



# Resource Lists

May 2017

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

For Community Services Information dial 2-1-1 (within Edmonton).  
If 211 is not yet available in your area, call 780-482-INFO (4636).

*Inclusion of an agency or service on these resource lists  
does not constitute an endorsement by 211 Alberta – Edmonton and Area.*

# Resources for Anger Management

May 2017



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

## Counselling

Catholic Social Services - *Mercy Counselling* ..... 780-391-3233  
Cornerstone Counselling Centre (*faith-based*) ..... 780-482-6215  
The Family Centre - Edmonton ..... 780-424-6103  
Psychologists' Association of Alberta  
*Psychologist Referral Service* ..... 780-428-TALK (8255)  
University of Alberta - Faculty of Education  
*Clinical Services (September-April)* ..... 780-492-3746  
YWCA Edmonton ..... 780-970-6501

## 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)* ..... 310-1818  
Kids Help Phone (24/7; 5-20yrs) ..... 1-800-668-6868

## Disabilities

Chrysalis: An Alberta Society for Citizens with Disabilities  
*Personal Development Course* ..... 780-454-9656  
(6 weeks; problem solving skills including anger management, self-esteem, and assertiveness; no cost)

## Groups / Workshops: Men

The Family Centre – Edmonton  
*Men and Anger* ..... 780-497-7536  
(2 days; 18+yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)

## Groups / Workshops: Women

Aboriginal Counselling Services Association of Alberta  
*Healing Anger for Women* ..... 780-448-0378  
(12 weeks; Aboriginal; 18+yrs; healing through discussion, expressive arts and traditional practices; no cost)  
The Family Centre - Edmonton  
*Women and Anger* ..... 780-497-7536  
(2 days; 18+yrs; understanding triggers, stress management, and healthy coping strategies; costs vary; subsidies may be available)  
YWCA Edmonton  
*Towards Balance* ..... 780-423-9922 x222  
(weekend; sliding scale; exploring the roots of anger, learning and practicing constructive conflict resolution techniques)

## Groups / Workshops: Youth

Covenant Health  
*Adolescent Group Program* ..... 780-735-2981  
(September-June; 14-17yrs; referral required from a physician or other professional; a pre-entry screening interview is conducted to determine suitability; content is driven by group members' needs; no cost)  
YMCA of Northern Alberta  
*Youth Transition Program* ..... 780-429-YMCA (9622)  
(11 weeks; 13-19yrs; voluntary program; runs on demand; teaches skills and techniques to gain control over anger)

## Mixed Groups / Workshops

Cornerstone Counselling Centre  
*Anger Management Program* ..... 780-482-6215  
(2 Saturdays; how to change destructive expressions of anger into positive behaviours; \$250)  
The Family Centre - Edmonton  
*Self-Esteem and Assertiveness* ..... 780-497-7536  
(10 hours; healthy boundaries, building self-esteem, resolving conflict; costs vary; subsidies may be available)  
Family Futures Resource Network  
*Count to Ten* ..... 780-413-4521  
(8 weeks; 18+yrs; adult education and support group to learn effective ways to deal with anger; no cost; refundable deposit required)

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# Resources for Basic Needs

May 2017



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  
Community Closet ..... 780-423-2285 x136  
Thrift Shoppe ..... 780-471-6644  
Edmonton Emergency Relief Services - Thrift Store 780-428-4422  
Goodwill Industries of Alberta  
Thrift Retail Stores (multiple locations) ..... 780-944-0243  
Homeward Trust Edmonton – Find Furnishing Hope 780-988-1717  
The Mustard Seed (inner city) ..... 780-426-5600  
The Salvation Army - Thrift Stores ..... 780-475-8778  
Society of St. Vincent de Paul Edmonton (24/7) 780-471-5577

## Emergency Clothing / Household Goods

Bissell Centre - Family Support Services ..... 780-423-2285 x121  
Edmonton Emergency Relief Services ..... 780-428-4422  
Marian Centre ..... 780-424-3544  
Society of St. Vincent de Paul Edmonton (24/7) 780-471-5577

## Emergency Shelters

George Spady Society  
Overnight Shelter (intoxicated individuals) ... 780-424-8335  
Hope Mission Edmonton  
Herb Jamieson Centre (men; 18-60yrs) ..... 780-429-3470  
Warming Shelter ..... 780-422-2018  
Women's Emergency Shelter (24+yrs) ..... 780-422-2018  
Youth Shelter (16-24yrs) ..... 780-422-2018  
The Salvation Army Edmonton  
Men's Short Term Residence ..... 780-429-4274  
Youth Empowerment & Support Services (YESS)  
Nexus (15 to 24yrs) ..... 780-468-7070

## Food Hampers

Edmonton's Food Bank ..... 780-425-4190  
Wecan Food Basket Society (reduced cost food) ... 780-413-4525

## Health / Mental Health

Alberta Health Services (AHS)  
Health Link (24/7) ..... 811  
Mental Health Help Line (24/7) ..... 1-877-303-2642  
Momentum Walk-In Counselling (sliding scale) 780-757-0900

## Hot Meals (Call agency for times or 211 for more options.)

Bissell Centre ..... 780-423-2285  
Dickinsfield Amity House ..... 780-478-5022  
Hope Mission Edmonton ..... 780-422-2018  
Marian Centre (emergency meals; 18+yrs) ..... 780-424-3544  
The Mustard Seed Edmonton ..... 780-426-5600  
Operation Friendship Seniors Society (55+yrs) ..... 780-408-2967

## Housing Registries / Guides

Boyle Street Community Services  
Housing First ..... 780-424-4106  
GEF Seniors Housing - Directory ..... 780-482-6561  
Operation Friendship Seniors Society ..... 780-408-2955  
(inner city; 55+yrs)  
Sage Seniors Association  
Directory of Senior Services ..... 780-423-5510  
Housing Information Services (60+yrs) ..... 587-773-1764

## Housing: Subsidized / Transitional

Capital Region Housing Corporation ..... 780-420-6161  
Application Information Line ..... 780-428-8200  
(information on programs such as Community Housing and Private Landlord Rent Supplement Program)  
E4C  
Housing Programs (inner city) ..... 780-424-7543  
Inner City Youth Housing Project (14-17yrs) 780-479-7075  
homeEd (City of Edmonton Non-Profit Housing Corporation)  
..... 780-474-5706  
Native Counselling Services of Alberta  
Transitional Housing (18-30yrs) ..... 780-990-1120  
Right at Home Housing Society ..... 780-423-1339

## Transportation

Edmonton Transit Service (ETS) - Information ..... 311  
Operation Friendship Seniors Society  
Helping Hands (inner city; 55+yrs) ..... 780-429-2626

## Financial Assistance / Employment

Credit Counselling Society ..... 1-888-527-8999  
Distinctive Employment Counselling Services of Alberta (DECSA)  
..... 780-474-2500  
The Elizabeth Fry Society of Edmonton  
Me and Money - Women's Financial Literacy 780-784-2203  
Government of Alberta  
Alberta Supports Centre (info line) ..... 780-644-9992  
Assured Income for the Severely Handicapped (AISH)  
..... 780-415-6300  
Emergency Income Support (24/7) ..... 780-644-5135  
Income Support / Employment Information  
City Centre (105<sup>th</sup> Street Office) ..... 780-415-4900  
North (Northgate Centre) ..... 780-422-9440  
South (Argyll Centre) ..... 780-644-2888  
West (Meadowlark) ..... 780-415-8116  
Money Mentors ..... 1-888-294-0076  
Service Canada - Employment Insurance (EI) ..... 1-800-206-7218

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Children

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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 (24/7; 5-20yrs) ..... 1-800-668-6868

## **Grief Counselling Programs**

Kids on Track Association of Edmonton (5-15yrs) .. 780-481-2942

Pilgrims Hospice Society – BriarPatch Centre 780-413-9801 x309

Starfish Family Resources Society ..... 780-448-1180

## **Play Therapy**

Catholic Social Services (5+yrs) ..... 780-420-1970

University of Alberta - Faculty of Education

*Clinical Services (5+yrs; September-April).... 780-492-3746*

YWCA of Edmonton (4-18yrs)..... 780-970-6501

## **Disabilities**

Ability Society

*Early Birds – Specialized Services (2-17yrs) 780-442-2740*

Alberta Health Services (AHS)

*Early Intervention Program (0-3.5yrs)..... 780-342-1707*

Centre for Autism Services Alberta ..... 780-488-6600

Connect Society - Deafness Education, Advocacy and Family Services

*Early Intervention (deaf; 0-3.5yrs) ..... 780-454-9581 x226*

Edmonton Down Syndrome Society

*Speech - Language Therapy ..... 780-944-4224*

Elves Special Needs Society

*(severe developmental disabilities; 2.5+yrs).. 780-454-5310*

Family Futures Resource Network

*Parent Education ..... 780-413-4521*

*(provides developmental screening for children)*

GRIT Program (The Getting Ready for Inclusion Today Program)

*Early Childhood Program (2.5-5.5yrs) ..... 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 (4-19yrs) ..... 780-492-8269*

## **Early Childhood Education**

Alberta Health Services (AHS)

*Preschool Speech and Language (0-5yrs) ... 780-408-8793*

Edmonton Catholic Schools (2.5-4.5yrs)..... 780-638-6810

Family Futures Resource Network

*(FKA: Mill Woods Family Resource Centre) . 780-413-4521*

Lansdowne Child Care and Family Centre..... 780-437-5654

Primrose Place Family Resource Centre.....780-469-0663

## **Head Start Programs**

ABC Head Start Society (3.5-5yrs; low income) .....780-461-5353

Bent Arrow Traditional Healing Society

*(3-5yrs; Indigenous) .....780-481-3451*

E4C (programs for low income families)

*Clareview Head Start (2.5-5yrs).....780-426-3666*

*Early Head Start (0-3.5yrs) .....780-426-3666 x221*

Norwood Child and Family Resource Centre

*(3.5-5yrs).....780-471-3737*

Oliver Centre Early Learning Programs for Children and Families

Society (13mos-5yrs; low income).....780-482-2116

## **Leisure / Recreation**

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton

.....780-424-8181

City of Edmonton Citizen Services

*Leisure Access Program .....311*

*Recreation Facilities and Information .....311*

Edmonton Public Library

*Children's Programs (general info line) .....780-496-7000*

Edmonton Sport Council Society (sport referrals)....780-497-7678

Kids On Track Association of Edmonton .....780-481-2942

KidSport Alberta (funding; under 18yrs)....1-888-914-KIDS (5437)

Sport Central Association (no cost equipment).....780-477-1166

YMCA of Northern Alberta - Jumpstart (5-18yrs).....780-429-9622

Suggestions for parent-child or child activities .....211

## **Mental Health**

Alberta Health Services – Addiction and Mental Health

*Intake Services, Child and Adolescent.....780-342-2701*

CASA Child, Adolescent and Family Mental Health.780-400-2271

*(under 5yrs; for 5-18yrs access through Child and*

*Adolescent Mental Health Intake, see above)*

## **Mentoring Programs**

Boys and Girls Clubs Big Brothers Big Sisters.....780-424-8181

Uncles & Aunts at Large Society .....780-452-5791

## **Violence**

Aboriginal Counselling Services Association of Alberta

*Circle of Safety - Teaching Circles for Children Who*

*Witness Abuse (6-17yrs).....780-448-0378*

Government of Alberta

*Bullying Helpline (24/7) ..... 1-888-456-2323*

*Child Abuse Hotline (24/7) ..... 1-800-387-5437*

*Family Violence Info Line .....310-1818*

Kids Help Phone (24/7; 5-20yrs)..... 1-800-668-6868

Sexual Assault Centre of Edmonton

*24 Hour Sexual Assault Crisis Line .....780-423-4121*

*Child and Adolescent Counselling (3-17yrs) .780-423-4102*

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Family Violence and Abuse

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## Counselling

- Catholic Social Services – *Mercy Counselling* .....780-391-3233
- \*City of Edmonton Citizen Services  
*Individual and Family Well - Being*.....780-496-4777
- Cornerstone Counselling Centre (*faith-based*).....780-482-6215
- \*Sexual Assault Centre of Edmonton .....780-423-4102  
*24 Hour Sexual Assault Crisis Line* .....780-423-4121
- \*Stop Abuse in Families (SAIF) Society (*St. Albert*)...780-460-2195
- \*YWCA Edmonton - *Counselling*.....780-970-6501

## Court Preparation / Legal / Protection

- \*Edmonton John Howard Society  
*Domestic Violence Complainant Program* .....780-422-0721  
*Family Violence Prevention Centre (FVPC)* ..780-423-1635
- Elizabeth Fry Society of Edmonton - *Courtworks* .....780-422-4775
- The Family Centre - *Safe Visitation Services* .....780-917-8248
- Legal Aid Alberta - *Legal Services Centres*..... 1-866-845-3425  
*Emergency Protection Order Program* .....780-422-9222
- 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)

## 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 Kottage - *Crisis Line / Crisis Nursery (24/7)* .....780-944-2888
- \*Sexual Assault Centre of Edmonton (24/7).....780-423-4121

## Group Programs for Men

- \*Aboriginal Counselling Services Association of Alberta  
*Circle of Safety* .....780-448-0378  
(for Indigenous men who are abusive toward their partners)
- \*City of Edmonton Citizen Services  
*From Chaos to Peace (no cost)* .....780-496-4777  
(group for men who have experienced abuse from their partner)
- \*Edmonton Family Violence Centre  
*Changing PathWays (men's group)* .....780-439-4635  
(group for men who are/have been abusive to their partners)
- The Family Centre – Edmonton - *Strive* .....780-424-6103  
(for men with conflict in relationships because of aggression)
- Islamic Family and Social Services Association  
*Crossing Bridges* .....780-462-0772  
(group for Muslim men who are domestic violence offenders)

\* Denotes agencies that have adopted Family Violence Protocols through Community Initiatives Against Family Violence (CIAFV).

## Group Programs for Women / Children / Seniors

- \*Aboriginal Counselling Services Association of Alberta  
*Circle of Safety (Indigenous women)* ..... 780-448-0378
- \*City of Edmonton Citizen Services ..... 780-496-4777  
*Making Connections First Steps – Drop - In Support Group for Women (free childcare)*  
*Making Connections Moving Forward – Registered Support Group for Women (free childcare)*  
*Seniors Groups – Relationships with Your Adult Children: Time to Make Changes (60+ yrs)*
- \*Edmonton Family Violence Centre  
*Changing PathWays* ..... 780-439-4635  
(group for women who are/have been abusive to their partners)
- Islamic Family and Social Services Association  
*Sister's Serenity Group* ..... 780-462-0772  
(women; verbal translation, transportation, childcare available)

## 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.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca)

## Outreach / Referral / Support

- \*Changing Together - A Centre for Immigrant Women  
*Family Violence Prevention Workshops*..... 780-421-0175
- \*Edmonton Family Violence Centre  
*Changing PathWays Partner Outreach* ..... 780-439-4635  
(info for partners of individuals in the Changing Ways program)
- \*Edmonton John Howard Society  
*Family Violence Prevention Centre (FVPC)* .. 780-423-1635
- Elder Abuse Resource and Supports (EARS) ..... 780-477-2929
- The Elizabeth Fry Society of Edmonton..... 780-421-1175
- Mediation and Restorative Justice Centre  
*Building Safer Ground*..... 780-244-6752
- Multicultural Women and Seniors Services Association (MWSSA)  
..... 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  
*Pet Safekeeping Program* ..... [www.albertaspca.org](http://www.albertaspca.org)
- Edmonton Women's Shelter Limited  
(women with or without children; 24/7) ..... 780-479-0058
- Lurana Shelter Society (women; 24/7)..... 780-424-5875
- \*Sage Seniors Association  
*Seniors' Safe House (men/women; 60+ yrs)* ..... 780-702-1520

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Indigenous Peoples

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## Counselling

The Edmonton Native Healing Centre  
*Drop - In Centre (pastoral counselling)* ..... 780-482-5522  
The Red Road Healing Society  
*Counselling and Family Therapy* ..... 780-471-3220

## Education

Bent Arrow Traditional Healing Society  
*White Cloud Aboriginal Head Start (3-5yrs)*.. 780-481-3451  
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 ..... 780-481-3451  
*Adult Employment Program (18+yrs)*  
Bissell Centre  
*Employment Services (inner city)* ..... 780-424-4385  
Business Link  
*Aboriginal Business Development Services* . 780-422-7722  
Government of Alberta  
*Apprenticeship and Industry Training* ..... 1-800-248-4823  
*(to become a certified journeyperson)*  
Institute for the Advancement of Aboriginal Women (IAAW)  
..... 780-479-8195  
Oteenow Employment and Training Society ..... 780-444-0911  
Rupertsland Institute - Métis Centre of Excellence.. 780-423-2237  
Trade Winds to Success Training Society  
*Aboriginal Pre-Apprenticeship Trades* ..... 780-471-9100

## Family Violence and Abuse

Aboriginal Counseling Services Association of Alberta  
*Circle of Safety (men/women/children)* ..... 780-448-0378  
Government of Alberta  
*Family Violence Info Line (24/7)* ..... 310-1818  
The TODAY Family Violence Help Centre ..... 780-455-6880

## Health

Alberta Health Services (AHS)  
*Health Link (24/7)* ..... 811  
*Indigenous Health Program* ..... 780-735-5326  
*Indigenous Wellness Program* ..... 780-735-4512

Bent Arrow Traditional Healing Society ..... 780-481-3451

## Housing / Homelessness Prevention

Bent Arrow Traditional Healing Society ..... 780-481-3451  
Boyle Street Community Services  
*Housing First* ..... 780-424-4106  
Métis Urban Housing Corporation ..... 780-452-6440  
Native Counselling Services of Alberta  
*Transitional Housing (18-30yrs)* ..... 780-990-1120

## Information and Referral

Ben Calf Robe Society ..... 780-477-6648  
The Elizabeth Fry Society of Edmonton  
*Aboriginal Women's Program* ..... 780-784-2206

## Legal / Status

Indigenous and Northern Affairs Canada – Alberta Region  
*Indian Register (Status Card)* ..... 780-495-2773  
Metis Nation of Alberta  
*Metis Identification and Registry* ..... 780-455-2200  
Native Counselling Services of Alberta ..... 780-451-4002  
*Aboriginal Correctional Services*  
*Criminal, Youth, and Aboriginal Family Courtwork*  
*Young Offender Probation*

## Parenting Programs / Support (\*Parent Link Centre)

Ben Calf Robe Society - Traditional Parenting ..... 780-477-6648  
Bent Arrow Traditional Healing Society ..... 780-481-3451  
*\*Aboriginal Parent Link Centre* ..... 780-474-2400  
Bissell Centre - Family Support Services ..... 780-423-2285 x121  
The Elizabeth Fry Society of Edmonton  
*Aboriginal Women's Program* ..... 780-784-2206  
Government of Alberta – Ministry of Children's Services  
..... 780-427-9999  
\*KARA Family Resource Centre ..... 780-478-5396  
Metis Child and Family Services Society Edmonton 780-452-6100  
\*Native Counselling Services of Alberta  
*Family Life Improvement Program* ..... 780-990-1120

## Substance Abuse / Addiction

Alberta Health Services (AHS)  
*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  
Canadian Native Friendship Centre ..... 780-761-1900  
Edmonton Aboriginal Seniors Centre (55+yrs) ..... 780-476-6595  
The Edmonton Native Healing Centre ..... 780-482-5522  
Institute for the Advancement of Aboriginal Women (IAAW)  
..... 780-479-8195  
Metis Child and Family Services Society Edmonton 780-452-6100  
The Red Road Healing Society ..... 780-471-3220

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# Resources for Leisure and Personal Enrichment

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## Assertiveness and Self-Esteem

- Bissell Centre - *Skill Enhancement* ..... 780-424-4385  
(inner city; employment and life skills workshops)
- Chrysalis: An Alberta Society for Citizens with Disabilities  
*Personal Development Course* ..... 780-454-9656  
(individuals 18+yrs with developmental disabilities)
- City of Edmonton Citizen Services  
*Men's Support Services (no cost)* ..... 780-496-4777  
*Men Without Hats (drop-in)*  
*Men's Talk and Do Groups*
- The Elizabeth Fry Society of Edmonton  
(personal development workshops) ..... 780-421-1175
- The Family Centre - Edmonton  
*Self - Esteem and Assertiveness* ..... 780-497-7536
- Society for Personal Growth ..... 780-434-4834

## Continuing Education

- Edmonton Lifelong Learners Association (ELLA)  
*Non-Credit Courses (50+yrs)* ..... 780-492-5055  
(fine and liberal arts, sciences, humanities; \$260 for maximum of 4 courses; income based bursary available; University of Alberta - Faculty of Extension)
- Edmonton Public Schools  
*Adult Continuing Education* ..... 780-428-1111  
(personal enrichment/special interest courses; registration and material fees apply)
- MacEwan University  
*Continuing Education* ..... 780-497-4400  
*Minerva Senior Studies Institute (50+yrs)* ..... 780-497-4400  
*Online and Distance Learning* ..... 780-497-5040
- NorQuest College ..... 780-644-6000
- Northern Alberta Institute of Technology (NAIT) ..... 780-471-6248
- University of Alberta - Faculty of Extension ..... 780-492-3116

## Financial Literacy

- Consolidated Credit Counselling Services of Canada, Inc.  
*Financial Literacy Education* ..... 1-888-477-7397
- Credit Counselling Society ..... 1-888-527-8999
- The Elizabeth Fry Society of Edmonton  
*Me and Money - Women's Financial Literacy* 780-784-2203
- Money Mentors – *Financial Fitness Classes* ..... 1-888-294-0076

## Literacy

- Centre for Family Literacy ..... 780-421-7323
- The Learning Centre Literacy Association (18+yrs) .. 780-429-0675
- NorQuest College – *Literacy and Essential Skills* .... 780-644-6000
- PALS - Project Adult Literacy Society (18+yrs) ..... 780-424-5514

## Personal and / or Spiritual Growth

- Aboriginal Counselling Services Association of Alberta  
*Creative Healing Family Program* ..... 780-448-0378
- Bent Arrow Traditional Healing Society ..... 780-481-3451
- Edmonton Aboriginal Seniors Centre (55+yrs) ..... 780-476-6595
- Mustard Seed - *Spiritual Development (inner city)* .. 780-426-5600
- The Salvation Army - Edmonton - *Chapel Service*... 780-429-4274
- Society for Personal Growth ..... 780-434-4834
- YWCA Edmonton ..... 780-423-YWCA (9922)

## Recreation and Culture

- Art Gallery of Alberta ..... 780-422-6223
- City of Edmonton ..... [www.edmonton.ca](http://www.edmonton.ca)  
*Accessibility Services Liaison* ..... 780-496-4917  
*Attractions / Activities, Parks, and Recreation* ..... 311  
(e.g. Fort Edmonton, Nature Centre, Muttart, Zoo)  
*Leisure Access Program* ..... 311  
*Seasonal Program Guides* ..... [www.edmonton.ca](http://www.edmonton.ca)  
Copies also available at City recreation facilities / libraries
- Edmonton Federation of Community Leagues ..... 780-437-2913  
*Community League Swims*  
*Directory of Community Leagues*
- Edmonton Public Library ..... [www.epl.ca](http://www.epl.ca)  
*Programs for Adults, Children, Families and Youth*  
(online courses, book clubs, and more) ..... 780-496-7000
- Edmonton Sport Council Society  
*Online Resources* ..... [www.edmontonsport.com](http://www.edmontonsport.com)  
*Sport Referrals* ..... 780-497-7678
- Events Edmonton ..... [www.eventsedmonton.ca](http://www.eventsedmonton.ca)
- Francis Winspear Centre for Music ..... 780-428-1414
- TELUS World of Science - Edmonton ..... 780-451-3344
- YMCA of Northern Alberta ..... 780-429-YMCA (9622)  
*Castle Downs (north)* ..... *Jamie Platz (west)*  
*Don Wheaton (central)* ..... *William Lutsky (south)*  
*Welcome Village (Boyle Street Plaza)*
- For referrals to community events ..... 211

## Volunteerism

- Edmonton Chamber of Voluntary Organizations  
*Volunteerism (resources)* ..... [ecvo.ca](http://ecvo.ca)  
*goVolunteer (volunteer opportunity postings)* [www.govolunteer.ca](http://www.govolunteer.ca)  
For referrals to volunteer opportunities ..... 211

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

**If 211 is not yet available in your area call 780-482-INFO (4636).**

*Inclusion of an agency or service on this list does not constitute an endorsement by 211.*



# Resources for Men

May 2017



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

## **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  
    *Alberta Works - Income Support / Employment Information*  
    *City Centre (105<sup>th</sup> Street Office)* ..... 780-415-4900  
    *North (Northgate Centre)* ..... 780-422-9440  
    *South (Argyll Centre)* ..... 780-644-2888  
    *West (Meadowlark)* ..... 780-415-8116  
    *Emergency Income Support (24/7)* ..... 780-644-5135  
Hope Mission – Herb Jamieson Centre (18-60yrs) ... 780-429-3470  
Money Mentors ..... 1-888-294-0076  
The Salvation Army – Edmonton  
    *Men's Short Term Residence* ..... 780-429-4274  
Urban Manor Housing Society – Shelter ..... 780-425-5901  
    *(hard-to-house men; 18+yrs; addictions/mental illness)*

## **Counselling (\* no cost)**

Catholic Social Services – Mercy Counselling ..... 780-391-3233  
City of Edmonton Citizen Services  
    *\*Individual and Family Well - Being* ..... 780-496-4777  
Cornerstone Counselling Centre (*faith-based*) ..... 780-482-6215  
The Family Centre – Edmonton (*drop-in*) ..... 780-424-6103  
Jewish Family Services Edmonton ..... 780-454-1194  
Momentum Walk - In Counselling ..... 780-757-0900  
Psychologists' Association of Alberta  
    *Psychologist Referral Service* ..... 780-428-TALK (8255)  
University of Alberta - Faculty of Education  
    *Clinical Services (September-April)* ..... 780-492-3746  
YWCA Edmonton ..... 780-970-6501

## **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 (24/7) ..... 780-423-4121

## **Employment**

Distinctive Employment Counselling Services of Alberta (DECSA)  
    ..... 780-474-2500  
Government of Alberta  
    *Career Information Hotline* ..... 780-422-4266  
    *Job Order Bank Service (24/7)* ..... 780-427-5627  
Service Canada - Employment Insurance (EI) .... 1-800-206-7218

## **Family Violence and Abuse (also see Family Violence list)**

Aboriginal Counseling Services Association of Alberta  
    *Circle of Safety* ..... 780-448-0378  
    *(for Indigenous men who are abusive toward their partners)*  
City of Edmonton Citizen Services  
    *From Chaos to Peace* ..... 780-496-4777  
    *(group for men who have experienced abuse from their partner)*  
Edmonton Family Violence Centre  
    *Changing Pathways* ..... 780-439-4635  
    *(group for adults who are/have been abusive to their partners)*  
The Family Centre - Edmonton - Strive ..... 780-424-6103  
    *(men experiencing aggression and conflict in relationships)*  
Government of Alberta  
    *Family Violence Info Line (24/7)* ..... 310-1818  
The TODAY Family Violence Help Centre ..... 780-455-6880

## **Health and Sexuality**

Alberta Health Services (AHS)  
    *Health Link (24/7)* ..... 811  
    *Sexually Transmitted Infections Clinic* ..... 780-342-2300  
Compass Centre for Sexual Wellness (*pro-choice*) ... 780-423-3737  
Institute for Sexual Minority Studies and Services ... 780-492-0772  
Pride Centre of Edmonton ..... 780-488-3234

## **Legal Resources**

Edmonton Community Legal Centre ..... 780-702-1725  
Equitable Child Maintenance and Access Society (ECMAS)  
    *(support and legal info for fathers)* ..... 780-666-3776  
Government of Alberta  
    *Family Justice Services - Family Mediation* .. 780-427-8329  
    *Family Law Information Centre* ..... 780-415-0404  
    *Maintenance Enforcement Program* ..... 780-422-5555  
Law Society of Alberta  
    *Lawyer Directory Service* ..... [www.lawsociety.ab.ca](http://www.lawsociety.ab.ca)  
Legal Aid Alberta – Legal Services Centre ..... 1-866-845-3425  
Student Legal Services of Edmonton ..... 780-492-2226

## **Relationship / Support**

Caregivers Alberta ..... 780-453-5088  
City of Edmonton Citizen Services  
    *Men's Support Services (no cost)* ..... 780-496-4777  
    *Men's Talk and Do Groups*  
    *Men Without Hats (drop-in)*  
Growth, Attitude, Truth, Trust, Energy (GATTE)  
    *Men's Support Group* ..... 780-405-5988  
Men for Sobriety – Support Group ..... 780-909-0215  
Momentum Walk - In Counselling – Drop - In Support Groups  
    *(men's group; no cost; 18+yrs)* ..... 780-757-0900

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

**If 211 is not yet available in your area call 780-482-INFO (4636).**

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# Resources for Mental Health

May 2017



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

## Advocacy / Information / Referral

Alzheimer Society of Alberta (Edmonton)..... 780-488-2266  
Canadian Mental Health Association (CMHA)..... 780-414-6300  
    Wellness Network..... 780-488-0851  
    Wellness Quiz....[www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com)  
The Office of the Alberta Health Advocates  
    Mental Health Patient Advocate ..... 780-422-1812  
Schizophrenia Society of Alberta (Edmonton)..... 780-452-4661

## Assessment / Testing / Treatment

Alberta Health Services (AHS) – Addiction and Mental Health  
    Community Assessment and Treatment Services, Adult  
    (FKA: Edmonton Mental Health Clinic)..... 780-342-7700  
    Intake Services, Child and Adolescent  
    (4.5-18yrs)..... 780-342-2701  
CASA Child, Adolescent and Family Mental Health  
    (under 5yrs; for 4.5-18yrs access through Child and Adolescent  
    Mental Health Intake, see above)..... 780-410-8483  
Psychologists' Association of Alberta  
    Psychologist Referral Service..... 780-428-TALK (8255)  
University of Alberta - Faculty of Education  
    Clinical Services (September-April)..... 780-492-3746

## Counselling (\*no cost)

Catholic Social Services – Mercy Counselling ..... 780-391-3233  
The Family Centre - Edmonton ..... 780-424-6103  
Institute for Sexual Minority Studies and Services .. 780-492-0772  
Jewish Family Services Edmonton..... 780-454-1194  
Momentum Walk-In Counselling ..... 780-757-0900  
Pride Centre of Edmonton..... 780-488-3234  
For more counselling options available in your area ..... 211

## Crisis (Call 911 if in immediate danger.)

Alberta Health Services (AHS) – Addiction and Mental Health  
    Community Urgent Services and Stabilization Team  
    (FKA: Adult Crisis Response Team; 24/7)..... 780-342-7777  
    Mental Health Help Line (24/7)..... 1-877-303-2642  
Canadian Mental Health Association (CMHA)  
    Distress Line (24/7) ..... 780-482-HELP (4357)  
Government of Alberta - Mental Health Act ..... 780-422-1812

## Employment / Living Skills / Training

Alberta Health Services (AHS) – Addiction and Mental Health  
    Community Assessment and Treatment Services, Adult  
    ..... 780-342-7700  
EmployAbilities ..... 780-423-4106  
Excel Society..... 780-455-2601 x221  
Goodwill Industries of Alberta - Power of Work ..... 780-944-2729  
On Site Placement Services Association (OSP) ..... 780-488-8122  
Prosper Place Clubhouse..... 780-426-7861

## Housing / Supported Independent Living

Alberta Health Services (AHS)  
    Community Care Access..... 780-496-1300  
    (eligibility assessments for programs in residential settings)  
Canadian Mental Health Association (CMHA)  
    Housing Program ..... 780-414-6300  
E4C..... 780-424-7543  
The Salvation Army – Edmonton  
    Cornerstone Transitional Residence  
    (for women without children)..... 780-342-7695  
    Supportive Residence ..... 780-428-4405

## Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers  
    Health and Well-Being Services..... 780-423-9696  
Multicultural Health Brokers Co-op ..... 780-423-1973

## Inner City Mental Health Services

Bissell Centre - Mental Health Supports ..... 780-423-2285 x166  
Boyle McCauley Health Centre..... 780-422-7333  
Boyle Street Community Services ..... 780-424-4106  
Hope Mission - Health Centre - Psychiatrist ... 780-422-2018 x278

## Recreation and Social Programs

Addictions and Mental Health Community Linking Program  
    Challenge by Choice ..... 780-700-2189  
Canadian Mental Health Association (CMHA) ..... 780-414-6300  
Prosper Place Clubhouse ..... 780-426-7861

## Suicide Education and Support

Canadian Mental Health Association (CMHA)  
    Applied Suicide Intervention Skills Training (ASIST)  
    ..... 780-414-6300  
    Distress Line (24/7)..... 780-482-HELP (4357)  
    Mental Health and Wellbeing Education ..... 780-414-6300  
    Suicide Grief Support Program (SGSP) ..... 780-414-6300  
    Suicide Caregiver / Bereavement Support Services  
Unlimited Potential Community Services Society  
    Professional and Educational Services..... 780-440-0708

## Support Groups

Anorexics and Bulimics Anonymous..... 780-443-6077  
Caregivers Alberta ..... 780-453-5088  
Co-Dependents Anonymous..... 780-436-6853  
Eating Disorder Support Network of Alberta ..... 780-729-3376  
ElderCare Edmonton - Caregiver Support. 780-444-CARE (2273)  
Emotions Anonymous (depression, anxiety, etc.)..... 780-436-2951  
Momentum Walk-In Counselling - Drop-In Support Groups  
    (bipolar disorder, anxiety, depression) ..... 780-757-0900  
Organization for Bipolar Affective Disorders ..... 1-866-263-7408  
Schizophrenia Society of Alberta (Edmonton) ..... 780-452-4661

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

**If 211 is not yet available in your area call 780-482-INFO (4636).**

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# Resources for Newcomers to Canada

May 2017



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

## Citizenship and Classes

Immigration, Refugees and Citizenship Canada .. 1-888-242-2100

### **Citizenship Classes**

Bredin Centre for Learning ..... 780-425-3730  
Canadian Arab Friendship Association of Edmonton 780-473-7214  
Changing Together - A Centre for Immigrant Women  
..... 780-421-0175  
Indo Canadian Women's Association ..... 780-490-0477

## Education

Bredin Centre for Learning ..... 780-425-3730  
Edmonton Mennonite Centre for Newcomers ..... 780-424-7709  
Government of Alberta  
*International Qualifications Assessment* ..... 780-427-2655  
NorQuest College ..... 780-644-6000  
*Employment Preparation Programs*

## Employment Assistance

Accès Emploi Alberta - *Employment Centre* ..... 780-490-6975  
ASSIST Community Services Centre ..... 780-429-3111  
Bredin Centre for Learning ..... 780-425-3730  
Changing Together - A Centre for Immigrant Women  
..... 780-421-0175  
Edmonton Mennonite Centre for Newcomers ..... 780-424-7709  
Government of Alberta  
*Temporary Foreign Worker Helpline* ..... 1-877-944-9955  
Welcome Centre for Immigrants ..... 780-462-6924

## English Language Training

ASSIST Community Services Centre ..... 780-429-3111  
Bredin Centre for Learning ..... 780-425-3730  
Canadian Arab Friendship Association of Edmonton  
*English as a Second Language (ESL)* ..... 780-473-7214  
Catholic Social Services - *Language Assessment, Referral, and  
Counselling Centre* ..... 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* ..... 780-473-2600  
Edmonton Immigrant Services Association (EISA) . 780-474-8445  
Edmonton Mennonite Centre for Newcomers ..... 780-423-9678  
Edmonton Public Schools  
*Adult Continuing Education (ESL)* ..... 780-428-1111  
NAIT - *English as a Second Language (ESL)* ..... 780-471-6248  
NorQuest College - *LINC* ..... 780-644-6700  
PALS - Project Adult Literacy Society - *Tutoring* ..... 780-424-5514  
University of Alberta - Faculty of Extension ..... 780-492-3116

## Family Violence (also see Family Violence list)

Changing Together - A Centre for Immigrant Women  
*Family Violence Prevention Workshops* ..... 780-421-0175  
Edmonton Family Violence Centre ..... 780-439-4635  
Government of Alberta  
*Family Violence Info Line* ..... 310-1818  
Islamic Family and Social Services Association ..... 780-462-0772  
*Fostering Healthy Families – Family Violence Support  
(direct outreach services)*  
*Fostering Healthy Families – Sister's Serenity Group  
(for women, verbal translation, transportation assistance)*  
Multicultural Women and Seniors Services Association (MWSSA)  
..... 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

Alberta Health Services (AHS)  
*Health Link (24/7)* ..... 811  
Catholic Social Services  
*Immigration and Settlement – Cross Cultural Counselling  
and Outreach Program (no cost)* ..... 780-424-3545  
Multicultural Health Brokers Co-op ..... 780-423-1973

## Supportive Services

ASSIST Community Services Centre ..... 780-429-3111  
Bredin Centre for Learning ..... 780-425-3730  
Canadian Arab Friendship Association of Edmonton 780-473-7214  
Catholic Social Services ..... 780-432-1137  
*Cultural Links / Settlement Counselling* ..... 780-424-3545  
Edmonton Immigrant Services Association (EISA)  
*Settlement Services* ..... 780-474-8445  
Edmonton Mennonite Centre for Newcomers  
*Settlement Services in Schools* ..... 780-424-7709  
Edmonton Viets Association ..... 780-424-8934  
Filipino Society for Growth and Change (FSGC) ..... 780-406-0828  
Immigrant Access Fund Canada ..... 780-756-3023  
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* ..... 780-701-9018  
Ukrainian Canadian Social Services ..... 780-471-4477  
Welcome Centre for Immigrants ..... 780-462-6924

## Translation Services

Canadian Arab Friendship Association ..... 780-473-7214  
Edmonton Immigrant Services Association (EISA)  
*Language Bank* ..... 780-474-8445

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Parents and Caregivers

May 2017



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## Crisis (Call 911 if in immediate danger.)

Alberta Health Services (AHS) – Addiction and Mental Health  
Mobile Services, Adolescent..... 780-422-7383  
(FKA: Mental Health Mobile Response Team)  
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  
Kids Kottage – Crisis Line and Nursery (24/7) ..... 780-944-2888

## Cross - Cultural Parenting

Aboriginal Counseling Services Association ..... 780-448-0378  
ASSIST Community Services Centre (Asian)..... 780-429-3111  
Ben Calf Robe Society ..... 780-477-6648  
Bent Arrow Traditional Healing Society  
\*Aboriginal Parent Link Centre ..... 780-474-2400  
Metis 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 ..... [www.humanservices.alberta.ca](http://www.humanservices.alberta.ca)  
Parent Link Centres Lookup ..... [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)  
Prevention of Family Violence and Bullying  
Bullying Helpline (24/7)..... 1-888-456-2323  
..... [www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)  
Family Violence Info Line (24/7) ..... 310-1818  
..... [www.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca)

## Leisure Activities

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton  
..... 780-424-8181  
The Candora Society of Edmonton ..... 780-477-5655  
City of Edmonton Citizen Services ..... 311  
Leisure Access Program (low income) ..... 311  
Edmonton Public Library (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 Special Needs

Alberta Health Services (AHS)  
Early Intervention Program (0-3.5yrs)..... 780-342-1707  
Bissell Centre – FAS Services ..... 780-423-2285 x157  
Catholic Social Services  
FASD - Coaching Families ..... 780-975-4896  
Government of Alberta  
Alberta Supports Centre ..... 780-644-9992  
University of Alberta – Faculty of Education  
Clinical Services (September-April) ..... 780-492-3746

## Parenting Classes and / or Support (\*Parent Link Centre)

(Contact agencies for more information on workshops and services available. See also: Cross-Cultural Parenting)  
Because I Love You (BILY)..... 780-245-2459  
Bent Arrow Traditional Healing Society ..... 780-481-3451  
\*Aboriginal Parent Link Centre ..... 780-474-2400  
Bissell Centre – Family Support Services ..... 780-423-2285 x121  
Community Options – A Society for Children and Families  
..... 780-455-1818  
Dickinsfield Amity House ..... 780-478-5022  
E4C – Early Head Start (0-3.5yrs; low income) ..780-426-3666 x221  
The Family Centre - Edmonton..... 780-497-7536  
\*Family Futures Resource Network ..... 780-413-4521  
\*Jasper Place Child and Family Resource Society ..780-489-2243  
\*KARA Family Resource Centre ..... 780-478-5396  
Lansdowne Child Care and Family Centre ..... 780-437-5654  
\*Norwood Child and Family Resource Centre ..... 780-471-3737  
Parents Empowering Parents Society (addictions) ..780-293-0737  
Primrose Place Family Resource Centre ..... 780-469-0663  
St. Albert Family Resource Centre ..... 780-459-7377  
Starfish Family Resources Society ..... 780-448-1180  
(support groups for children and their families grieving a death, separation, or divorce)  
Terra Centre for Teen Parents..... 780-428-3772  
Uncles & Aunts at Large Society  
Strengthening Families Program..... 780-452-5791  
YMCA of Northern Alberta ..... 780-426-9265

## Single / Separated / Step-Parents

Bent Arrow Traditional Healing Society  
Community Parents..... 780-474-2400  
Equitable Child Maintenance and Access Society (ECMAS)  
(custody issues) ..... 780-666-3776  
The Family Centre – Edmonton  
Parenting in Blended Families..... 780-497-7536  
Filipino Society for Growth and Change  
MOMas (Working and Single Mothers Support Group)  
..... 780-406-0828  
Government of Alberta – Family Justice Services  
Focus on Communication in Separation ..... 780-413-9805  
(parents do not register together)  
Parenting After Separation (PAS).... [pas.albertacourts.ab.ca](http://pas.albertacourts.ab.ca)

## Childcare and Preschool Referrals

Government of Alberta  
Childcare Services / Listings / Subsidies..... 780-644-9992  
[www.humanservices.alberta.ca/oldfusion/ChildCareLookup.cfm](http://www.humanservices.alberta.ca/oldfusion/ChildCareLookup.cfm)  
YMCA of Northern Alberta  
Child Care Services ..... 780-429-YMCA (9622)

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for People with Addictions

May 2017



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

## Addictions Counselling / Crisis Support

Alberta Health Services (AHS) – *Addiction and Mental Health*  
*Addiction Helpline (24/7)* ..... 1-866-332-2322  
*Opioid Dependency Program* ..... 780-422-1302  
*Outpatient Counselling Services, Adolescent* 780-422-7383  
*Outpatient Counselling Services, Adult* ..... 780-427-2736  
Canadian Mental Health Association (CMHA)  
*Distress Line (24/7)* ..... 780-482-HELP (4357)  
Kids Help Phone (24/7; 5-20yrs) ..... 1-800-668-6868  
Poundmaker's Lodge Treatment Centres ..... 780-458-1884

## Adult Residential Programs

AHS – *Residential Treatment Services (Henwood)* .. 780-422-4466  
(men/women; alcohol, drugs, gambling)  
Catholic Social Services – *Alpha House* ..... 780-473-5957  
(men/women in recovery; 18+yrs)  
Government of Alberta  
McCullough Centre (FKA: Gunn Centre) .... 780-967-2221 x0  
(homeless men; 18-65yrs)  
Hope Mission Edmonton ..... 780-422-2018  
*Breakout Recovery Community (men; 18-60yrs; homeless)*  
*Wellspring Recovery Community (women; 18+yrs; wait list)*  
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 ..... 780-455-5517  
(men/women in recovery from addictions)  
Poundmaker's Lodge Treatment Centre ..... 780-458-1884  
(men/women; 18+yrs; alcohol, drugs, gambling)  
Recovery Acres Society - Edmonton ..... 780-471-2996  
(men; 16+yrs; alcohol, drugs)  
The Salvation Army – Edmonton  
*Transformations Addiction Treatment Program*  
(men; 18+yrs; alcohol, drugs) ..... 780-429-4274  
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*  
*Detoxification Services, Adult* ..... 780-427-4291 x1  
*Stabilization Services, Adolescent* ..... 780-644-3627  
George Spady Society ..... 780-424-8335

## Eating Disorders - Information / Treatment

Alberta Health Services (AHS) – *Addiction and Mental Health*  
*Eating Disorder Program* ..... 780-407-6114  
Anorexics and Bulimics Anonymous ..... 780-443-6077

## Emergency Shelters for the Intoxicated

George Spady Society ..... 780-424-8335  
Hope Mission Edmonton ..... 780-422-2018  
*Intox Emergency Centre (men)*  
*Women's Emergency Shelter*

## Self Help / Support Groups

Alano Club – *12 - Step Meetings* ..... 780-423-1807  
Alberta Gamblers Anonymous (*Edmonton*) ..... 780-463-0892  
Alcoholics Anonymous in Alberta (AA) ..... 780-424-5900  
Anorexics and Bulimics Anonymous ..... 780-443-6077  
Clean Scene (14-29yrs) ..... 780-488-0036  
Cocaine Anonymous World Services (24/7) ..... 780-425-2715  
Crystal Meth Anonymous ..... 780-691-8509  
Food Addicts in Recovery Anonymous ..... [www.foodaddicts.org](http://www.foodaddicts.org)  
Men for Sobriety ..... 780-909-0215  
Narcotics Anonymous (*Edmonton and area*) ..... 780-421-4429  
Overeaters Anonymous (OA) ..... 780-423-2546  
Problem Gambling Resources Network ..... 780-461-1259  
QuitCore (*smoking group*) ..... 1-866-710-QUIT (7848)  
Sex Addicts Anonymous (SAA) ..... 587-921-4528  
Sexaholics Anonymous International (SAICO) ..... 780-988-4411  
SMART Recovery Alberta ..... 780-421-7355 x229  
Women for Sobriety ..... 780-484-3033

## Support / Info for Those Affected by Addictions

AI - Anon Family Groups - Edmonton (24/7) ..... 1-888-322-6902  
*AI - Anon / Adult Children / Alateen Meetings*  
Alberta Health Services (AHS) – *Addiction and Mental Health*  
*Addiction Helpline (24/7)* ..... 1-866-332-2322  
*Outpatient Counselling Services, Adolescent* 780-422-7383  
*Outpatient Counselling Services, Adult* ..... 780-427-2736  
Bissell Centre – *FAS Services* ..... 780-423-2285 x157  
Catholic Social Services – *FASD Programs* . 780-471-1122 x3202  
FASD Support and Resources in Alberta . [www.fasd.typepad.com](http://www.fasd.typepad.com)  
Parents Empowering Parents Society  
*Parent Support Line* ..... 780-293-OPEP (0737)  
*U-Turn for Youth* ..... 780-410-8516  
(support group for youth wishing to quit drugs and alcohol)  
REACH Edmonton Council for Safe Communities  
*Drug and Alcohol Parent Resource Toolkit* ..... 311  
(resource for parents who want to talk to their children about drugs and alcohol; also available online in multiple languages)  
S - Anon Family Groups ..... 780-485-3099  
(for those affected by another person's sexual behaviour)

## Youth Residential Programs

Alberta Health Services (AHS) – *Addiction Services*  
*Protection of Children Abusing Drugs* ..... 1-866-332-2322  
(PChAD; under 18yrs)

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

**If 211 is not yet available in your area call 780-482-INFO (4636).**

*Inclusion of an agency or service on this list does not constitute an endorsement by 211.*



# Resources for People with Disabilities

May 2017



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

## Advocacy / Information

Caregivers Alberta.....	780-453-5088
Gateway Association <i>Family Support and Mentorship</i> .....	780-454-0701
Inclusion Alberta (FKA: Alberta Association for Community Living) .....	780-451-3055

## Day Programs / Employment Services

Alberta AdaptAbilities Association.....	780-431-8446
Arch Enterprises & Training Association.....	780-438-4347
Chrysalis: An Alberta Society for Citizens with Disabilities (18+yrs) .....	780-454-9656
Distinctive Employment Counselling Services of Alberta (DECSA) .....	780-474-2500
EmployAbilities.....	780-423-4106
Excel Society – <i>Community Support Services</i> .	780-424-4366 x21
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 – <i>Employment Supports</i> .....	780-461-5270

## Funding (non-government)

Children's Ability Fund.....	780-454-9191
Easter Seals Alberta <i>Adaptive Equipment and Support Services</i> ..	780-429-0137

## Government Services

Alberta Health Services (AHS) <i>Spasticity Program for Adults (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> .....	780-415-6300
<i>Disability Services – Information and Referral</i> <i>(includes family support for children with disabilities and</i> <i>persons with developmental disabilities)</i> .....	780-427-4354
<i>Residential Access Modification Program (RAMP)</i> .....	780-427-5760

## Housing

Alberta Health Services (AHS) – <i>Community Care Access</i> <i>(for eligibility assessments)</i> .....	780-496-1300
Capital Region Housing Corporation.....	780-420-6161
Excel Society.....	780-455-2601 x221

## In - Home Support / Respite Care

Alberta AdaptAbilities Association .....	780-431-8446
Alberta Health Services (AHS) <i>Community Care Access</i> .....	780-496-1300
City of Edmonton – Waste Management Services Branch <i>Assisted Waste Collection</i> .....	311
Skills Society.....	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
Special Olympics Edmonton <i>(intellectual disabilities)</i> .....	780-448-1886
The Steadward Centre for Personal & Physical Achievement .....	780-492-3182

## Organizations (Call 211 for additional listings.)

The Arthritis Society (Edmonton).....	780-424-1740
Autism Edmonton .....	780-453-3971
Brain Care Centre.....	780-477-7575
Bridges Support Services Association <i>(hard of hearing; deaf)</i> .....	780-428-6610
Canadian Diabetes Association .....	780-423-5722
Canadian Organization for Rare Disorders (CORD) .....	1-877-302-7273
Cerebral Palsy Association in Alberta.....	780-477-8030
Chronic Pain Association of Canada .....	780-482-6727
CNIB <i>(visually impaired; blind)</i> .....	780-488-4871
Connect Society - Deafness Education, Advocacy and Family Services .....	780-454-9581
Goodwill Industries of Alberta.....	780-944-1414
Multiple Sclerosis Society of Canada.....	780-463-1190
Spinal Cord Injury Alberta.....	780-424-6312
Tourette Canada.....	1-800-361-3120 x51

## Transportation

Edmonton Transit Service (ETS) .....	311
<i>AISH Subsidized Transit Pass Program</i> .....	780-496-8321
<i>Disabled Adult Transit Service (DATS)</i> .....	780-496-4567
Service Alberta – <i>Consumer Contact Centre</i> .....	780-427-7013
<i>Parking Placards for Persons with Disabilities</i> <i>(or find "License &amp; Registry Services" in the Yellow Pages)</i>	

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

**If 211 is not yet available in your area call 780-482-INFO (4636).**

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# Resources for Pregnancy / New Parents

May 2017



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

## Abortion Clinic Information / Referral

Woman's Health Options  
(*pro-choice; abortion services*) ..... 780-484-1124

## Adoption and Fostering

Adoption by Choice ..... 780-448-1159  
Adoption Options Alberta Ltd. .... 780-433-5656  
Adoption Society of Alberta (ABI) ..... 780-761-0599  
Christian Adoption Services ..... 780-438-3455  
Government of Alberta – Ministry of Children's Services  
Adoptions / Foster Parent Recruitment..... 780-422-3333

## Birth Preparation

Alberta Health Services (AHS)  
Health for Two ..... 811  
(*information and nutritional programs offered at various  
community agencies; call for locations*)  
Prenatal Class Registration ..... 780-401-BOOK (2665)  
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) ..... 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)

## Crisis (Call 911 if in immediate danger.)

Alberta Health Services (AHS) – Healthy Beginnings Hotline  
(24/7; *postpartum*) ..... 780-413-7990  
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  
Kids Kottage – Crisis Line and Nursery (24/7) ..... 780-944-2888

## Health and Developmental Delays

Alberta Health Services (AHS)  
Early Intervention Program (0-3.5yrs)..... 780-342-1707  
Health Link (24/7) ..... 811  
Healthy Beginnings Hotline (24/7) ..... 780-413-7990  
Multicultural Health Brokers Co - op..... 780-423-1973

## Multiple Births

Edmonton Twin and Triplet Club ..... 780-455-5520

## Post - Abortion Support

Compass Centre for Sexual Wellness (*pro-choice*) .780-423-3737  
Pregnancy Care Centre  
Abortion Recovery Centre (*pro-life*)..... 780-454-5911

## Postpartum Depression

Family Futures Resource Network  
Managing Motherhood ..... 780-413-4521  
Parent Link Centre ..... See Information and Support below

## Pregnancy Loss / Parent Bereavement

Baby's Breath (FKA: SIDS Canada) ..... 1-800-363-SIDS (7437)  
Grieving Parents Society of Edmonton ..... 780-451-5381  
ParentCare Society of Edmonton ..... 780-735-4506  
Pilgrims Hospice Society ..... 780-413-9801 x309

## Pregnancy Testing / Counselling

Alberta Health Services (AHS)  
Birth Control Centre (*pro-choice*) ..... 780-735-0010  
Reproductive Mental Health Program ..... 780-735-6785  
Compass Centre for Sexual Wellness (*pro-choice*) .780-423-3737  
Pregnancy Care Centre (*pro-life*) ..... 780-424-2624

## Teen Pregnancy and Parenting

Alberta Health Services (AHS)  
Adolescent Pregnancy Clinic ..... 780-735-6892  
\*Jasper Place Child and Family Resource Society ..780-489-2243  
Terra Centre for Teen Parents..... 780-428-3772

## Information and Support (\*Parent Link Centre)

Ben Calf Robe Society ..... 780-477-6648  
Bent Arrow Traditional Healing Society ..... 780-481-3451  
\*Aboriginal Parent Link Centre ..... 780-474-2400  
Bissell Centre  
Family Support Services ..... 780-423-2285 x121  
Boyle McCauley Health Centre (*inner city*) ..... 780-422-7333  
Boyle Street Community Services ..... 780-424-4106  
The Candora Society of Edmonton..... 780-474-5011  
Catholic Social Services  
FASD – First Steps Prevention Program..... 780-378-2535  
Community Options - A Society for Children and Families  
..... 780-455-1818  
E4C – Early Head Start (0-3.5yrs; *low income*) ..780-426-3666 x221  
The Elizabeth Fry Society of Edmonton  
Community Resources..... 780-784-2205  
\*Family Futures Resource Network ..... 780-413-4521  
\*Jasper Place Child and Family Resource Society ..780-489-2243  
\*KARA Family Resource Centre ..... 780-478-5396  
Lansdowne Child Care and Family Centre ..... 780-437-5654  
\*Norwood Child and Family Resource Centre ..... 780-471-3737

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Seniors and Older Adults

May 2017



Visit [www.211edmonton.com](http://www.211edmonton.com) 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) 780-477-2929  
City of Edmonton Citizen Services ..... 780-496-4777  
Relationships with Your Adult Children (60+ yrs)  
Government of Alberta  
Family Violence Info Line ..... 310-1818  
Protection for Persons in Care (reporting) . 1-888-357-9339  
Multicultural Women and Seniors Services ..... 780-465-2992  
OakNet: Older Adult Knowledge Network ..... [www.oaknet.ca](http://www.oaknet.ca)  
Sage Seniors Association  
Seniors' Safe House (60+ yrs) ..... 780-702-1520

## 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. 1-877-427-4525  
Residential Access Modification (RAMP) ..... 780-427-5760  
Saying Farewell Handbook ..... 780-644-9992  
Seniors Financial Assistance Programs ..... 780-644-9992  
Service Canada  
Canada Pension Plan (CPP) / Old Age Security (OAS) /  
Guaranteed Income Supplement (GIS) ..... 1-800-277-9914

## Health / Home Care / Safety

Alberta Health Services (AHS)  
Community Care Access (24/7) ..... 780-496-1300  
Community Urgent Services and Stabilization Team  
(FKA: Adult Crisis Response Team; 24/7) ..... 780-342-7777  
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  
The Good Samaritan Society  
Good Samaritan TeleCare ("help button") ..... 780-431-3630  
Yellow Pages Telephone Book ..... [www.yellowpages.ca](http://www.yellowpages.ca)  
For private home care services look up "Home Health  
Services" or "Nurses' Registries".

## Housing

Alberta Seniors Communities and Housing Association  
Online Seniors Housing Directory ..... [www.ascha.com](http://www.ascha.com)  
Operation Friendship Seniors Society (inner city) .... 780-408-2955  
Sage Seniors Association  
Housing Information Services (60+ yrs) ..... 587-773-1764

## Information

Edmonton Seniors Coordinating Council (ESCC) .... 780-423-5635  
Online Resources ..... [www.seniorscouncil.net](http://www.seniorscouncil.net)  
Sage Seniors Association  
Directory of Senior Services ..... 780-423-5510  
Seniors Information Phone Line ..... 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, one-on-one support

Central Lions Seniors Association (north; 55+ yrs) .... 780-496-7369  
Edmonton Aboriginal Seniors Centre  
(central; 50+ yrs) ..... 780-476-6595  
Edmonton Seniors Centre (central; 55+ yrs) ..... 780-342-8625  
Lifestyle Helping Hands Seniors Association ..... 780-450-2113  
Mill Woods Seniors Activity Centre (55+ yrs) ..... 780-496-2997  
Multicultural Women and Seniors Services (55+ yrs) 780-465-2992  
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 only; 55+ yrs) ..... 780-429-2626  
Sage Seniors Association (central) ..... 780-423-5510  
Senior Citizen Opportunity Neighbourhood Association (SCONA)  
(south only; 55+ yrs) ..... 780-433-5377  
Society of Seniors Caring About Seniors  
(south only) ..... 780-465-0311  
South East Edmonton Seniors Association (55+ yrs) 780-468-1985  
SouthWest Edmonton Seniors' Association (55+ yrs) 587-987-3200  
Strathcona Place 55+ Centre (south) ..... 780-433-5807  
Westend Seniors Activity Centre (55+ yrs) ..... 780-483-1209

## Transportation

Edmonton Transit Service (ETS) ..... 311  
Disabled Adult Transit Service (DATS) ..... 780-496-4567  
Seniors' Transit Passes ..... 780-496-1665  
Lifestyle Helping Hands Seniors Association ..... 780-450-2113  
Operation Friendship Seniors Society  
Helping Hands (inner city only; 55+ yrs) ..... 780-429-2626  
Service Alberta - Consumer Protection ..... 780-427-4088  
Parking Placards for Persons with Disabilities. 780-427-7013  
(or find "License and Registry Services" in Yellow Pages)  
Society of Seniors Caring About Seniors  
(south only) ..... 780-465-0311

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

**If 211 is not yet available in your area call 780-482-INFO (4636).**

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# Resources for Women

May 2017



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

## **Basic Needs / Financial (also see Basic Needs list)**

Edmonton's Food Bank .....	780-425-4190
Government of Alberta	
<i>Alberta Supports Centre (info line)</i> .....	780-644-9992
<i>Alberta Works – Income Support / Employment Information</i>	
<i>City Centre (105<sup>th</sup> Street Office)</i> .....	780-415-4900
<i>North (Northgate Centre)</i> .....	780-422-9440
<i>South (Argyll Centre)</i> .....	780-644-2888
<i>West (Meadowlark)</i> .....	780-415-8116
<i>Emergency Income Support (24/7)</i> .....	780-644-5135
Hope Mission – <i>Women's Emergency Shelter</i> .....	780-422-2018
Money Mentors .....	1-888-294-0076

## **Counselling (\* no cost)**

Catholic Social Services – <i>Mercy Counselling</i> .....	780-391-3233
City of Edmonton Citizen Services	
<i>*Individual and Family Well - Being</i> .....	780-496-4777
Cornerstone Counselling Centre ( <i>faith-based</i> ) .....	780-482-6215
The Family Centre - Edmonton .....	780-424-6103
Jewish Family Services Edmonton .....	780-454-1194
Momentum Walk - In Counselling .....	780-757-0900
Psychologists' Association of Alberta	
<i>Psychologist Referral Service</i> .....	780-428-TALK (8255)
University of Alberta – Faculty of Education	
<i>Clinical Services (September-April)</i> .....	780-492-3746
YWCA Edmonton .....	780-970-6501

## **Employment**

The Elizabeth Fry Society of Edmonton	
<i>Work for Women Employment Program</i> .....	780-784-2207
Government of Alberta	
<i>Career Information Hotline</i> .....	780-422-4266
<i>Job Order Bank Service (24/7)</i> .....	780-427-5627
Service Canada – <i>Employment Insurance (EI)</i> ...	1-800-206-7218
Women Building Futures Society ( <i>trades training</i> ) ..	780-452-1200

## **Legal Resources**

Edmonton Community Legal Centre .....	780-702-1725
Government of Alberta	
<i>Family Justice Services - Family Mediation</i> ..	780-427-8329
<i>Family Law Information Centre</i> .....	780-415-0404
<i>Maintenance Enforcement Program</i> .....	780-422-5555
Law Society of Alberta – <i>Lawyer Directory Service</i>	
.....	<a href="http://www.lawsociety.ab.ca">www.lawsociety.ab.ca</a>
Legal Aid Alberta – <i>Legal Services Centres</i> .....	1-866-845-3425
Student Legal Services of Edmonton .....	780-492-2226

## **Relationship / Support**

Caregivers Alberta .....	780-453-5088
Co - Dependents Anonymous – <i>Support Meetings</i> ..	780-436-6853
Women for Sobriety – <i>Support Group</i> .....	780-484-3033

## **Crisis (Call 911 if in immediate danger.)**

Alberta Health Services – <i>Addiction Helpline</i> .....	1-866-332-2322
Canadian Mental Health Association (CMHA)	
<i>Distress Line (24/7)</i> .....	780-482-HELP (4357)
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i> .....	1-800-387-5437
Sexual Assault Centre of Edmonton	
<i>24 Hour Sexual Assault Crisis Line</i> .....	780-423-4121

## **Health and Sexuality**

Alberta Health Services (AHS)	
<i>Birth Control Centre (pregnancy testing)</i> .....	780-735-0010
<i>Health Link (24/7)</i> .....	811
<i>Sexually Transmitted Infections (STI) Clinic</i> ..	780-342-2300
Boyle McCauley Health Centre ( <i>low income; inner city</i> )	
<i>Women's Health Promotion Program</i> .....	780-422-7333
Compass Centre for Sexual Wellness ( <i>pro-choice</i> ) ...	780-423-3737
The Elizabeth Fry Society of Edmonton - <i>STI Testing</i>	
( <i>women only, inclusive of trans women</i> ) .....	780-784-2205
Institute for Sexual Minority Studies and Services ...	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

## **Family Violence and Abuse (also see Family Violence list)**

Aboriginal Counseling Services Association of Alberta	
<i>Circle of Safety</i> .....	780-448-0378
City of Edmonton Citizen Services	
<i>Individual and Family Well - Being</i> .....	780-496-4777
( <i>individual counselling and various groups for women who have</i>	
<i>experienced abuse; childcare available; no cost</i> )	
Edmonton Family Violence Centre	
<i>Changing PathWays</i> .....	780-439-4635
( <i>group for adults who are/have been abusive to their partners</i> )	
Edmonton John Howard Society	
<i>Family Violence Prevention Centre</i> .....	780-423-1635
Edmonton Women's Shelter Limited	
( <i>women with or without children; 24/7</i> ) .....	780-479-0058
Government of Alberta – <i>Family Violence Info Line</i> .....	310-1818
Islamic Family and Social Services Association	
<i>Fostering Healthy Families - Sister's Serenity Group</i>	
( <i>translation/transportation/childcare available</i> ) ....	780-462-0772
Legal Aid Alberta	
<i>Emergency Protection Order Program</i> .....	1-866-845-3425
Lurana Shelter ( <i>women with or without children; 24/7</i> ) ..	780-424-5875
Multicultural Women and Seniors Services .....	780-465-2992
The TODAY Family Violence Help Centre .....	780-455-6880

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Youth and Young Adults

May 2017



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## Basic Needs / Financial (also see Basic Needs list)

Edmonton's Food Bank .....	780-425-4190
Government of Alberta	
<i>Alberta Supports Centre (info line)</i> .....	780-644-9992
<i>Emergency Income Support (24/7)</i> .....	780-644-5135
Money Mentors .....	1-888-294-0076
Youth Empowerment & Support Services (YESS)	
<i>Nexus (15-24yrs)</i> .....	780-468-7070

## Counselling (\* no cost)

Catholic Social Services – Mercy Counselling .....	780-391-3233
City of Edmonton Citizen Services	
<i>*Individual and Family Well - Being</i> .....	780-496-4777
Cornerstone Counselling Centre (faith-based) .....	780-482-6215
The Family Centre - Edmonton .....	780-424-6103
Jewish Family Services Edmonton .....	780-454-1194
Psychologists' Association of Alberta (referrals) .....	780-428-8255
Starfish Family Resources Society .....	780-448-1180
<i>(support for youth grieving a death, separation, or divorce)</i>	
YWCA Edmonton .....	780-970-6501

## Crisis (Call 911 if in immediate danger.)

Alberta Health Services – Addiction and Mental Health	
<i>Mobile Services, Adolescent</i> .....	780-422-7383
Canadian Mental Health Association (CMHA)	
<i>Distress Line (24/7)</i> .....	780-482-HELP (4357)
<i>Live Crisis Chat</i> .....	<a href="http://www.edmonton.cmha.ca">www.edmonton.cmha.ca</a>
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i> .....	1-800-387-5437
Kids Help Phone (24/7; 5-20yrs) .....	1-800-668-6868
Sexual Assault Centre of Edmonton (24/7) .....	780-423-4121

## Health / Pregnancy / Sexuality

Alberta Health Services (AHS)	
<i>Adolescent Pregnancy Clinic (under 20yrs)</i> ..	780-735-6892
<i>Birth Control Centre (pro-choice)</i> .....	780-735-0010
<i>Eating Disorder Program</i> .....	780-407-6114
<i>Health Link (24/7)</i> .....	811
Compass Centre for Sexual Wellness (pro-choice) ..	780-423-3737
Eating Disorder Support Network of Alberta .....	<a href="http://www.edsna.ca">www.edsna.ca</a>
The Elizabeth Fry Society of Edmonton	
<i>Sexually Transmitted Infections Testing</i> .....	780-784-2205
<i>(women only, inclusive of trans women)</i>	
Institute for Sexual Minority Studies and Services ..	780-492-0772
Pride Centre of Edmonton	
<i>Drop - In Community Centre</i> .....	780-488-3234
Woman's Health Options	
<i>(pro-choice; abortion services)</i> .....	780-484-1124

## Life Skills / Education / Employment

Alberta Learning Information Service (ALIS)	
<i>(career/education/employment info)</i> .....	<a href="http://www.alis.alberta.ca">www.alis.alberta.ca</a>
Bredin Centre for Learning .....	780-425-3730
City of Edmonton Citizen Services	
<i>Leaders in Training</i> .....	780-944-7421
<i>(13-17yrs; life skills and leadership; May-August)</i>	
Edmonton Public Schools .....	780-429-8000
<i>Alternate High School Completion</i>	
<i>Centre High Campus (17-20yrs)</i> .....	780-425-6753
<i>Learning Store (16-19yrs)</i> .....	780-437-8119
<i>Metro Continuing Education</i> .....	780-428-1111
<i>Transition Support Program (17-20yrs)</i> .....	780-434-9561
The Elizabeth Fry Society of Edmonton	
<i>Girls Empowered and Strong (13-17yrs)</i> .....	780-784-2200
Government of Alberta	
<i>Career Information Hotline</i> .....	780-422-4266
<i>Student Funding</i> .....	1-855-606-2096
McBride Career Group .....	780-448-1380
YMCA – <i>Bridging the Gap (employment; 15-30yrs)</i> ..	780-429-9622
YOU CAN Youth Services (employment; 18-24yrs) ..	780-444-3348
For local employment offices .....	211

## Recreation

Boys and Girls Clubs Big Brothers Big Sisters .....	780-424-8181
City of Edmonton Citizen Services	
<i>Leisure Access Program</i> .....	311
Edmonton Sport Council Society (sport referrals) ..	780-497-7678
KidSport Alberta (funding; 18yrs and under) .....	1-888-914-5437
Sport Central Association (no-cost equipment) .....	780-477-1166
YMCA of Northern Alberta – <i>Jumpstart (5-18yrs)</i> ...	780-429-9622

## Substance Abuse / Addictions

AI - Anon Family Groups (including Alateen) .....	1-888-322-6902
Alberta Health Services (AHS) - Addiction and Mental Health	
<i>Outpatient Counselling Services, Adult</i> .....	780-427-2736
<i>Outpatient Counselling Services, Adolescent</i> ..	780-422-7383

## Support

Boys and Girls Clubs Big Brothers Big Sisters .....	780-424-8181
Family Futures Resource Network .....	780-413-4521
Kids On Track Association of Edmonton .....	780-481-2942
Old Strathcona Youth Society (14-24yrs) .....	780-496-5947
Terra Centre for Teen Parents .....	780-428-3772
Uncles & Aunts at Large Society .....	780-452-5791
YMCA – <i>Youth Transitions Program (13-19yrs)</i> .....	780-429-9622
Youth Empowerment & Support Services (YESS) ...	780-468-7070

## Youth and Young Adults At Risk

(See Resources for Youth and Young Adults At Risk.)

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

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# Resources for Youth and Young Adults at Risk

May 2017



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)  
Community Urgent Services and Stabilization Team  
(FKA: Adult Crisis Response Team; 24/7).....780-342-7777  
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)  
Catholic Social Services  
Safe House (24/7; 14-19yrs)..... 780-474-9938  
Government of Alberta  
Child Abuse Hotline (24/7)..... 1-800-387-5437  
Kids Help Phone (24/7; 5-20yrs) ..... 1-800-668-6868  
Sexual Assault Centre of Edmonton  
24 Hour Sexual Assault Crisis Line.....780-423-4121

## Life Skills / Education / Employment

Boyle Street Education Centre (Charter School)..... 780-428-1420  
Distinctive Employment Counselling Services of Alberta (DECSA)  
Transitions ..... 780-474-2500  
(individuals transitioning from prostitution; 18+yrs)  
E4C – Kids in the Hall Bistro Program (16-24yrs)..... 780-619-5502  
Edmonton John Howard Society  
REE\*START (15-22yrs) ..... 780-428-7590  
The Elizabeth Fry Society of Edmonton  
Girls Empowered and Strong (13-17yrs)..... 780-784-2202  
YMCA – Bridging the Gap (employment; 15-30yrs).... 780-429-9622  
Youth Empowerment & Support Services (YESS)  
Graham's Place (15-24yrs) ..... 780-468-7070

## Pregnancy / Sexual Health

Alberta Health Services (AHS)  
Adolescent Pregnancy Clinic (under 20yrs).... 780-735-6892  
Birth Control Centre (STI and HIV testing) ..... 780-735-0010  
Health for Two (prenatal; low income) ..... 811  
Compass Centre for Sexual Wellness (pro-choice) .. 780-423-3737  
Pride Centre of Edmonton..... 780-488-3234  
Terra Centre for Teen Parents ..... 780-428-3772  
Woman's Health Options (pro-choice; abortion services) 780-484-1124

## Prostitution

Boyle McCauley Health Centre  
Kindred House (women/transgender; 18+yrs)...780-424-4091  
Catholic Social Services - Safe House (14-19yrs) .... 780-474-9938  
CEASE: Centre to End All Sexual Exploitation..... 780-471-6137  
E4C – Crossroads House (safe house; outreach) ..... 780-474-7547  
Government of Alberta – Ministry of Children's Services  
Protection of Sexually Exploited Children  
(PSECA; 24/7) ..... 1-800-387-5437  
Metis Child and Family Services Society Edmonton.780-452-6100  
PSECA Follow-Up Worker (Indigenous; under 18yrs)

## Accommodation / Basic Needs (also see Basic Needs list)

Boyle Street Community Services  
Housing First (chronically homeless).....780-424-4106  
E4C – Inner City Youth Housing Project (14-17yrs) ..780-479-7075  
Government of Alberta  
Emergency Income Support (24/7) .....780-644-5135  
Hope Mission Edmonton - Youth Shelter (16-24yrs) .780-422-2018  
Herb Jamieson Centre (men; 18-60yrs) .....780-429-3470  
YESS – Nexus (shelter; 15-24yrs).....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.....780-479-5753  
Edmonton Police Service  
Drug and Gang Enforcement Unit...780-414-GANG (4264)  
Victim Services Units ..... Call 211 for local unit.  
iHuman Youth Society .....780-421-8811  
Institute for Sexual Minority Studies and Services  
Family Resilience Project.....780-492-0772  
Old Strathcona Youth Society (14-24yrs).....780-496-5947  
Uncles & Aunts at Large Society .....780-452-5791  
YMCA – Youth Transitions Program (13-19yrs).....780-429-9622

## Harm Reduction / Health Promotion

Alberta Health Services (AHS)  
Sexually Transmitted Infections (STI) Clinic.....811  
Streetworks Needle Exchange ..... Call 211 for locations  
Boyle McCauley Health Centre (inner city).....780-422-7333  
The Elizabeth Fry Society of Edmonton  
Sexually Transmitted Infections Testing .....780-784-2205  
(women only, inclusive of trans women)  
HIV Edmonton .....780-488-5742

## Legal / Advocacy

The Elizabeth Fry Society of Edmonton  
Courtworks – Adult, Youth, and Family .....780-422-4775  
Legal Aid Alberta ..... 1-866-845-3425  
Legislative Assembly of Alberta  
Child and Youth Advocate (CFSA status) .....780-422-6056  
Youth Criminal Defence Office (12-18yrs) .....780-422-8383  
Native Counselling Services of Alberta  
Youth Courtwork (Indigenous; under 18yrs) .....780-423-2141

## Substance Abuse / Addictions

Alberta Health Services (AHS) – Addiction and Mental Health  
Outpatient Counselling Services, Adolescent 780-422-7383  
Outpatient Counselling Services, Adult.....780-427-2736  
Protection of Children Abusing Drugs ..... 1-866-332-2322  
(PChAD; 24/7; under 18yrs)  
Stabilization Services, Adolescent (detox) ....780-644-3627

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