

Resources for Men

November 2024



Please contact the agency to confirm availability of the service.
Contact 211 for more information. Dial 2-1-1, text INFO to 211, or live chat at www.ab.211.ca.

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
..... 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
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

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

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

Visit www.edmonton.cmha.ca to obtain a new copy of this list if more than 6 months old.
Inclusion of an agency or service on this list does not constitute an endorsement by 211.