

# Resources for Women

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)  
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  
YWCA Edmonton..... 780-970-6501

## 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..... 780-479-0058  
(women with or without children; 24/7)  
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 Clinic... 1-855-945-6700 x2  
Flyrely 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 Directory.. [www.lsa.memberpro.net/main/body.cfm](http://www.lsa.memberpro.net/main/body.cfm)  
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  
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.*