

Resources for Women

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
Mental Health Helpline.....	1-877-303-2642
Access 24/7.....	780-424-2424
Canadian Mental Health Association (CMHA)	
Distress Line (24/7).....	780-482-HELP (4357)
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
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.....	1-877-644-9992
Income Support / Employment Information ..	780-415-4900
Emergency Income Support (24/7).....	780-644-5135
Hope Mission - Emergency Shelter and Support	780-422-2018
Money Mentors.....	1-888-294-0076
Women's Emergency Accommodation Centre.....	780-423-5302

Counselling (*no cost)

Catholic Social Services - Mercy Counselling	780-391-3233
Cornerstone Counselling Centre (Christian & secular)	780-482-6215
The Family Centre - Edmonton	
Drop-In Single Session Counselling*.....	780-423-2831
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
YWCA Edmonton.....	780-970-6501

Employment

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

Family Violence and Abuse (also see Family Violence list)

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

Health and Sexuality

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

Legal Resources

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

Relationship / Support

Alberta Caregivers Association.....	780-453-5088
Co-Dependents Anonymous - Support Meetings.....	780-436-6853
The Family Centre - Edmonton	
Healthy Relationships Group for Women.....	780-423-2831

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.