



the support network

Resources for Women



(Note: please see our other Resource Lists for additional resources)

Basic Needs/Financial (also see Basic Needs list)

Alberta Employment, Immigration and Industry (AEII)
Income Support Contact Centre (24 hrs) 644-5135
 **Income Support and employment information*
 *City Centre (105 Street Site) 415-4900
 *North (Fort Road) 422-9440
 Northgate Centre *Walk in service only*
 *South (Argyll Centre) 644-2888
 *West (Meadowlark) 415-8116
 West (Westcor Building; 124 Street) 415-6500
 Credit Counselling Services of Alberta 408-7708
 Edmonton's Food Bank 425-4190
 Hope Mission – *Women's Emergency Shelter* 422-2018
 WEAC (*women's emergency shelter; 18+*) 423-5302

Counselling (* no cost)

Catholic Social Services 420-1970
 City of Edmonton Community Services (*no cost*)
 **Assessment and Short-Term Counselling* 496-4777
 Cornerstone Counselling Centre 482-6215
 Family Centre, The 424-5580
 Jewish Family Services 454-1194
Edmonton Bereavement Centre 454-1231 x.224
 Psychologists' Association - *Referral Line* 428-8255
 Salvation Army (**Christian based counselling*) 412-2625
 The Support Network
 **Walk-In Counselling* (call first) 482-0198
 University of Alberta – Faculty of Education
Counselling Centre (individual, couple, family;
 \$50/yr; first come basis; apply Sept – March) 492-3746
 YWCA Edmonton – *Counselling Centre* 423-9922 x.222

Crisis (call 911 if in immediate danger)

Alberta Alcohol & Drug Abuse Commission (AADAC)
AADAC Help Line (24hrs) 1-866-332-2322
AADAC Recovery Centre (detox; 24 hrs) 427-4291
 Child & Family Services Region 6
Crisis Unit (child abuse/neglect; 24 hrs) 427-3390
 Sexual Assault Centre of Edmonton (24 hrs) 423-4121
 The Support Network – *Distress Line (24 hrs)* 482-4357

Employment/Training

Alberta Employment, Immigration and Industry (AEII)
Career Information Hotline 422-4266
 Suit Yourself, Edmonton Wardrobe for Women in Need
 (*clothing for job interviews; work related*) 488-9930
 Women Building Futures 452-1200
 (*training for women in non-traditional trades*)

Family Violence & Abuse (also see this Resource List)

A Safe Place (*Sherwood Park; 24 hrs*) 464-7233
 City of Edmonton Community Services
Assessment and Short-Term Counselling 496-4777
 Individual counselling & various groups
 for abused women & their children (*no cost*)
 DECSA – *Opportunity Plus* (employment program
 for women leaving abusive relationships) 474-2500
 Edmonton John Howard Society
Family Violence Prevention Centre 423-1635
 Legal Aid Alberta
Edmonton Protection Order Program 422-9222
 Lurana Shelter (24 hrs) 424-5875
 WIN House (24 hrs) 479-0058

Health/Sexuality

Boyle McCauley Health Centre (*inner city*) 422-7333
 Capital Health
Birth Control Centre (& pregnancy testing) 735-0010
Capital Health Link (24 hrs) 408-5465 (LINK)
Sexually Transmitted Disease Centre 413-5156
 Multicultural Health Brokers Co-op 423-1973
 OPTIONS Sexual Health Association 423-3737
 Pride Centre of Edmonton 488-3234

Legal Resources/Information

Alberta Justice & Attorney General
Family Law Information Centre 415-0404
Family Mediation Services 427-8329
 Edmonton Community Legal Centre 702-1725
 Elizabeth Fry Society 421-1175
 Law Society of Alberta
Lawyer Referral Service 1-800-661-1095
 Legal Aid Alberta 427-7575
Alberta Law Line 644-7777
 Student Legal Services of Edmonton 492-2226

Support Groups

Alberta Caregivers Association 453-5088
 KARA Family Resource Centre 478-5396
 Mars Hill Centre (*faith based recovery groups*) 435-0202
 Mill Woods Family Resource Centre 413-4521
 YWCA Edmonton – *Counselling Centre* 423-9922 x.222

Volunteering

Go Volunteer www.govolunteer.ca
 The Support Network – 211 Edmonton; dial 211
 Volunteer Edmonton (VE) www.volunteeredmonton.com

For more information, or if you cannot find the particular service you are looking for:

Within Edmonton dial: 2-1-1 Outside of Edmonton call: 482-INFO (4636) www.211edmonton.info

Inclusion of an agency or service on this list does not constitute an endorsement by The Support Network.
 Last Updated: April 14, 2008 – please obtain a new copy if more than 6 months old
 For copies of this and other resource lists go to www.thesupportnetwork.com and click on “Resource Lists”.

The Support Network • Edmonton, Alberta • Phone: (780) 482-0198 • Fax: (780) 488-1495