



# Resource Lists

May 2024

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](http://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+

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](http://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](http://www.dropinyeg.ca)  
Momentum Counselling Society  
*Counselling and Support Groups*..... 780-757-0900  
YWCA Edmonton  
*Individual Counselling* ..... 780-970-6501

## 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)  
Centre for Addiction and Mental Health  
*988 Suicide Crisis Helpline* ..... 988  
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](http://www.kidshelpphone.ca)  
Sexual Assault Centre of Edmonton  
*Support and Information Line* ..... 780-423-4121

## 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](http://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

## University / Student Groups

Students' Association of MacEwan University..... [www.samu.ca](http://www.samu.ca)  
*Student Groups - InQueeries*..... 780-633-3590  
University of Alberta Students' Union..... 780-492-4241  
*The Landing*..... [www.thelandingualberta.ca](http://www.thelandingualberta.ca)  
..... 780-492-4949

## 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](http://www.winhouse.org)  
*24 Hour Crisis and Information Line*..... 780-479-0058

## Legal / Advocacy

Alberta Civil Liberties Research Centre  
*LGBTQ+ Resources*..... [www.aclrc.com](http://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

## Shelter

e4c ..... 780-423-5302  
*Women's Emergency Accommodation Centre (18+ yrs;  
women with children cannot be accommodated; trans-affirming)*

## 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](http://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

## Youth

The Family Centre - Edmonton..... 780-423-2831  
*The Rainbow Pages Youth Resource Guide*  
..... [www.therainbowpages.ca](http://www.therainbowpages.ca)  
Fyrefly Institute for Gender and Sexual Diversity  
*Camp fYrefly (14 to 24 yrs)* ..... 780-492-0772  
*Community, Health, Empowerment, Wellness Project*  
*(CHEW) (14 to 29 yrs)*..... [chewproject@ualberta.ca](mailto:chewproject@ualberta.ca)  
*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](http://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](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.*

# Resources for Anger Management

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](http://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](http://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](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.

# Resources for Basic Needs

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](http://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 - Find Furnishing Hope..	780-988-1717
The Mustard Seed - Edmonton (inner city) .....	780-426-5600
The Salvation Army - Edmonton - Thrift Stores	
<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
Youth Empowerment & Support Services (YESS)	
<i>Daytime Support (15 to 24yrs)</i> .....	780-468-7070

## Emergency Shelters

Hope Mission Edmonton	
<i>Emergency Shelter &amp; 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 - Beyond Food .....	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 Training and</i> <i>Transition Supports)</i> .....	1-877-644-9992
Government of Canada - Employment Insurance (EI)	
<i>Telephone Information Service</i> .....	1-800-206-7218
Money Mentors .....	1-888-294-0076
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 (of Northern Alberta)	
<i>Telephone Counselling</i> .....	780-423-2831
<i>Drop-In Single Session Counselling</i> .....	<a href="http://www.dropinyeg.ca">www.dropinyeg.ca</a>
Momentum Counselling Society (sliding scale) .....	780-757-0900

## Housing Registries / Guides

Boyle Street Community Services	
<i>Housing First</i> .....	780-424-4106
GEF Seniors Housing .....	780-482-6561
Operation Friendship Seniors Society	
<i>(inner city residents; 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 - Transitional Housing Program	
<i>Castle Downs</i> .....	780-244-2962
<i>Downtown</i> .....	587-635-4486

## 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 - Cunningham Place	
<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
Mustard Seed .....	780-426-5600
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](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.*



# Resources for Children

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](http://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](http://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 (hearing loss; 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  
Amiskwaciy 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  
Sport Edmonton  
Sport and Recreation Referrals.. [www.sportedmonton.com](http://www.sportedmonton.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](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.*

# Resources for Family Violence and Abuse

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](http://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](http://www.kidshelpphone.ca)

Kids Kottage - Crisis Line / Crisis Nursery (24/7) .....780-944-2888

\*Sexual Assault Centre of Edmonton .....780-423-4121

## Counselling

Catholic Social Services

Mercy Counselling .....780-391-3233

Central Alberta Sexual Assault Support Centre (24/7)

..... 1-866-956-1099

Cornerstone Counselling Centre (faith-based).....780-482-6215

The Family Centre - Edmonton .....780-423-2831

Drop-In Single Session Counselling .....[www.dropinyeg.ca](http://www.dropinyeg.ca)

\*Sexual Assault Centre of Edmonton .....780-423-4102

Support and Information Line .....780-423-4121

\*Stop Abuse in Families (SAIF) Society (St. Albert)...780-460-2195

YWCA Edmonton

Individual Counselling.....780-970-6501

## Court Preparation / Legal / Protection

Centre for Public Legal Education Alberta

OakNet: Older Adult Knowledge Network...[www.oaknet.ca](http://www.oaknet.ca)

WillowNet: Abuse and the Law in Alberta.[www.willownet.ca](http://www.willownet.ca)

\*Edmonton John Howard Society

Domestic Violence Complainant Program .....780-422-0721

Family Violence Prevention Centre (FVPC)...780-423-1635

Elizabeth Fry Society of Northern Alberta

Courtworks .....780-421-1175

Legal Aid Alberta - Legal Services Centres..... 1-866-845-3425

Emergency Protection Order Program .....780-422-9222

## Group Programs for Men

Aboriginal Counseling Services Association of Alberta

Circle of Safety .....780-242-4357

\*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.aspx](http://www.alberta.ca/family-violence.aspx)

## 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](http://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](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.

# Resources for Indigenous Peoples

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](http://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 Children and Family 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* ..... 780-905-3864

## 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* ..... 780-495-2257  
*Indigenous Courtwork Program (criminal, family, and youth court)* ..... 780-423-2141  
*Young Offender Probation* ..... 780-423-2141

## Parenting Programs / Support

Amiskwacyi 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 and Family 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](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.*



# Resources for Leisure and Personal Enrichment



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](http://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](http://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 Course*.....780-454-9656  
*(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 Education*.....780-378-6990
- 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](http://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 Literacy .....780-421-7323
- 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](http://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](http://www.edmonton.ca)
- Edmonton Federation of Community Leagues ..... 780-437-2913  
*Directory of Community Leagues*.....[www.efcl.org](http://www.efcl.org)
- Edmonton Public Library  
*Programs for Adults, Children, Families, and Youth*  
*(online courses, book clubs, and more)*..... [www.epl.ca](http://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](http://www.edmontonsport.com)
- Events Edmonton ..... [www.eventsedmonton.ca](http://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](http://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](http://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](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.*



# Resources for Men

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](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  
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](http://www.alberta.ca/alberta-supports.aspx)  
*Alberta Supports Centre (info line)*.....780-644-9992  
*Alberta Works - Income Support / Employment Information*  
.....780-415-4900  
*Emergency Income Support (24/7)*.....780-644-5135  
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)*.....587-635-4486  
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](http://www.dropinyeg.ca)  
Jewish Family Services Edmonton.....780-454-1194  
Momentum Counselling Society .....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

Edmonton's Food Bank - *Beyond Food*..... 780-425-2133 x228  
Government of Alberta  
*Alberta Supports Centre* ..... 1-877-644-9992

## 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](http://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  
Fyrefly 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](http://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](http://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

Alberta Caregivers Association..... 780-453-5088  
The Family Centre (of Northern Alberta)  
*Strive: Men's Healthy Relationship Group (men experiencing  
challenges in relationships)*.....780-423-2831  
Momentum Counselling Society - *Counselling and 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](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.*

# Resources for Mental Health

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](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 Services (24/7)..... 780-424-2424

Mental Health Help Line (24/7)..... 1-877-303-2642

Canadian Mental Health Association (CMHA) - Edmonton Region

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

Centre for Addiction and Mental Health

988 Suicide Crisis Helpline..... 988

## Advocacy / Information / Referral

Alzheimer Society of Alberta and Northwest Territories

Edmonton..... 1-866-950-LINK (5465)

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 x5

Schizophrenia Society of Alberta - Edmonton..... 780-452-4661

Wellness Network Community Linking Programs

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

## 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 Intake Services, 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](http://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

## Suicide Education and Support

Canadian Mental Health Association (CMHA)..... 780-414-6300

Applied Suicide Intervention Skills Training (ASIST)

Live Crisis Chat

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

## Employment / Living Skills / Training

Canadian Mental Health Association (CMHA) - Edmonton Region

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

Recovery College Edmonton..... [www.recoverycollegeedmonton.ca](http://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

## Housing / Supported Independent Living

Alberta Health Services - Continuing Care Access

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

Canadian Mental Health Association (CMHA) - Edmonton Region

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..... 780-244-2962

Transitional Housing Program (all genders)...780-244-2962

## 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 (CMHA) - Edmonton Region

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

Wellness Network Community Linking Programs

Young Adult Services Social, Recreation, and Wellness

Programs..... 780-782-5042

## Support Groups

Anorexics and Bulimics Anonymous..... [www.aba12steps.org](http://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..... 780-423-2831

Momentum Counselling Society - Counselling and Support Groups

(bipolar disorder, anxiety, depression, and more)..... 780-757-0900

Organization for Bipolar Affective Disorders..... [www.obad.ca](http://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](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.*

# Resources for Newcomers to Canada

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](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Citizenship and Classes

Bredin Centre for Career Advancement ..... 780-425-3730  
Changing Together - A Centre for Immigrant Women  
..... 780-421-0175  
Government of Canada - *Citizenship Service* ..... 1-888-242-2100

## Education

Bredin Centre for Career Advancement ..... 780-425-3730  
Edmonton Mennonite Centre for Newcomers ..... 780-424-7709  
Government of Alberta (Gov of AB)  
*International Qualifications Assessment* ..... 780-427-2655  
NorQuest College - *Employment Programs* ..... 780-644-6000

## Employment Assistance

Accès Emploi Alberta - *Employment Centre* ..... 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 - *Beyond Food* ..... 780-425-2133 x228  
Edmonton Mennonite Centre for Newcomers ..... 780-424-7709  
EmployAbilities - *EmployAbilities for Newcomers*.... 780-945-4643  
Gov of AB - *Temporary Foreign Worker Helpline*. 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  
*English as a Second Language (ESL)* ..... 780-473-7214  
Catholic Social Services ..... 780-424-3545  
Changing Together - A Centre for Immigrant Women  
*English as a Second Language (ESL)* ..... 780-421-0175  
Cultural Connections Institute - The Learning Exchange  
..... 780-944-0792  
Edmonton Catholic Schools - *LINC (16+yrs)* ..... 780-441-6000  
Edmonton Immigrant Services Association (EISA) .. 780-474-8445  
Edmonton Mennonite Centre for Newcomers ..... 780-424-7709  
Edmonton Public Schools  
*Metro Continuing Education (ESL/LINC)* ..... 780-428-1111  
Foundation for Oromian Culture Education & Art Services  
..... 780-250-7007  
NAIT - *English as a Second Language (ESL)* ..... 780-471-6248  
NorQuest College - *English language training* ..... 780-644-6000  
Project Adult Literacy Society - *Tutoring* ..... 780-424-5514  
University of Alberta  
*Online & Continuing Education* ..... 780-492-3113

## Family Violence (also see Family Violence list)

ASSIST Community Services Centre ..... 780-919-8527  
Changing Together - A Centre for Immigrant Women  
*Family Violence Prevention Workshops* ..... 780-421-0175  
Edmonton Violence Prevention Centre ..... 780-439-4635  
Government of Alberta - *Family Violence Info Line* ..... 310-1818  
Islamic Family and Social Services Association ..... 780-430-9220  
*Fostering Healthy Families - Family Violence Support*  
*(18+yrs, all genders and immigration statuses)*  
*Sisters' Serenity Support Group*  
The Shaama Centre for Seniors and Women ..... 780-465-2992  
The TODAY Family Violence Help Centre ..... 780-455-6880  
WillowNet: *Abuse and the Law in Alberta* ..... [www.willownet.ca](http://www.willownet.ca)

## Health / Mental Health

Action for Healthy Communities ..... 780-944-4687  
Alberta Health Services (AHS) - *Health Link (24/7)* ..... 811  
Catholic Social Services ..... 780-424-3545  
Edmonton Mennonite Centre for Newcomers  
*Therapeutic and Counselling Services* ..... 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 ..... 780-424-3545  
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) - *Cultural Coaches*  
..... 780-423-2831  
Foundation for Oromian Culture Education & Art Services  
..... 780-250-7007  
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  
*Multicultural Seniors Outreach Program* ..... 587-773-1764  
Ukrainian Canadian Social Services ..... 780-471-4477  
Windmill Microlending - *Immigrant Loan Program* 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 ..... 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](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.*



# Resources for Parents and Caregivers

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](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)
Centre for Addiction and Mental Health (CAMH)	
988 Suicide Crisis Helpline (24/7).....	988
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 in Blended Families .....	780-423-2831
Government of Alberta	
Parenting After Separation (PAS)	
.....	<a href="http://www.alberta.ca/pas">www.alberta.ca/pas</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.*



# Resources for People with Addictions

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](http://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 (CMHA) - Edmonton Region  
Distress Line (24/7)..... 780-482-HELP (4357)  
Centre for Addiction and Mental Health  
988 Suicide Crisis Helpline ..... 988  
Digital Overdose Response System App ..... [www.dorsapp.ca](http://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, gambling)  
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 x0  
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](http://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](http://www.aba12steps.org)  
Canadian Assembly of Narcotics Anonymous  
Alberta - Saskatchewan Region (24/7) ..... 1-877-463-3537  
Clean Scene (14 to 29yrs)..... 780-488-0036  
Cocaine Anonymous World Services..... [www.ca.org](http://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](http://www.foodaddicts.org)  
Overeaters Anonymous (OA)..... [www.aa-southernalberta.com](http://www.aa-southernalberta.com)  
Problem Gambling Resources Network..... 780-461-1259  
Sex Addicts Anonymous (SAA) ..... 780-394-3709  
SMART Recovery Alberta..... [www.smartrecoveryalberta.org](http://www.smartrecoveryalberta.org)  
South Edmonton Fellowship Centre ..... 780-220-7811  
Addiction Recovery Information and Peer Support

## **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](http://www.fasd.typepad.com)  
Parents Empowering Parents (PEP) Society  
Family Recovery Groups..... 780-293-OPEP (0737)  
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](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.*

# Resources for People with Disabilities

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](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Advocacy / Information

Alberta Caregivers Association .....	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	
<i>(18+yrs)</i> .....	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
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>Equipment Loan Program</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</i>	
<i>family support for children with disabilities / FSCD and</i>	
<i>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 ( <i>FKA Capital Region Housing Corporation</i> ) .....	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 - <i>Supporting the Citizenship of People with Disabilities</i>	
.....	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	1-800-563-2642
Connect Society - <i>Deafness Education, Advocacy and Family Services</i>	
.....	780-454-9581
Diabetes Canada .....	1-800-226-8464
Elves Special Needs Society .....	780-454-5310
Goodwill Industries of Alberta .....	780-944-1414
MS 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

## Transportation

Edmonton Transit Service (ETS) .....	311
<i>Dedicated Accessible Transit Service (DATS)</i>	
.....	780-496-4567
<i>Ride Transit Program</i> .....	311
Government of Alberta .....	780-427-7013
<i>Parking Placards for Persons with Disabilities</i>	
<i>(or find "License &amp; 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](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.*

# Resources for Pregnancy / New Parents

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](http://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)

Centre for Addiction and Mental Health (CAMH)  
*988 Suicide Crisis Helpline (24/7)* ..... 988

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 and Family Services  
*Adoptions / Foster Caregiver Recruitment* .... 780-422-3333

## **Birth Preparation**

Alberta Health Services (AHS)  
*Health for Two* ..... 780-342-2872  
*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](http://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**

Alberta Health Services (AHS)  
*Reproductive Mental Health and Bereavement Program*  
..... 780-735-6785

Baby's Breath (*FKA: SIDS Canada*) ..... 1-800-363-SIDS (7437)

ParentCare Society of Edmonton ..... [parentcareveg@gmail.com](mailto: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 and Bereavement 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](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.*



# Resources for Seniors and Older Adults

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](http://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 .....	<a href="http://www.oaknet.ca">www.oaknet.ca</a>
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....	780-427-2744
Residential Access Modification (RAMP).....	780-427-5760
Saying Farewell Handbook.....	780-644-9992
Seniors Financial Assistance Programs (65+yrs)	
.....	1-877-644-9992
Government of 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.....	<a href="http://www.yellowpages.ca">www.yellowpages.ca</a>
For private home care services look up "Home Health Services".	

## Housing

Alberta Seniors Communities and Housing Association	
Online Seniors Housing Directory (65+yrs). <a href="http://www.ascha.com">www.ascha.com</a>	
Operation Friendship Seniors Society	
(inner city residents) .....	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.....	<a href="http://www.seniorscouncil.net">www.seniorscouncil.net</a>
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, 1-on-1 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 residents, 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
Dedicated Accessible Transit Service (DATS) (16+yrs)	
.....	780-496-4567
Seniors' Transit Passes (65+yrs) .....	311
Service Alberta and Red Tape Reduction	
Consumer Protection .....	780-427-4088
Parking Placards for Persons with Disabilities (or look up	
"License and Registry Services" at <a href="http://www.yellowpages.ca">www.yellowpages.ca</a> )	
.....	780-427-7013
University of Alberta - Medically At-Risk Driver Centre	
Online Resources.....	<a href="http://www.mard.ualberta.ca">www.mard.ualberta.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.



# 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](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)	
<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 &amp; 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.....	<a href="http://www.rcas.alberta.ca">www.rcas.alberta.ca</a>
<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.....	<a href="http://www.lawsociety.ab.ca">www.lawsociety.ab.ca</a>
<i>Lawyer Directory</i> .. <a href="http://www.lsa.memberpro.net/main/body.cfm">www.lsa.memberpro.net/main/body.cfm</a>	
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](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.*

# Resources for Youth and Young Adults at Risk

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](http://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 Chat*.....[www.edmonton.cmha.ca](http://www.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](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.*

# Resources for Youth and Young Adults

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](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 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](http://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](http://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](http://www.dropinyeg.ca)  
Jewish Family Services Edmonton..... 780-454-1194  
Kickstand - *Mental Health Counselling\**..... [www.mykickstand.ca](http://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](http://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](http://www.edmonton.ca)  
*Leisure Access Program*..... 311  
Edmonton Sport Council..... [www.edmontonsport.com](http://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*..... 825-402-6799  
Kickstand - *Substance Use Counselling*..... [www.mykickstand.ca](http://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](http://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](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.*