



the support network

# Resources for Youth & Young Adults

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



## Basic Needs/Financial

Alberta Employment, Immigration and Industry (AEII)  
*Income Support Contact Centre (24 hrs)* 644-5135  
 Credit Counselling Services of Alberta 408-7708  
 Edmonton's Food Bank 425-4190  
 Youth Emergency Shelter (*under 19 yrs*) 468-7070

## Crisis

Capital Health – Children's Mental Health  
*Community Response Team (CRT)* 413-4733  
*Crisis Line (telephone support; not 24 hrs)* 427-4491  
 Child & Family Services Region 6  
*Child Abuse Hotline (24 hrs)* 1-800-387-5437  
 Kids Help Phone 1-800-668-6868  
 Salvation Army Community & Family Services  
*Teen Support Line* 428-8336 (TEEN)  
 Sexual Assault Centre of Edmonton (24 hrs) 423-4121  
 The Support Network  
*Distress Line (24 hrs)* 482-4357 (HELP)  
*Youth One – Crisis Chat* [www.youthone.com](http://www.youthone.com)

## Counselling (\* no cost)

Catholic Social Services 420-1970  
 City of Edmonton Community Services  
*\*Assessment and Short-Term Counselling* 496-4777  
 Cornerstone Counselling Centre 482-6215  
 Family Centre, The 424-5580  
 Foundation for Families in Transformation (FFIT)  
*(referrals to peer support groups for children, youth & adults grieving a death, separation, or divorce: Rainbows, Spectrum, Prism)* 448-1180  
 Jewish Family Services 454-1194  
 Psychologists' Association of Alberta  
*Referral Line Service* 428-8255 (TALK)  
 The Support Network  
*\*Walk-In Counselling (call first)* 482-0198  
 YWCA Edmonton - *Counselling Centre* 423-9922 x.222

## Education/Employment/Life Skills

Alberta Employment, Immigration and Industry (AEII)  
*Career Information Hotline* 422-4266  
*For local employment offices, dial* 211  
*Students Finance* 427-3722  
 Alberta Learning Information Service (ALIS)  
*(careers/learning/employment info)* [www.alis.gov.ab.ca](http://www.alis.gov.ab.ca)  
 Bredin Institute – Centre for Learning 425-3730  
*Youth Connections (16-24 yrs)* 415-4968  
 Chimo – *Chimo Life Skills Program (13-17 yrs)* 420-0324

## Health and Sexuality

Capital Health  
*Birth Control Centre* 735-0010  
*Pregnancy testing & counselling* 735-0010  
*STD and HIV testing* 735-0010  
*Capital Health Link (24 hrs)* 408-5465 (LINK)  
 Eating Disorder Education Organization 944-2864  
 OPTIONS Sexual Health Association 423-3737  
*Abortion Information Line* 428-1539  
 Pride Centre of Edmonton – *Youth Outreach* 488-3234  
 SACRED (Society for Assisted Cooperative Recovery from Eating Disorders) 903-3300

## Recreation

Boys & Girls Clubs of Edmonton 422-6038  
 City of Edmonton Community Services 496-4999  
*Leisure Access Program* 496-4918  
 Edmonton Federation of Community Leagues 437-2913  
 Edmonton Sport Council (*sport referrals*) 497-7678  
 KidSport Edmonton (*funding: 5-18 yrs*) 487-2666  
 Sport Central Association (*no cost equipment*) 477-1166  
 YMCA of Edmonton – *Jumpstart (5-18 yrs)* 429-5725

## Substance Abuse/Addictions

Alberta Alcohol & Drug Abuse Commission (AADAC)  
*Adult Counselling & Prevention Services* 427-2736  
*AADAC Youth Services (12-17 yrs)* 422-7383  
 Al-Anon Family Groups (*including Alateen*) 433-1818  
 Catholic Social Services – *Genesis II – Youth and Family Substance Abuse Treatment* 471-1122

## Support

Boys & Girls Clubs of Edmonton 422-6038  
 Mill Woods Family Resource Centre 413-4521  
*Child & Youth Groups* 413-4521 x. 201  
 Northeast Teen Centre 475-2589  
 Old Strathcona Youth Society (*14-24 yrs*) 496-5947  
 Partners for Kids and Youth (*Abbotsfield/Rundle*) 471-1251  
 Terra – Centre for pregnant and parenting teens 428-3772  
 The Support Network – *Youth One* [www.youthone.com](http://www.youthone.com)  
 Youth Emergency Shelter Society 468-7070

## Volunteering

Alberta's YouthVOLUNTEER! [www.youthvolunteer.ca](http://www.youthvolunteer.ca)  
 Volunteer Edmonton [www.volunteeredmonton.com](http://www.volunteeredmonton.com)

## Youth and Young Adults At Risk

(see Resources for At Risk Youth & Young Adults)

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](http://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](http://www.thesupportnetwork.com) and click on "Resource Lists".

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