



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 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)

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 Basic Needs

May 2017



Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Clothing / Household Goods

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

Emergency Clothing / Household Goods

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

Food Hampers

Edmonton's Food Bank	780-425-4190
Wecan Food Basket Society (<i>reduced cost food</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
Momentum Walk-In Counselling (<i>sliding scale</i>)	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 (<i>emergency meals; 18+yrs</i>)	780-424-3544
The Mustard Seed Edmonton	780-426-5600
Operation Friendship Seniors Society (<i>55+yrs</i>)	780-408-2967

Housing Registries / Guides

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

Housing: Subsidized / Transitional

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

Transportation

Edmonton Transit Service (ETS) - <i>Information</i>	311
Operation Friendship Seniors Society	
<i>Helping Hands (inner city; 55+yrs)</i>	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	
<i>Me and Money - Women's Financial Literacy</i>	780-784-2203
Government of Alberta	
<i>Alberta Supports Centre (info line)</i>	780-644-9992
<i>Assured Income for the Severely Handicapped (AISH)</i>	
.....	780-415-6300
<i>Emergency Income Support (24/7)</i>	780-644-5135
<i>Income Support / Employment Information</i>	
<i>City Centre (105th 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
Money Mentors	1-888-294-0076
Service Canada - <i>Employment Insurance (EI)</i>	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.

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

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Resources for Children

May 2017



Visit 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

May 2017



Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

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 Edmonton780-423-4102
24 Hour Sexual Assault Crisis Line780-423-4121
- *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 Program780-422-9222
- OakNet: *Older Adult Knowledge Network*www.oaknet.ca
- WillowNet: *Abuse and the Law in Alberta*.....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 Safety780-448-0378
(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 Bridges780-462-0772
(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

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
- Alberta Society for the Prevention of Cruelty to Animals
Pet Safekeeping Program..... 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 journey person)

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 Education780-428-1111
(personal enrichment/special interest courses; registration and material fees apply)
- MacEwan University
Continuing Education780-497-4400
Minerva Senior Studies Institute (50+yrs)780-497-4400
Online and Distance Learning780-497-5040
- 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 Literacy780-421-7323
- 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
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
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
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
Sport Referrals 780-497-7678
- Events Edmonton 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
goVolunteer (volunteer opportunity postings) www.govolunteer.ca
For referrals to volunteer opportunities 211

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Resources for Men

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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>Alberta Works - Income Support / Employment Information</i>	
<i>City Centre (105th 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 – Herb Jamieson Centre (18-60yrs)	780-429-3470
Money Mentors	1-888-294-0076
The Salvation Army – Edmonton	
<i>Men's Short Term Residence</i>	780-429-4274
Urban Manor Housing Society – Shelter	780-425-5901
<i>(hard-to-house men; 18+yrs; addictions/mental illness)</i>	

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 (drop-in)	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

Crisis (Call 911 if in immediate danger.)

Alberta Health Services (AHS)	
<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 (24/7)	780-423-4121

Employment

Distinctive Employment Counselling Services of Alberta (DECSA)	
.....	780-474-2500
Government of Alberta	
<i>Career Information Hotline</i>	780-422-4266
<i>Job Order Bank Service (24/7)</i>	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	
<i>Circle of Safety</i>	780-448-0378
<i>(for Indigenous men who are abusive toward their partners)</i>	
City of Edmonton Citizen Services	
<i>From Chaos to Peace</i>	780-496-4777
<i>(group for men who have experienced abuse from their partner)</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>	
The Family Centre - Edmonton - Strive	780-424-6103
<i>(men experiencing aggression and conflict in relationships)</i>	
Government of Alberta	
<i>Family Violence Info Line (24/7)</i>	310-1818
The TODAY Family Violence Help Centre	780-455-6880

Health and Sexuality

Alberta Health Services (AHS)	
<i>Health Link (24/7)</i>	811
<i>Sexually Transmitted Infections Clinic</i>	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)	
<i>(support and legal info for fathers)</i>	780-666-3776
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>	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	
<i>Men's Support Services (no cost)</i>	780-496-4777
<i>Men's Talk and Do Groups</i>	
<i>Men Without Hats (drop-in)</i>	
Growth, Attitude, Truth, Trust, Energy (GATTE)	
<i>Men's Support Group</i>	780-405-5988
Men for Sobriety – Support Group	780-909-0215
Momentum Walk - In Counselling – Drop - In Support Groups	
<i>(men's group; no cost; 18+yrs)</i>	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).

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

Resources for Mental Health

May 2017



Visit 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
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).

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

Resources for Newcomers to Canada

May 2017



Visit 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

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.

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

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Resources for Parents and Caregivers

May 2017



Visit 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) – 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
Parent Link Centres Lookup www.parentlinkalberta.ca
Prevention of Family Violence and Bullying
Bullying Helpline (24/7)..... 1-888-456-2323
..... www.bullyfreealberta.ca
Family Violence Info Line (24/7) 310-1818
..... 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
Childcare and Preschool Referrals
Government of Alberta
Childcare Services / Listings / Subsidies..... 780-644-9992
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.

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 Addictions

May 2017



Visit 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

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

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).

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Resources for People with Disabilities

May 2017



Visit 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 & 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 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

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 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 Services780-496-4777
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 Services780-465-2992
- OakNet: *Older Adult Knowledge Network*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 Wheels780-429-2020
- ElderCare Edmonton - *Day Support Program*.....780-434-4747 x0
- The Good Samaritan Society
Good Samaritan TeleCare ("help button").....780-431-3630
- Yellow Pages Telephone Bookwww.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
- 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
- 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.

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Resources for Women

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>Alberta Works – Income Support / Employment Information</i>	
<i>City Centre (105th 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>	
.....	www.lawsociety.ab.ca
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 – <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
Psychologists' Association of Alberta (<i>referrals</i>)	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 – <i>Addiction and Mental Health</i>	
<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>	www.edmonton.cmha.ca
Government of Alberta	
<i>Child Abuse Hotline (24/7)</i>	1-800-387-5437
Kids Help Phone (<i>24/7; 5-20yrs</i>)	1-800-668-6868
Sexual Assault Centre of Edmonton (<i>24/7</i>)	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 (<i>pro-choice</i>)	780-423-3737
Eating Disorder Support Network of Alberta	www.edsna.ca
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>)	www.alis.alberta.ca
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 (<i>employment; 18-24yrs</i>)	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 (<i>sport referrals</i>)	780-497-7678
KidSport Alberta (<i>funding; 18yrs and under</i>)	1-888-914-5437
Sport Central Association (<i>no-cost equipment</i>)	780-477-1166
YMCA of Northern Alberta – <i>Jumpstart (5-18yrs)</i>	780-429-9622

Substance Abuse / Addictions

AI - Anon Family Groups (<i>including Alateen</i>)	1-888-322-6902
Alberta Health Services (AHS) - <i>Addiction and Mental Health</i>	
<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 (<i>14-24yrs</i>)	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.)

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Resources for Youth and Young Adults at Risk

May 2017



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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
- 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 Society780-421-8811
- 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

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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