6000
Al-Anon / Alateen Meetings
Alberta Health Services (AHS) - *Addiction and Mental Health*
Access 24/7, Adult Intake Services 780-424-2424
Addiction Helpline (24/7) 1-866-332-2322
Bissell Centre - FAS Services..... 780-423-2285 x157
Catholic Social Services - FASD Programs 780-975-4896
FASD Support and Resources in Alberta . www.fasd.typepad.com
Parents Empowering Parents (PEP) Society
Family Support Line 780-293-OPEP (0737)

Youth Residential Programs

Alberta Health Services (AHS) - Provincial Health Services
Protection of Children Abusing Drugs 1-866-332-2322
(PChAD; under 18yrs)

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Resources for People with Disabilities

May 2023



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Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Advocacy / Information

Caregivers Alberta.....	780-453-5088
Edmonton Down Syndrome Society.....	780-944-4224
Gateway Association	
<i>Family Resource Centre</i>	780-454-0701
Inclusion Alberta.....	780-451-3055
Voice of Albertans with Disabilities	
<i>Support and Referral</i>	780-488-9088

Day Programs / Employment Services

Alberta AdaptAbilities Association.....	780-431-8446
Arch Enterprises.....	780-438-4347
Chrysalis: An Alberta Society for Citizens with Disabilities (18+yrs)	
.....	780-454-9656
Elves Special Needs Society - <i>Adult Program</i>	780-481-5335
EmployAbilities.....	780-423-4106
Excel Society - <i>Community Support Services - Residential</i>	
<i>Services</i>	780-733-0256 x426
Gateway Association.....	780-454-0701
McMan Youth, Family and Community Services Association	
<i>Supported Community Access Network</i>	780-482-4010
On Site Placement Services Association (OSP).....	780-488-8122
Society for Selections - <i>Employment Supports</i>	780-461-5270

Funding (non-government)

Easter Seals Alberta	
<i>Adaptive Equipment & Support Services</i> ...	1-877-732-7837

Government Services

Alberta Health Services (AHS)	
<i>Adult Spasticity Clinic (18+yrs)</i>	780-735-8260
Government of Alberta	
<i>Alberta Aids to Daily Living (AADL)</i>	780-427-0731
<i>Assured Income for the Severely Handicapped (AISH)</i>	
.....	1-877-644-9992
<i>Disability Services - Information and Referral</i>	
.....	1-877-644-9992
<i>(includes family support for children with disabilities / FSCD and</i>	
<i>persons with developmental disabilities / PDD)</i>	
<i>Residential Access Modification Program (RAMP)</i>	
.....	780-427-5760
Government of Canada	
<i>Canada Pension Plan Disability Benefit</i>	1-800-277-9914

Housing

Alberta Health Services (AHS) - <i>Continuing Care Access</i>	
<i>Eligibility assessments</i>	780-496-1300
Civida (FKA Capital Region Housing Corporation).....	780-420-6161
Excel Society.....	780-455-2601 x0

In-Home Support / Respite Care

Alberta AdaptAbilities Association.....	780-431-8446
Alberta Health Services (AHS)	
<i>Continuing Care Access</i>	780-496-1300
City of Edmonton - Waste Services Branch	
<i>Assisted Waste Collection</i>	311
Skills Society - Supporting the Citizenship of People with Disabilities	
.....	780-496-9686
YWCA Edmonton.....	780-423-YWCA (9922)

Leisure and Social Programs

Alberta AdaptAbilities Association.....	780-431-8446
City of Edmonton	
<i>Activities, Parks, and Recreation</i>	311
<i>Leisure Access Program</i>	311
Little Bits Therapeutic Riding Association.....	780-476-1233
Paralympic Sports Association.....	780-439-8687
The Steadward Centre for Personal & Physical Achievement	
.....	780-492-3182
Wheelchair Sports Alberta Association.....	780-427-8699

Organizations (Call 211 for additional listings)

Arthritis Society Canada.....	1-800-321-1433
Autism Edmonton.....	780-453-3971
Brain Care Centre.....	780-477-7575
Cerebral Palsy Alberta.....	1-800-363-2807
Chronic Pain Association of Canada.....	780-482-6727
CNIB (<i>visually impaired; blind</i>).....	1-800-563-2642
Connect Society - Deafness Education, Advocacy and Family Services	
.....	780-454-9581
Diabetes Canada.....	1-800-226-8464
Elves Special Needs Society.....	780-454-5310
Goodwill Industries of Alberta.....	780-944-1414
Multiple Sclerosis Canada.....	1-800-268-7582
Muscular Dystrophy Canada.....	1-800-567-2873
Spinal Cord Injury Alberta.....	780-424-6312
Tetra Society of North America	
<i>Assistive Device Projects</i>	1-877-688-8762
Tourette Canada.....	1-800-361-3120 x51

Transportation

Edmonton Transit Service (ETS).....	311
<i>Ride Transit Program</i>	311
<i>Disabled Adult Transit Service (DATS)</i>	780-496-4567
Service Alberta.....	780-427-7013
<i>Parking Placards for Persons with Disabilities</i>	
<i>(or find "License & Registry Services" in the Yellow Pages)</i>	

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Resources for Pregnancy / New Parents

May 2023



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Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Crisis (Call 911 if in immediate danger)

Action Canada for Sexual Health and Rights

Sexual Health Info & Pregnancy Referral.. 1-888-642-2725
(pro-choice)

Alberta Health Services (AHS)

Healthy Beginnings Hotline (24/7; 0-2mos) . 780-413-7990

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

Abortion Clinic Information / Referral

Woman's Health Options

(pro-choice; abortion services) 780-484-1124

Adoption and Fostering

A Small Miracle Adoption 780-421-1177

Urgent After Hours (24/7) 587-596-5380

Adoption Options Alberta Ltd. 780-433-5656

Birthparent TEXT Line..... 780-718-4272

AMARIS Adoption and Family Support Services..... 780-438-3455

Government of Alberta - Ministry of Children's Services

Adoptions / Foster Caregiver Recruitment.... 780-422-3333

Birth Preparation

Alberta Health Services (AHS)

Health for Two 780-735-3008

Prenatal Education 780-735-8377

Prenatal Education Program..... 780-735-4204

Multicultural Health Brokers Co-op 780-423-1973

Terra Centre for Teen Parents 780-428-3772

Breastfeeding Information and Support

Alberta Health Services (AHS)

Healthy Beginnings Hotline (24/7, 0-2mos) 780-413-7990

La Leche League (breastfeeding info and support) 780-478-0507

Child Car Seat Safety Information

Government of Alberta - Traffic Safety 780-427-8901

..... www.saferoads.com

Health and Developmental Delays

Alberta Health Services (AHS)

Early Intervention Program (0-3.5yrs) 780-735-3489

Health Link (24/7) 811

Healthy Beginnings Hotline (24/7, 0-2mos) 780-413-7990

Multicultural Health Brokers Co-op 780-423-1973

Post-Abortion Support

Pregnancy Care Centre

Abortion Recovery Centre (pro-life) 780-454-5911

Woman's Health Options

Counselling (pro-choice) 780-484-1124

Postpartum Depression

Family Futures Resource Network

Managing Motherhood 780-413-4521

Pregnancy Loss / Parent Bereavement

Baby's Breath (FKA: SIDS Canada) 1-800-363-SIDS (7437)

Grieving Parents Society of Edmonton 780-451-5381

ParentCare Society of Edmonton parentcareveg@gmail.com

Pilgrims Hospice Society 780-413-9801

Pregnancy Testing / Counselling

Adoption Options Alberta Ltd. (pro-choice) Text 780-718-4272

..... Call 780-433-5656

Alberta Health Services (AHS)

Birth Control Centre (pro-choice) 780-735-0010

Reproductive Mental Health Program 780-735-6785

Catholic Social Services

Gianna Centre (pro-life) 780-482-5111

Pregnancy Care Centre (pro-life) 780-424-2624

Teen Pregnancy and Parenting

Alberta Health Services (AHS)

Adolescent Pregnancy Clinic 780-735-6892

Bent Arrow Traditional Healing Society

Iskwew House (Indigenous) 780-481-3451

Terra Centre for Teen Parents 780-428-3772

Information and Support

Ben Calf Robe Society..... 780-477-6648

Bissell Centre

Family Support Services 780-423-2285 x133

Boyle Street Community Services 780-424-4106

The Candora Society of Edmonton 780-474-5011

Catholic Social Services

FASD - First Steps Prevention Program 780-405-9336

Gianna Centre..... 780-482-5111

Community Options - A Society for Children and Families

..... 780-455-1818

e4c - Early Learning Services (2.8-5yrs; low income) . 780-426-3666

The Elizabeth Fry Society of Northern Alberta

Resources and Referrals Centre..... 780-421-1175

Family Futures Resource Network..... 780-413-4521

Jasper Place Family Resource Centre 587-635-1775

KARA Family Resource Centre 780-478-5396

Norwood Child and Family Resource Centre..... 780-471-3737

Lansdowne Child Care and Family Centre 780-437-5654

Radius Community Health and Healing (inner city) ... 780-422-7333

(FKA: Boyle McCauley Health Centre)

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Resources for Seniors and Older Adults

May 2023



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Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Abuse

Canadian Mental Health Association (CMHA)
Seniors' Abuse Helpline (24/7) 780-454-8888
Catholic Social Services
Elder Abuse Resource and Supports (EARS) (65+ yrs)
..... 780-477-2929
Relationships with Your Adult Children 780-477-2929
Government of Alberta
Family Violence Info Line (24/7) 310-1818
Protection for Persons in Care (reporting) . 1-888-357-9339
OakNet: Older Adult Knowledge Network www.oaknet.ca
Sage Seniors Association
Seniors' Safe House (60+ yrs) 780-702-1520
The Shaama Centre for Seniors and Women 780-465-2992

Government Services

Government of Alberta
Alberta Aids to Daily Living (AADL) 780-427-0731
(funding for medical equipment and supplies)
Office of the Public Guardian and Trustee. 1-877-427-4525
Residential Access Modification (RAMP) 780-427-5760
Saying Farewell Handbook 780-644-9992
Seniors Financial Assistance Programs (65+ yrs)
..... 1-877-644-9992
Service Canada - Canada Pension Plan (CPP) / Old Age Security
Pension (OAS) 1-800-277-9914

Health / Home Care / Safety

Alberta Health Services
Continuing Care Access 780-496-1300
Access 24/7, Adult Intake Services (24/7) 780-424-2424
Health Link (24/7) 811
Home Care - Adult Services 780-496-1300
Edmonton Meals on Wheels 780-429-2020
ElderCare Edmonton - Day Support Program 780-434-4747 x0
ElderDog Canada 1-855-336-4226
(help for seniors with dog care and bereavement support)
The Good Samaritan Society
TeleCare (help button) 780-431-3630
Yellow Pages Telephone Book www.yellowpages.ca
For private home care services look up "Home Health
Services" or "Nurses' Registries".

Housing

Alberta Seniors Communities and Housing Association
Online Seniors Housing Directory (65+ yrs) . www.ascha.com
Operation Friendship Seniors Society (inner city) 780-429-2626
Sage Seniors Association
Housing Information Services (55+ yrs) 587-773-1764

Information

Edmonton Seniors Coordinating Council (ESCC) 780-423-5635
Online Resources www.seniorscouncil.net
Sage Seniors Association
Directory of Senior Services 780-423-5510
Seniors 211 211

Seniors Centres / Groups

Contact individual agencies for services offered in your area for:

- in-home assistance, home repairs, and yard work services
- health, fitness, recreational, social programs, and clubs
- outreach services, one-on-one support

Central Lions Seniors Association 780-496-7369
Edmonton Aboriginal Seniors Centre 587-525-8969
Edmonton Seniors Centre (central; 55+ yrs) 780-425-8625
Mill Woods Seniors Association (55+ yrs) 780-496-2997
North Edmonton Seniors Association (55+ yrs) 780-496-6969
North West Edmonton Seniors Society (55+ yrs) 780-451-1925
Operation Friendship Seniors Society
(inner city, 55+ yrs) 780-429-2626
Sage Seniors Association (55+ yrs) 780-423-5510
Senior Citizen Opportunity Neighbourhood Association (SCONA)
(55+ yrs) 780-433-5377
The Shaama Centre for Seniors and Women (55+ yrs)
..... 780-465-2992
South East Edmonton Seniors Association (55+ yrs) .. 780-468-1985
SouthWest Edmonton Seniors' Association (55+ yrs) 587-987-3200
Strathcona Place Society (55+ yrs) 780-433-5807
Westend Seniors Activity Centre (55+ yrs) 780-483-1209
Transportation
Drive Happiness Seniors Association (65+ yrs) 780-424-5438
Edmonton Transit Service (ETS) 311
Disabled Adult Transit Service (DATS) (16+ yrs)
..... 780-496-4567
Seniors' Transit Passes (65+ yrs) 311
Service Alberta
Consumer Protection 780-427-4088
Parking Placards for Persons with Disabilities. 780-427-7013
(or find "License and Registry Services" in Yellow Pages)
University of Alberta - Medically At-Risk Driver Centre
Online Resources www.mard.ualberta.ca

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Resources for Women

May 2023



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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..... 780-448-0378

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

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

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

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Resources for Youth and Young Adults

May 2023



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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 and Mental Health*
Mobile Addiction Services, Adolescent..... 780-408-8783
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Live Crisis Chat www.edmonton.cmha.ca
Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
Kids Help Phone (24/7) 1-800-668-6868
Text (24/7)..... 686-868
Online Chat..... kidshelpphone.ca
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)..... 780-644-9992
Emergency Income Support (24/7)..... 780-644-5135
Money Mentors..... 1-888-294-0076
Youth Empowerment & Support Services (YESS)
Nexus (15-21yrs)..... 780-468-7070

Counselling (*no cost)

Catholic Social Services - *Mercy Counselling* 780-391-3233
Cornerstone Counselling (*Christian*) 780-482-6215
The Family Centre - Edmonton (*drop-in*) 780-423-2831
**Drop-In Single Session Counselling* dropinyeg.ca
Jewish Family Services Edmonton..... 780-454-1194
Next Chapter for Divorcing Families Society 780-448-1180
(*support for youth grieving a death, separation, or divorce*)
Psychologists' Association of Alberta (*referrals*)..... 780-424-0294

Health / Pregnancy / Sexuality

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic (under 20yrs).... 780-735-6892
Birth Control Centre (pro-choice)..... 780-735-0010
Health Link (24/7) 811
Sexually Transmitted Infections Clinic 780-342-2300
Eating Disorder Support Network of Alberta..... 780-729-3376
Pride Centre of Edmonton
Drop-In Community Centre..... 780-488-3234
Terra Centre for Teen Parents 780-428-3772
Woman's Health Options (*pro-choice; abortion services*)
..... 780-484-1124

Life Skills / Education / Employment

ALIS (Alberta Learning Information Service) .. www.alis.alberta.ca
Bredin Centre for Career Advancement..... 780-425-3730
Edmonton's Food Bank - *Beyond Food*..... 780-425-2133 x228
Edmonton Public Schools..... 780-429-8000
Alternate High School Completion 780-429-8030
Transition Support Program 780-434-9561
The Elizabeth Fry Society of Northern Alberta
Girls Empowered and Strong (12-17yrs) 780-904-8052
Government of Alberta
Student Funding..... 1-855-606-2096
Alberta Supports Centre..... 1-877-644-9992
Society for Selections
Get Ready in Trades Program 780-461-5270 x3
Youth Empowerment & Support Services (YESS)
Daytime Support (15-24yrs; formerly BEST)..... 780-468-7070
YOU CAN Youth Services (*employment*) 780-444-3348
For local employment offices 211

Recreation

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
City of Edmonton Community Services www.edmonton.ca
Leisure Access Program 311
Edmonton Sport Council..... www.edmontonsport.com
Online Resources and Sport Referrals
KidSport Alberta (*funding; 18yrs and under*) 1-888-914-5437

Substance Use / Addictions

Al-Anon Family Groups (*including Alateen*) 780-443-6000
Alberta Health Services (AHS)
Addiction and Mental Health Intake Services, Child and Adolescent 1-825-402-6799

Support

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
Family Futures Resource Network..... 780-413-4521
Kids On Track Association of Edmonton 587-404-8877
Old Strathcona Youth Society (14-24yrs)..... 780-496-5947
Uncles and Aunts at Large Society (6-18yrs)..... 780-452-5791
Youth Empowerment & Support Services (YESS).... 780-468-7070
YMCA - *Youth Transition Program (13-19yrs)*..... 780-426-9265

Youth and Young Adults at Risk

(See Resources for Youth and Young Adults at Risk.)

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Resources for Youth and Young Adults at Risk

May 2023



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Accommodation / Basic Needs (also see Basic Needs list)

Boyle Street Community Services
Housing First (chronically homeless) 780-424-4106
Government of Alberta
Emergency Income Support (24/7)..... 780-644-5135
Hope Mission Edmonton
Emergency Shelter and Support Services (16+yrs)
..... 780-422-2018
Youth Empowerment & Support Services (YESS)
Nexus (15-21yrs)..... 780-468-7186 x245

Community Supports

Boyle Street Community Services 780-424-4106
Boys and Girls Clubs Big Brothers Big Sisters 780-424-8181
Crystal Kids Youth Centre - Drop-In Centre 780-479-5753
Edmonton Police Service
Drug and Gang Enforcement Unit .. 780-414-GANG (4264)
Victim Services Units..... Call 211 for local unit
iHuman Youth Society (12-24yrs)..... 780-421-8811
Old Strathcona Youth Society (14-24yrs) 780-496-5947
Uncles and Aunts at Large Society (6-18yrs) 780-452-5791
Youth Empowerment & Support Services (YESS) .. 780-468-7070
YMCA - Youth Transition Program (13-19yrs)..... 780-426-9265

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS)
Access 24/7, Adult Intake Services (24/7)..... 780-424-2424
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Live Crisis Chat www.edmonton.cmha.ca
Central Alberta Sexual Assault Support Centre (24/7)
..... 1-866-956-1099
Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
Kids Help Phone (24/7) 1-800-668-6868
Sexual Assault Centre of Edmonton..... 780-423-4121

Harm Reduction / Health Promotion

Alberta Health Services (AHS)
Sexually Transmitted Infections Clinic 780-342-2300
Streetworks Needle Exchange Call 211 for locations
HIV Edmonton 780-488-5742
Radius Community Health and Healing (*inner city*) .. 780-422-7333
(FKA: Boyle McCauley Health Centre)

Life Skills / Education / Employment

Boyle Street Education Centre (Charter School) 780-428-1420
Edmonton's Food Bank - Beyond Food 780-425-2133 x228
The Elizabeth Fry Society of Northern Alberta
Girls Empowered and Strong (12-17yrs) 780-904-8052
Youth Empowerment & Support Services (YESS)
Daytime Support (15-24yrs; formerly BEST)..... 780-468-7070
YMCA - Bridging the Gap (*employment; 15-30yrs*) 780-937-3657

Legal / Advocacy

The Elizabeth Fry Society of Northern Alberta
Courtworks - Adult, Youth, and Family..... 780-421-1175
Legal Aid Alberta 1-866-845-3425
Legislative Assembly of Alberta
Office of the Child and Youth Advocate (CFSA status)
..... 780-422-6056
Native Counselling Services of Alberta
Youth Courtwork (Indigenous; under 18yrs) 780-423-2141

Pregnancy / Sexual Health

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic (under 20yrs) 780-735-6892
Birth Control Centre (STI and HIV testing) 780-735-0010
Health for Two (prenatal; low income)..... 780-735-3008
Pride Centre of Edmonton 780-488-3234
Terra Centre for Teen Parents..... 780-428-3772
Woman's Health Options (*pro-choice; abortion services*) 780-484-1124

Sexual Exploitation

CEASE: Centre to End All Sexual Exploitation 780-471-6137
Government of Alberta - Ministry of Children's Services
Protection of Sexually Exploited Children (PSECA; 24/7)
..... 1-800-387-5437
Metis Child and Family Services Society Edmonton
PSECA Follow-Up Worker (under 18yrs)..... 780-452-6100

Substance Use / Addictions

Alberta Health Services (AHS) - Addiction and Mental Health
Mobile Addiction Services, Adolescent 780-408-8783
Protection of Children Abusing Drugs 1-866-332-2322
(PChAD; 24/7; under 18yrs)

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