



Resources for Basic Needs

(Alberta requires 10-digit dialing – use area code 780 unless otherwise noted)

Clothing/Household Goods

Bissell Centre Thrift Shoppe	471-6644
Edmonton Emergency Relief Services	428-4422
<i>Thrift Store (Mon–Sat; seniors discount)</i>	428-4422
Goodwill Industries – <i>Thrift Retail Stores</i>	944-0211
KARA-LOT Second Hand Store	472-0610
Mustard Seed, The (<i>inner city residents only</i>)	426-5600
Salvation Army – <i>Thrift Stores</i>	437-6952

Emergency Clothing/Household Goods

Bissell Centre	423-2285 x111
Edmonton Emergency Relief Services	428-4422
(<i>primarily for those left homeless due to fire or natural disasters</i>)	
Marian Centre	424-3544
Society of St. Vincent de Paul	471-5577

Emergency Shelters

George Spady Centre (<i>intoxicated individuals</i>)	424-8335
Hope Mission	
<i>Couples Mat Program</i>	422-2018
<i>Herb Jamieson Centre (men)</i>	429-3470
<i>Women’s Emergency Shelter</i>	422-2018 x221
<i>Youth Shelter (16-21 yrs)</i>	717-7649
Inner City Youth Housing Project (<i>14–18 yrs</i>)	479-7075
Salvation Army – <i>Short Term Residence</i>	429-4274
(<i>men; \$20/night, \$110/wk, includes food</i>)	
WEAC (<i>women’s emergency shelter; 18+</i>)	423-5302
YMCA of Edmonton – <i>Housing</i>	421-9622
(<i>individuals/couples/families; \$25-50/night</i>)	
Youth Emergency Shelter (<i>under 19 yrs</i>)	468-7070

Financial Assistance/Employment

AISH – <i>Assured Income for the Severely Handicapped</i>	415-6300
Alberta Employment & Immigration (AEI)	
<i>Income Support Contact Centre</i>	
(<i>24 hrs</i>)	1-866-644-5135
<i>Income Support and employment information</i>	
City Centre (<i>105 Street Site</i>)	415-4900
North (<i>Fort Road</i>)	422-9440
Northgate Centre	<i>Walk in service only</i>
South (<i>Gateway Blvd</i>)	644-2888
West (<i>Meadowlark</i>)	415-8116
West (<i>Westcor Building; 124 Street</i>)	415-6500
Human Resources & Skills Development Canada	
<i>Employment Insurance (EI)</i>	1-800-206-7218
Money Mentors	423-5265

Food Hampers

Edmonton’s Food Bank	425-4190
Mustard Seed, The (<i>inner city residents only</i>)	426-5600
Salvation Army (<i>also household goods</i>)	424-9222
Wecan Food Basket Society (<i>reduced cost food</i>)	413-4525

Health/Mental Health (24 hrs)

AHS - <i>Health Link Alberta</i>	408-5465 (LINK)
<i>Mental Health Help Line</i>	1-877-303-2642

Hot Meals (call agency for times; 211 for more options)

Dickinsfield Amity House	478-5022
Hope Mission	422-2018
<i>Herb Jamieson Centre (men only)</i>	429-3470
Marian Centre (<i>emergency meals, adults</i>)	424-3544
McCauley Senior’s Drop-In (<i>seniors only</i>)	408-2967
The Mustard Seed	426-5600
Operation Friendship(55 ⁺)	429-2626

Housing – Subsidized/Transitional

Capital Region Housing Corporation	420-6161
<i>Application Information Line</i>	428-8200
(<i>info re programs like Community Housing and Private Landlord Rent Supplement</i>)	
E4C (<i>inner city, mentally ill, hard to house</i>)	425-7927
Edmonton Inner City Housing Society	423-1339
homeEd (City of Edmonton Non-Profit Housing Corporation)	474-5706
Native Counselling Services of Alberta	
<i>Cunningham Place (transitional; 18-30 yrs)</i>	990-1120
Northern Alberta Cooperative Housing Association (NACHA)	482-6128

Housing Registries/Guides

Boyle Street Community Services	
<i>Housing Support/Family Shelter Network</i>	424-4106
Greater Edmonton Foundation (GEF):	
Housing for Seniors	482-6561
Innovative Housing Society (disabled)	451-1114
Native Seniors Centre (<i>families; 18+</i>)	476-6595
Operation Friendship (<i>inner city, 55+</i>)	429-2626
SAGE - Seniors Association of Greater Edmonton	
<i>Housing Resources</i>	701-9018
<i>Seniors Housing Guide</i>	701-9012

Transportation

Edmonton Transit System (ETS) - <i>Information</i>	311
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For more information, or if you cannot find the particular service you are looking for:

Within Edmonton dial: 2-1-1 If 211 is not yet available in your area call: 780-482-INFO (4636)

www.211edmonton.com

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

Last Updated: November 2009 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to www.211edmonton.com and click on “Resource Lists”.

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