

Resources for Men

November 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
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 (Herb Jamieson Centre; 16+ yrs) 780-422-2018
Money Mentors 1-888-294-0076
The Salvation Army - Edmonton
Transitional Housing (18+ yrs) 780-429-4274
Urban Manor Housing Society
Shelter (hard-to-house men; 18+ yrs; addictions/mental illness) 780-425-5901

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 (of Northern Alberta) 780-423-2831
Drop-In Single Session Counselling www.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 (group for adults who are/have been abusive to their partners) 780-439-4635
The Family Centre (of Northern Alberta)
Strive: Men's Healthy Relationship Group (men experiencing challenges in relationships) 780-423-2831
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 1-855-945-6700 x2
Flyrely 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 Directory 1-800-661-9003
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 (of Northern Alberta)
Strive: Men's Healthy Relationship Group (men experiencing challenges in relationships) 780-423-2831
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.

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.