



Resource Lists

November 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+

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.

Counselling

The Family Centre - Edmonton 780-423-2831
Drop-In Single Session Counselling www.dropinyeg.ca
Momentum Counselling Society
Counselling and Support Groups..... 780-757-0900

Crisis (Call 911 if in immediate danger)

Canadian Mental Health Association (CMHA)
Brite Line (2SLGBTQIA+ and friends/family support line)
..... 1-844-70-BRITE (27483)
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
Government of Canada - Indigenous Services Canada
Hope For Wellness Help Line 1-855-242-3310
Kids Help Phone, Live Chat, Text, and App 1-800-668-6868
Text (24/7) Text Connect to 686-868
Online Chat..... www.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
..... 1-855-945-6700 x2
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
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
Momentum Counselling Society 780-757-0900
Counselling and Support Groups
Pflag Canada www.pflagcanada.ca
Edmonton Chapter 1-888-530-6777 x581
Pride Centre of Edmonton 780-488-3234
Drop-In Community Centre (all expressions and identities)
Sexual Assault Centre of Edmonton
Sexual Assault Group Counselling
refleQT 780-423-4102

University / Student Groups

Students' Association of MacEwan University www.samu.ca
Student Groups - InQueeries 780-633-3590
University of Alberta Students' Union..... 780-492-4241
The Landing www.thelandingualberta.ca
..... 780-492-4949

Youth

The Family Centre - Edmonton 780-423-2831
The Rainbow Pages Youth Resource Guide
..... www.therainbowpages.ca
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
iHuman Youth Society 780-421-8811
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

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.

Resources for Anger Management

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)

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

Counselling

Boyle Street Community Services
The Urban Counselling Network (18+ yrs; individuals with low or no income; support managing emotions such as anger; no cost)
..... 780-424-4106 x232
Mental Health Support (outreach; support, information, and referral; individuals with chronic mental illness living in the inner city)
..... 780-424-4106
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 (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)
..... 780-424-7709
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 (6 weeks; 18+ yrs; skills related to obtaining and maintaining employment including managing stress and anger; no cost)
..... 780-454-9656

Groups / Workshops: Men

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

Groups / Workshops: Women

Aboriginal Counseling Services Association of Alberta
Holding Our Anger Bundle (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)
..... 780-242-4357
The Family Centre - Edmonton
Women and Anger (10 hours; 18+ yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)
..... 780-497-7536

Groups / Workshops: Youth

Covenant Health
Adolescent Group Program (September-June; 14 to 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)
..... 780-735-2613
The Family Centre - Edmonton
Understanding Anger for Youth (13 to 17 yrs; parental consent is needed; teaches children self-awareness skills to take back control of their emotions; costs vary; subsidies may be available)
..... 780-497-7536
Stop Abuse in Families (SAIF) Society (St. Albert)
SAIF-ED Program (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)
..... 780-460-2195
YMCA of Northern Alberta
Youth Transition Program (11 weeks; 13 to 19 yrs; teaches skills and techniques to gain control over anger)
..... 780-426-9265

Mixed Groups / Workshops

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

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.

Resources for Basic Needs

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.

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 - <i>Find Furnishing Hope</i> ..	780-988-1717
The Mustard Seed - Edmonton (<i>inner city</i>)	780-426-5600
The Salvation Army - Edmonton - <i>Thrift Stores</i>	
<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 to 24yrs)</i>	780-468-7070

Emergency Shelters

Hope Mission Edmonton	
<i>Emergency Shelter & Support Services</i>	
(<i>16+yrs</i>)	780-422-2018
Youth Empowerment & Support Services (YESS)	
<i>Nexus (15 to 21yrs; trans inclusive)</i>	780-468-7070

Financial Assistance / Employment

Credit Counselling Society	1-888-527-8999
Edmonton's Food Bank - <i>Beyond Food</i>	780-425-2133 x228
Government of Alberta	
<i>Alberta Supports Centre (info line) (Information on Assured</i>	
<i>Income for the Severely Handicapped (AISH), Emergency Income</i>	
<i>Support, Income Support, and Employment Information)</i>	
.....	1-877-644-9992
Money Mentors	1-888-294-0076
Service Canada - <i>Employment Insurance (EI)</i>	
<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>	www.dropinyeg.ca
Momentum Walk-In Counselling (<i>sliding scale</i>)	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	
(<i>inner city; 55+yrs</i>)	780-429-2626
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</i>	
(<i>transitional housing; 18 to 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 (<i>emergency meals; 18+yrs</i>)	780-424-3544
Mustard Seed	1-833-448-4673
Youth Empowerment & Support Services (YESS)	
<i>Daytime Support (15 to 24yrs)</i>	780-468-7070

Transportation

Edmonton Transit Service (ETS)	
<i>Information</i>	311
<i>Ride Transit Program (subsidized monthly passes)</i>	311

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.

Resources for Children

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.

Counselling

Kids Help Phone, Live Chat, Text, and App 1-800-668-6868
Text (24/7) Text Connect to 686-868
Online Chat..... www.kidshelpphone.ca

Grief Counselling Programs

Kids On Track Association of Edmonton
HomeBuilders (grades 1-9) 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 Childhood Intervention Program (0 to 3.5 yrs)
..... 1-888-925-4044
Centre for Autism Services Alberta 780-488-6600
Connect Society - Deafness Education, Advocacy and Family Services
Early Intervention (deaf; 0 to 3.5 yrs) 780-454-9581 x226
Edmonton Down Syndrome Society
Speech-Language Pathology 780-944-4224
Elves Special Needs Society 780-454-5310
(severe developmental disabilities; 2.8 to 18+ yrs)
Family Futures Resource Network
Parent Education 780-413-4521
(provides developmental screening for children; 4 mos to 5 yrs)
GRIT Program (The Getting Ready for Inclusion Today Program)
Early Childhood Program (2.8 to 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 to 19 yrs) 780-492-8269

Head Start Programs

ABC Head Start Society
(2.6 to 5 yrs; low income) 780-461-5353 x247
Alder Academy Early Learning Society (12 mos to 6 yrs; low income)
..... 780-482-2116
Amiskwacyi Cultural Society
Aboriginal Head Start (3 to 5 yrs; Indigenous)... 780-640-9799
e4c (programs for families with low income)
Early Learning Services (2.8 to 5 yrs) 780-426-3666
Norwood Child and Family Resource Centre (3 to 5 yrs)
..... 780-471-3737

Early Childhood Education

Alberta Health Services (AHS)
Pediatric Community Rehabilitation (0 to 5 yrs)
..... 1-888-925-4044
Edmonton Catholic Schools (3 to 4 yrs) 780-436-7888
Edmonton Public Schools (2.6 to 5 yrs) 780-429-8000
Family Futures Resource Network (0 to 6 yrs) 780-413-4521

Leisure / Recreation

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton
(6 to 18 yrs) 780-424-8181
Canadian Tire Jumpstart Charities (4 to 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 Counseling Services Association of Alberta
Circle of Safety - Teaching Circles for Children Who
Witness Abuse (6 to 17 yrs) 780-242-4357
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 Text CONNECT to 686-868
Sexual Assault Centre of Edmonton
Child and Adolescent Counselling (3 to 17 yrs).. 780-423-4102
Support and Information Line 780-423-4121

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.

Resources for Family Violence and Abuse

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)

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 (24/7) Text Connect to 686-868
Online Chat..... www.kidshelpphone.ca
Kids Kottage - Crisis Line / Crisis Nursery (24/7)780-944-2888
*Sexual Assault Centre of Edmonton780-423-4121

Counselling

Catholic Social Services
Mercy Counselling780-391-3233
Central Alberta Sexual Assault Support Centre (24/7)
.....1-866-956-1099
Cornerstone Counselling Centre (faith-based)780-482-6215
The Family Centre - Edmonton780-423-2831
Drop-In Single Session Counsellingwww.dropinyeg.ca
*Sexual Assault Centre of Edmonton780-423-4102
Support and Information Line780-423-4121
*Stop Abuse in Families (SAIF) Society (St. Albert)...780-460-2195

Court Preparation / Legal / Protection

Centre for Public Legal Education Alberta
OakNet: Older Adult Knowledge Network....www.oaknet.ca
WillowNet: Abuse and the Law in Alberta.www.willownet.ca
*Edmonton John Howard Society
Domestic Violence Complainant Program780-422-0721
Family Violence Prevention Centre (FVPC) ..780-423-1635
Elizabeth Fry Society of Northern Alberta
Courtworks780-421-1175
Legal Aid Alberta - Legal Services Centres..... 1-866-845-3425
Emergency Protection Order Program780-422-9222

Group Programs for Men

Aboriginal Counseling Services Association of Alberta
Circle of Safety780-242-4357
*Edmonton Violence Prevention Centre
Changing PathWays (group for men who are/have been abusive
to their partners).....780-439-4635
The Family Centre - Edmonton
Strive: Men's Healthy Relationship Group (for men
experiencing challenges in relationships).....780-423-2831

Group Programs for Women / Children / Seniors

Aboriginal Counseling Services Association of Alberta
Circle of Safety..... 780-242-4357
*Edmonton Violence Prevention Centre
Changing PathWays (group for women who are/have been
abusive to their partners).....780-439-4635

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.asp

Outreach / Referral / Support

Aboriginal Counseling Services of Alberta 780-242-4357
*Edmonton John Howard Society
Family Violence Prevention Centre (FVPC) ..780-423-1635
*Edmonton Violence Prevention Centre
Changing PathWays Partner Outreach (info for partners of
individuals in the Changing Ways program) 780-439-4635
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).

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.

Resources for Indigenous Peoples

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.

Education

Boyle Street Education Centre (Charter School) 780-428-1420
Nechi Institute: Centre of Indigenous Learning 780-459-1884

Employment (including entrepreneurship)

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

Aboriginal Counseling Services Association of Alberta
Circle of Safety 780-242-4357
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
Metis Child and Family Services Society Edmonton... 780-452-6100
SNUG Program (for people who work in prostitution)
..... 780-914-3016

Health

Alberta Health Services (AHS)
Health Link (24/7) 811
Indigenous Wellness Clinic..... 780-735-4512

Housing / Homelessness Prevention

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 to 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 to 5yrs; Indigenous).. 780-640-9799
Ben Calf Robe Society
Traditional Indigenous Wellness Parenting Program
..... 780-477-6648

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

Ben Calf Robe Society 780-477-6648
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

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.

Resources for Leisure and Personal Enrichment



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.

Assertiveness, Self-Esteem, and Life Skills

- Alberta Health Services - *Primary Care Network Services*
Workshops (relationships, communication, assertiveness, diet, active living, anxiety management, diabetes support, and more)
.....www.albertafindadoctor.ca/workshops/home
- Bissell Workforce Development
Employment Workshops (18+yrs).....780-424-4385
- Chrysalis: An Alberta Society for Citizens with Disabilities
Personal Development Course780-454-9656
(18+yrs with developmental disabilities)
- The Family Centre - Edmonton
Mental Health, Parenting, and Life Skills Workshops (18+yrs)
.....780-423-2831

Continuing Education

- Edmonton Lifelong Learners Association (ELLA)
Non-Credit Courses (50+yrs; fine and liberal arts, sciences, humanities, and physical activities; income-based bursary available; partnered with University of Alberta – Faculty of Extension)
.....825-901-0515
- Edmonton Public Schools
Metro Continuing Education (personal, professional, and special interest courses; registration and material fees apply)...780-428-1111
- MacEwan University - *Continuing Education*.....780-497-4400
- NorQuest College
Post-Secondary and Continuing Education Programs
.....780-644-6000
- Northern Alberta Institute of Technology (NAIT)
Corporate and Continuing Education780-378-6990
- University of Alberta
Online and Continuing Education.....780-492-3113

Financial Literacy

- Consolidated Credit Counselling Services of Canada, Inc.
Financial Education Resources 1-888-477-7397
- Credit Counselling Society
Workshops and Webinars, Debt Management
..... 1-888-527-8999
- Money Mentors.....www.moneymentors.ca
Financial Webinars, Debt Management..... 1-888-294-0076
- United Way of the Alberta Capital Region
Empower U (financial coaching; low-income; 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

- 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 Growth
Who I Am Workshop One-to-One (18+yrs) 780-434-4837
- YWCA Edmonton.....780-423-YWCA (9922)

Recreation and Culture

- City of Edmonton www.edmonton.ca
Abundant Community Edmonton 780-720-3797
Accessibility for People with Disabilities..... 780-496-4917
Activities, Parks, and Recreation 311
Attractions and Events (e.g. Fort Edmonton, Muttart, Zoo)..311
Leisure Access Program (low-income; recreation facilities)..311
Program Guides (available at City recreation facilities/ libraries)
..... www.edmonton.ca
- Edmonton Federation of Community Leagues 780-437-2913
Directory of Community Leagues..... www.efcl.org
- Edmonton Public Library
Programs for Adults, Children, Families, and Youth (online courses, book clubs, and more) www.epl.ca
Seed Library (Stanley A. Milner; gardening)..... 780-496-7070
- Edmonton Sport Council - *Sport and Active Recreation Referrals (online information and resources)*... www.edmontonsport.com
- Events Edmonton www.eventsedmonton.ca
Events and Festivals..... 780-423-2822
- Francis Winspear Centre for Music..... 780-428-1414
- TELUS World of Science – Edmonton 780-451-3344
- YMCA of Northern Alberta (Bill Rees) 780-429-YMCA (9622)
Boyle Street Plaza (central)..... 780-426-9259
Castle Downs (north) 780-476-9622
Don Wheaton (central) 780-452-9622
Jamie Platz (west)..... 780-481-9622
William Lutsky (south) 780-439-9622
- For referrals to community events 211

Volunteerism

- Edmonton Chamber of Voluntary Organizations..... www.ecvo.ca
Volunteerism (resources)..... 780-801-4727
- goVolunteer - *Volunteer Opportunity Postings*
..... 780-482-INFO (4636)
- Volunteer Connector - *Volunteer Opportunity Postings* 211
..... www.volunteerconnector.org

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.

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.

Resources for Mental Health

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)

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 and Northwest Territories

Edmonton 780-488-2266

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 x272

Schizophrenia Society of Alberta - Edmonton 780-452-4661

Wellness Network Community Linking Programs

Community Linking Programs..... 780-860-2722

.....www.wellnessnetworkedmonton.com

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 www.dropinyeg.ca

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

Momentum Counselling Society 780-757-0900

For more counselling options available in your area 211

Housing / Supported Independent Living

Alberta Health Services - Continuing Care Access

(screening for programs in residential settings) 780-496-1300

Canadian Mental Health Association - Edmonton Region (CMHA)

Housing Program..... 780-414-6300

e4c 780-424-7543

The Salvation Army - Edmonton

Cornerstone Transitional Housing Program

(for women without children) 780-474-7499

Supportive Residence 780-428-4405

Transitional Housing Program (all genders)... 780-429-4274

Employment / Living Skills / Training

Canadian Mental Health Association - Edmonton Region (CMHA)

Prosper Place Recovery Community..... 780-426-7861

Recovery College Edmonton.. www.recoverycollegeedmonton.ca

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

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

Recreation and Social Programs

Canadian Mental Health Association - Edmonton Region (CMHA)

Prosper Place Recovery Community 780-426-7861

Wellness Network Community Linking Programs

Young Adult Services Social, Recreation, and Wellness Programs 780-782-5042

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

Youth Suicide Grief Support Groups

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

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 Counselling Society - Counselling and 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

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.

Resources for Newcomers to Canada

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.

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 - <i>Citizenship Service</i>	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 - <i>Employment Programs</i>	780-644-6000

Employment Assistance

Accès Emploi Alberta - <i>Employment Centre</i>	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 - <i>Beyond Food</i>	780-425-2133 x228
Edmonton Mennonite Centre for Newcomers	780-424-7709
EmployAbilities - <i>EmployAbilities for Newcomers</i> ...	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 - <i>LINC (16+yrs)</i>	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 - <i>English as a Second Language (ESL)</i>	780-471-6248
NorQuest College - <i>English language training</i>	780-644-6000
Project Adult Literacy Society - <i>Tutoring</i>	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 - <i>Family Violence Info Line</i>	310-1818
Islamic Family and Social Services Association	780-430-9220
<i>Fostering Healthy Families - Family Violence Support (18+yrs, all genders and immigration statuses)</i> <i>Sisters' Serenity Support Group</i>	
The Shaama Centre for Seniors and Women	780-465-2992
The TODAY Family Violence Help Centre	780-455-6880
WillowNet: <i>Abuse and the Law in Alberta</i>	www.willownet.ca

Health / Mental Health

Action for Healthy Communities	780-944-4687
Alberta Health Services (AHS) - <i>Health Link (24/7)</i>	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 (of Northern Alberta) - <i>Cultural Coaches</i>	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 - <i>Immigrant Loan Program</i> ..	1-855-423-2262

Translation Services

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

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.

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 to obtain a new copy if more than 6 months old.

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS)	
<i>Access 24/7, Adult Intake</i>	780-424-2424
Canadian Mental Health Association (CMHA)	
<i>Distress Line (24/7)</i>	780-482-HELP (4357)
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i>	1-800-387-5437
Kids Kottage Foundation	
<i>Crisis Line and Nursery (24/7)</i>	780-944-2888

Childcare and Preschool Referrals

Government of Alberta	
<i>Child Care Connect</i>	1-844-644-5165
<i>Childcare Subsidy</i>	780-644-9992
.....	www.alberta.ca/accessing-child-care

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	
<i>Children and Family Services</i>	310-0000
.....	www.alberta.ca/children-and-family-services
<i>Bullying Helpline (24/7)</i>	1-888-456-2323
.....	www.alberta.ca/bullying
<i>Family Resource Networks Lookup</i>	
.....	www.alberta.ca/family-resource-networks
<i>Family Violence Info Line (24/7)</i>	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
<i>Leisure Access Program (low income)</i>	311
Edmonton Public Library (<i>call for local branch</i>)	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)	
<i>Early Childhood Intervention Program (0 to 3.5yrs)</i>	
.....	1-888-925-4044
Bissell Centre - FAS Services	780-423-2285 x157
Catholic Social Services	
<i>FASD - Coaching Families</i>	780-975-4896
Edmonton Down Syndrome Society	780-944-4224
Government of Alberta	
<i>Alberta Supports Centre</i>	1-877-644-9992
University of Alberta - Faculty of Education	
<i>Clinical Services (5+yrs; September-April)</i>	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 - <i>Early Learning Services</i>	
(<i>2.8 to 5yrs; low income</i>)	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
(<i>support groups for children and their families grieving a death, separation, or divorce</i>)	
Norwood Child and Family Resource Centre	780-471-3737
Parents Empowering Parents Society (<i>addictions</i>)	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	
<i>Strengthening Families Program</i>	780-452-5791
YMCA of Northern Alberta	780-429-YMCA (9622)
<i>Family Connect</i>	587-726-7400

Single / Separated / Step-Parents

The Family Centre (of Northern Alberta)	
<i>Parenting Through Divorce and Separation</i>	780-423-2831
Government of Alberta	
<i>Parenting After Separation (PAS)</i>	
.....	www.pas.albertacourts.ab.ca

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.

Resources for People with Addictions

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.

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 (*faith-based*) 780-422-2018
Breakout Recovery Community (*men; 18-60yrs; transient, indigent, and single*)
..... 780-422-2018 x312
Wellspring Recovery Community (*women; 18+yrs*)
..... 780-422-2018 x203
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 780-424-8335
Medically Supported Detox Unit (18+yrs)
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
Eating Disorder Support Network of Alberta
Education Services..... 780-729-3376

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 to 29yrs) 780-488-0036
Cocaine Anonymous World Services..... www.ca.org
Crystal Meth Anonymous 1-855-638-4373
Eating Disorder Support Network of Alberta
Adult Support Groups..... 780-729-3376
Food Addicts in Recovery Anonymous www.foodaddicts.org
Overeaters Anonymous (OA)..... www.oa-southernalberta.com
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)

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.

Resources for People with Disabilities

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.

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</i>	
<i>Residential 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.....	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 (includes family support for children with disabilities / FSCD and persons with developmental disabilities / PDD)</i>	
.....	1-877-644-9992
<i>Residential Access Modification Program</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 Foundation Alberta & Northwest Territories (<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>)	

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.

Resources for Pregnancy / New Parents

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)

Action Canada for Sexual Health and Rights
Sexual Health Info & Pregnancy Referral (pro-choice)
..... 1-888-642-2725

Alberta Health Services (AHS)
Healthy Beginnings Hotline (24/7; 0 to 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 to 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 Childhood Intervention Program (0 to 3.5yrs)
..... 1-888-925-4044

Health Link (24/7) 811
Healthy Beginnings Hotline (24/7, 0 to 2mos) . 780-413-7990

Multicultural Health Brokers Co-op 780-423-1973

Postpartum Depression

Family Futures Resource Network
Managing Motherhood 780-413-4521

Post-Abortion Support

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

Woman's Health Options
Counselling (pro-choice) 780-484-1124

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

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 to 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*)

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.

Resources for Seniors and Older Adults

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.

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..... 780-427-0017
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 (or find "License and Registry Services" in Yellow Pages)
..... 780-427-7013
- University of Alberta - *Medically At-Risk Driver Centre*
Online Resources..... www.mard.ualberta.ca

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.

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 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
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

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
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 .. 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.

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.

Resources for Youth and Young Adults at Risk

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.

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 to 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 (6 to 18yrs) 780-479-5283 x1
Edmonton Police Service
Drug and Gang Enforcement Unit .. 780-414-GANG (4264)
Crime and Trauma-Informed Support Services
.....780-421-2217
iHuman Youth Society (12 to 24yrs).....780-421-8811
Old Strathcona Youth Society (14 to 24yrs).....780-496-5947
Uncles and Aunts at Large Society (6 to 18yrs).....780-452-5791
Youth Empowerment & Support Services (YESS) ...780-468-7070
YMCA - Youth Transition Program (13 to 19yrs).....780-426-9265

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS)
Access 24/7, Adult Intake Services (18+yrs) ..780-424-2424
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Live Crisis Chatwww.edmonton.cmha.ca
Central Alberta Sexual Assault Crisis Line & 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.. 1-855-945-6700 x2
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 to 17yrs).....780-904-8052
Youth Empowerment & Support Services (YESS)
Daytime Support (15 to 24yrs; formerly BEST) .780-468-7070
YMCA
Bridging the Gap (employment; 15 to 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 21yrs)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
(2SLGBTQ+; 12 to 24yrs).....780-488-3234
Terra Centre for Teen Parents (under 26yrs).....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 (24/7; under 18yrs)
..... 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 (12 to 18yrs)
..... 780-408-8783
Protection of Children Abusing Drugs (24/7; under 18yrs)
..... 1-866-332-2322

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.

Resources for Youth and Young Adults

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 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, Live Chat, Text, and App 1-800-668-6868
Text (24/7) Text Connect to 686-868
Online Chat.....www.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 to 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**..... www.dropinyeg.ca
Jewish Family Services Edmonton..... 780-454-1194
Kickstand - *Mental Health Counselling** www.mykickstand.ca
Next Chapter for Divorcing Families Society (*support for youth*
grieving a death, separation, or divorce)..... 780-448-1180
Psychologists' Association of Alberta (*referrals*)..... 780-424-0294

Health / Pregnancy / Sexuality

Alberta Health Services (AHS)
*Adolescent Pregnancy Clinic (20yrs and under)*780-735-6892
Birth Control Centre (pro-choice)..... 780-735-0010
Health Link (24/7) 811
Sexually Transmitted Infections Clinic.. 1-855-945-6700 x2
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 to 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 to 24yrs; formerly BEST) .780-468-7070
YOUCAN 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
Kickstand - *Substance Use Counselling* www.mykickstand.ca

Support

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
Canadian Mental Health Association (CMHA)
Youth Suicide Grief Support Groups..... 780-732-6654
Family Futures Resource Network..... 780-413-4521
Kickstand - *Peer Support Session* www.mykickstand.ca
Kids On Track Association of Edmonton 587-404-8877
Old Strathcona Youth Society (*14 to 24yrs*) 780-496-5947
Uncles and Aunts at Large Society (*6 to 18yrs*) 780-452-5791
Youth Empowerment & Support Services (YESS)...780-468-7070
YMCA - *Youth Transition Program (13 to 19yrs)* 780-426-9265

Youth and Young Adults at Risk

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

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.