



Resource Lists

November 2024

Compiled by 211 Alberta – Edmonton and Area, a program of
Canadian Mental Health Association – Edmonton Region.

For Community Services Information, contact 211 by
dialing 2-1-1, texting INFO to 211,
or through live chat at www.ab.211.ca.

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does not constitute an endorsement by 211 Alberta – Edmonton and Area.*

Resources for 2SLGBTQ+

November 2024



Please contact the agency to confirm availability of the service.
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Counselling

The Family Centre - Edmonton 780-423-2831
Drop-In Single Session Counselling 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
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
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
Student Groups - InQueeries..... 780-633-3590
University of Alberta Students' Union 780-492-4241
The Landing..... 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
24 Hour Crisis and Information Line..... 780-479-0058

Legal / Advocacy

Alberta Civil Liberties Research Centre
LGBTQ+ Resources..... 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
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
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
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
Youth Supports (12 to 24 yrs) 780-488-3234
Youth Empowerment and Support Services (YESS)
..... 780-468-7070

Visit www.edmonton.cmha.ca to obtain a new copy of this list if more than 6 months old.
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Resources for Anger Management

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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

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

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Resources for Basic Needs

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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.

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 - <i>Find Furnishing Hope</i> ..	780-988-1717
The Mustard Seed - Edmonton (<i>inner city</i>)	780-426-5600
The Salvation Army - Edmonton - <i>Thrift Stores</i>	
<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 & 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 - <i>Beyond Food</i>	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 - <i>Employment Insurance (EI)</i>	
<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>	www.dropinyeg.ca
Momentum Counselling Society (<i>sliding scale</i>)	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 - <i>Transitional Housing Program</i>	
<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 - <i>Cunningham Place</i>	
(<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

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Resources for Children

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Contact 211 for more information. Dial 2-1-1, text INFO to 211, or live chat at www.ab.211.ca.

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

Grief Counselling Programs

Kids On Track Association of Edmonton
HomeBuilders (grades 1-6) 587-404-8877
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 3.5yrs)
..... 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 3.5yrs)
..... 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; 4mos to 5yrs)
GRIT Program (The Getting Ready for Inclusion Today Program)
Early Childhood Program (2.8 to 6yrs) 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 19yrs) 780-492-8269

Head Start Programs

ABC Head Start Society
(2.6 to 5yrs; low income) 780-461-5353 x247
Alder Academy Early Learning Society (12mos to 6yrs; low income)
..... 780-482-2116
Amiskwacyi Cultural Society
Aboriginal Head Start (3 to 5yrs; Indigenous)... 780-640-9799
e4c (programs for families with low income)
Early Learning Services (2.8 to 5yrs) 780-426-3666
Norwood Child and Family Resource Centre (3 to 5yrs)
..... 780-471-3737

Early Childhood Education

Alberta Health Services (AHS)
Pediatric Community Rehabilitation (0 to 5yrs)
..... 1-888-925-4044
Edmonton Catholic Schools (3 to 4yrs) 780-436-7888
Edmonton Public Schools (2.6 to 5yrs) 780-429-8000
Family Futures Resource Network (0 to 6yrs) 780-413-4521

Leisure / Recreation

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton
(6 to 18yrs) 780-424-8181
Canadian Tire Jumpstart Charities (4 to 18yrs)
..... 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
Kids On Track Association of Edmonton 587-404-8877
KidSport Alberta (funding; under 18yrs) 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 780-342-4415
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 17yrs) 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 17yrs).. 780-423-4102
Support and Information Line 780-423-4121

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Resources for Family Violence and Abuse

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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
Kids Kottage - Crisis Line / Crisis Nursery (24/7)780-944-2888
*Sexual Assault Centre of Edmonton780-423-4121

Counselling

Catholic Social Services
Mercy Counselling780-391-3233
Central Alberta Sexual Assault Support Centre (24/7)
..... 1-866-956-1099
Cornerstone Counselling Centre (faith-based)780-482-6215
The Family Centre - Edmonton780-423-2831
Drop-In Single Session Counsellingwww.dropinyeg.ca
*Sexual Assault Centre of Edmonton780-423-4102
Support and Information Line780-423-4121
*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
WillowNet: Abuse and the Law in Alberta.www.willownet.ca
*Edmonton John Howard Society
Domestic Violence Complainant Program780-422-0721
Family Violence Prevention Centre (FVPC) ..780-423-1635
Elizabeth Fry Society of Northern Alberta
Courtworks780-421-1175
Legal Aid Alberta - Legal Services Centres..... 1-866-845-3425
Emergency Protection Order Program780-422-9222

Group Programs for Men

Aboriginal Counseling Services Association of Alberta
Circle of Safety780-242-4357
*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
YWCA Edmonton
Towards Healing - Group Counselling (for women impacted
by domestic violence)..... 780-970-6501

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

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
..... 780-900-2777
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
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).

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Resources for Indigenous Peoples

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Education

Boyle Street Education Centre (Charter School) 780-428-1420
Nechi Institute: Centre of Indigenous Learning 780-459-1884

Employment (including entrepreneurship)

Bent Arrow Traditional Healing Society
Journey to Success 780-481-3451
Transitions to Success (women) 780-481-3451
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 do sex work).....
780-914-3016

Health

Alberta Health Services (AHS)
Health Link (24/7) 811
Indigenous Wellness Clinic..... 780-735-4512
Bent Arrow Traditional Healing Society 780-481-3451

Housing / Homelessness Prevention

Bent Arrow Traditional Healing Society
Nikihk Housing First..... 780-481-3451
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

Parenting Programs / Support

Amiskwaciy Cultural Society
Aboriginal Head Start (3 to 5yrs; Indigenous)..780-640-9799
Ben Calf Robe Society
Traditional Indigenous Wellness Parenting Program
..... 780-477-6648
Bent Arrow Traditional Healing Society 780-481-3451
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
Bent Arrow Traditional Healing Society 780-481-3451
Bissell Centre 780-423-2285
Boyle Street Community Services 780-424-4106
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

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Resources for Leisure and Personal Enrichment

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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

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
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

YWCA Edmonton..... 780-423-YWCA (9922)

Recreation and Culture

City of Edmonton www.edmonton.ca
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

Edmonton Federation of Community Leagues 780-437-2913
Directory of Community Leagues..... www.efcl.org

Edmonton Public Library
Programs for Adults, Children, Families, and Youth (online courses, book clubs, and more)..... 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

Events Edmonton 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
Volunteerism (resources)..... 780-428-5487

goVolunteer - *Volunteer Opportunity Postings*
..... 780-482-INFO (4636)

Volunteer Connector - *Volunteer Opportunity Postings* 211
..... www.volunteerconnector.org

Visit www.edmonton.cmha.ca to obtain a new copy of this list if more than 6 months old.
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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.
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Resources for Mental Health

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 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..... 780-422-1812
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
- 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
- Edmonton's Food Bank - Beyond Food..... 780-425-2133 x228
- EmployAbilities..... 780-423-4106
- Excel Society..... 780-455-2601 x0
- Goodwill Industries of Alberta - Path to Employment..... 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
- 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
- Schizophrenia Society of Alberta (Edmonton)..... 780-452-4661

Visit www.edmonton.cmha.ca to obtain a new copy of this list if more than 6 months old.
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Resources for Newcomers to Canada

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.

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 Newcomer Centre 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
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 Newcomer Centre 780-424-7709
Edmonton Region Immigrant Employment Council. 780-497-8866
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 Newcomer Centre 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 780-900-2777
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

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 Newcomer Centre
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 Newcomer Centre 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 780-900-2777
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

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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

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Resources for People with Addictions

November 2024



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Contact 211 for more information. Dial 2-1-1, text INFO to 211, or live chat at www.ab.211.ca.

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
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
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
Canadian Assembly of Narcotics Anonymous
Alberta - Saskatchewan Region 1-877-463-3537
Clean Scene (14 to 29yrs) 780-488-0036
Cocaine Anonymous World Services..... 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
Overeaters Anonymous (OA)..... www.aa-southernalberta.com
Problem Gambling Resources Network..... 780-461-1259
Sex Addicts Anonymous (SAA) 780-394-3709
SMART Recovery Alberta..... 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
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)

Visit www.edmonton.cmha.ca to obtain a new copy of this list if more than 6 months old.
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Resources for People with Disabilities

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.

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 family support for children with disabilities / FSCD and 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 (FKA Capital Region Housing Corporation)	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 - Supporting the Citizenship of People with Disabilities	
.....	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 - Deafness Education, Advocacy and Family Services	
.....	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 & Registry Services" in the Yellow Pages)</i>	

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Resources for Pregnancy / New Parents

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)

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 780-342-2833

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

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

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

ParentCare Society of Edmonton 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

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

Bent Arrow Traditional Healing Society
Iskeww House (Indigenous) 780-481-3451

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*)

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Resources for Seniors and Older Adults

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.

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* www.oaknet.ca
- 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 www.yellowpages.ca
For private home care services look up "Home Health Services".

Housing

- Alberta Seniors Communities and Housing Association
Online Seniors Housing Directory (65+yrs) www.ascha.com
- 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..... www.seniorscouncil.net
- 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 www.yellowpages.ca)
..... 780-427-7013
- University of Alberta - *Medically At-Risk Driver Centre*
Online Resources www.mard.ualberta.ca

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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

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Resources for Youth and Young Adults at Risk

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.

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).....780-468-7070

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 Chatwww.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).....780-342-2872
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

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Resources for Youth and Young Adults

November 2024



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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
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
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
Jewish Family Services Edmonton..... 780-454-1194
Kickstand - *Mental Health Counselling** 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
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
Leisure Access Program..... 311
Edmonton Sport Council..... 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

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
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.)

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