

Resources for Parents and Caregivers

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)
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
..... www.alberta.ca/accessing-child-care

Cross-Cultural Parenting

ASSIST Community Services Centre 780-429-3111
Ben Calf Robe Society 780-477-6648
Bent Arrow Traditional Healing Society 780-481-3451
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
..... www.alberta.ca/children-and-family-services
Bullying Helpline (24/7) 1-888-456-2323
..... www.alberta.ca/bullying
Family Resource Networks Lookup
..... www.alberta.ca/family-resource-networks
Family Violence Info Line (24/7) 310-1818
..... www.alberta.ca/endfamilyviolence

Leisure Activities

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton
..... 780-424-8181
The Candora Society of Edmonton 780-474-5011
City of Edmonton Community Services 311
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

Contact agencies for more information on workshops and services available. See also: **Cross-Cultural Parenting**
Bent Arrow Traditional Healing Society 780-481-3451
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
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)
..... www.alberta.ca/pas

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.