

# Resources for Parents and Caregivers

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](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)	
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	
Child Care Connect .....	1-844-644-5165
Childcare Subsidy .....	780-644-9992
.....	<a href="http://www.alberta.ca/accessing-child-care">www.alberta.ca/accessing-child-care</a>

## Cross-Cultural Parenting

ASSIST Community Services Centre .....	780-429-3111
Ben Calf Robe Society .....	780-477-6648
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	
Children and Family Services .....	310-0000
.....	<a href="http://www.alberta.ca/children-and-family-services">www.alberta.ca/children-and-family-services</a>
Bullying Helpline (24/7) .....	1-888-456-2323
.....	<a href="http://www.alberta.ca/bullying">www.alberta.ca/bullying</a>
Family Resource Networks Lookup	
.....	<a href="http://www.alberta.ca/family-resource-networks">www.alberta.ca/family-resource-networks</a>
Family Violence Info Line (24/7) .....	310-1818
.....	<a href="http://www.alberta.ca/endfamilyviolence">www.alberta.ca/endfamilyviolence</a>

## 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 (call 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 Childhood Intervention Program (0 to 3.5yrs)	
.....	1-888-925-4044
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

<i>Contact agencies for more information on workshops and services available. See also: Cross-Cultural Parenting</i>	
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 to 5yrs; low income) .....	780-426-3666
The Family Centre (of Northern Alberta) .....	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 (of Northern Alberta)	
Parenting Through Divorce and Separation .....	780-423-2831
Government of Alberta	
Parenting After Separation (PAS)	
.....	<a href="http://www.pas.albertacourts.ab.ca">www.pas.albertacourts.ab.ca</a>

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.*