

Resources for Women

May 2024



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>Addiction Helpline</i>	1-866-332-2322
<i>Mental Health Helpline</i>	1-877-303-2642
<i>Access 24/7</i>	780-424-2424
Canadian Mental Health Association (CMHA)	
<i>Distress Line (24/7)</i>	780-482-HELP (4357)
Centre for Addiction and Mental Health (CAMH)	
<i>988 Suicide Crisis Helpline (24/7)</i>	988
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i>	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	
<i>Alberta Supports Centre</i>	1-877-644-9992
<i>Income Support / Employment Information</i> ...	780-415-4900
<i>Emergency Income Support (24/7)</i>	780-644-5135
Hope Mission - <i>Emergency Shelter and Support</i>	780-422-2018
Money Mentors.....	1-888-294-0076
Women's Emergency Accommodation Centre.....	780-423-5302

Counselling (*no cost)

Catholic Social Services - <i>Mercy Counselling</i>	780-391-3233
Cornerstone Counselling Centre (<i>Christian & secular</i>)	780-482-6215
The Family Centre - Edmonton	
<i>Drop-In Single Session Counselling*</i>	780-423-2831
Jewish Family Services Edmonton.....	780-454-1194
Momentum Counselling Society	780-757-0900
Psychologists' Association of Alberta	
<i>Psychologist Referral Service</i>	780-424-0294
University of Alberta - <i>Faculty of Education</i>	
<i>Clinical Services (September-April)</i>	780-492-3746
YWCA Edmonton	780-970-6501

Employment

Alberta Supports Centre.....	1-877-644-9992
Edmonton's Food Bank - <i>Beyond Food</i>	780-425-2133 x228
The Elizabeth Fry Society of Northern Alberta	
<i>Work for Women Employment Program</i>	780-982-3730
Women Building Futures Society (<i>trades training</i>).....	780-452-1200

Family Violence and Abuse (also see Family Violence list)

Aboriginal Counseling Services Association of Alberta	
<i>Circle of Safety</i>	780-242-4357
Catholic Social Services - <i>Lurana Shelter</i>	780-424-5875
(<i>women with or without children; 24/7</i>)	
Edmonton John Howard Society	
<i>Family Violence Prevention Centre</i>	780-423-1635
<i>Domestic Violence Complainant Program</i>	780-422-0721
Edmonton Violence Prevention Centre	
<i>Changing Pathways</i>	780-439-4635
(<i>group for adults who are/have been abusive to their partners</i>)	
Edmonton Women's Shelter Limited.....	780-479-0058
(<i>women with or without children; 24/7</i>)	
Government of Alberta	
<i>Family Violence Info Line (24/7)</i>	310-1818
Islamic Family and Social Services Association	780-430-9220
<i>Fostering Healthy Families - Family Violence Support</i>	
Legal Aid Alberta	
<i>Emergency Protection Order Program</i>	1-866-845-3425
The Shaama Centre for Seniors and Women.....	780-465-2992
The TODAY Family Violence Help Centre.....	780-455-6880

Health and Sexuality

Alberta Health Services (AHS)	
<i>Birth Control Centre (pregnancy testing)</i>	780-735-0010
<i>Health Link (confidential STI and health advice; 24/7)</i>	811
<i>Sexually Transmitted Infections Clinic</i> ... 1-855-945-6700 x2	
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 (<i>pro-choice; abortion services</i>)	780-484-1124

Legal Resources

Edmonton Community Legal Centre.....	780-702-1725
Government of Alberta.....	www.rcas.alberta.ca
<i>Dispute Resolution - Family Mediation</i>	780-427-8329
<i>Maintenance Enforcement Program</i>	780-422-5555
<i>Resolution Services - Information Services</i> ...	780-638-4747
Law Society of Alberta	www.lawsociety.ab.ca
<i>Lawyer Directory</i> .. www.lsa.memberpro.net/main/body.cfm	
Legal Aid Alberta - <i>Client Contact Centre</i>	1-866-845-3425
Student Legal Services of Edmonton.....	780-492-2226

Relationship / Support

Alberta Caregivers Association.....	780-453-5088
Co-Dependents Anonymous - <i>Support Meetings</i>	780-436-6853
The Family Centre - Edmonton	
<i>Healthy Relationships Group for Women</i>	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.