



Resources for Basic Needs

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

Clothing/Household Goods

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|---|----------|
| Bissell Centre Thrift Shoppe | 471-6644 |
| Edmonton Emergency Relief Services | 428-4422 |
| <i>Thrift Store (Mon–Sat)</i> | 428-4422 |
| Goodwill Industries – <i>Thrift Retail Stores</i> | 944-0243 |
| KARA-LOT Second Hand Store | 472-0610 |
| Mustard Seed (<i>inner city residents only</i>) | 426-5600 |
| Salvation Army – <i>Thrift Stores</i> | 437-6952 |

Emergency Clothing/Household Goods

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|---|---------------|
| 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

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| 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 |
| 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

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|---|----------------|
| AISH – <i>Assured Income for the Severely Handicapped</i> | 415-6300 |
| Alberta Employment & Immigration (AEI) | |
| <i>Income Support Contact Centre</i> | 644-5135/ |
| (24/7) | 1-866-644-5135 |
| <i>Income Support and employment information</i> | |
| City Centre (<i>105 Street Site</i>) | 415-4900 |
| Northgate Centre | 422-9440 |
| South (<i>Gateway Blvd</i>) | 644-2888 |
| West (<i>Meadowlark</i>) | 415-8116 |
| West (<i>Westcor Building</i>) | 415-6500 |
| Elizabeth Fry Society | |
| <i>Me and Money - Women’s Financial Literacy</i> | 784-2203 |
| Human Resources & Skills Development Canada | |
| <i>Employment Insurance (EI)</i> | 1-800-206-7218 |
| Money Mentors | 423-5265 |

Food Hampers

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

Health/Mental Health (24 hrs)

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| 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)

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|---|----------|
| Dickinsfield Amity House | 478-5022 |
| Hope Mission | 422-2018 |
| <i>Herb Jamieson Centre (men only)</i> | 429-3470 |
| JP Drop In Centre Society | 481-4001 |
| Marian Centre (<i>emergency meals, adults</i>) | 424-3544 |
| McCauley Senior’s Drop-In (<i>seniors only</i>) | 408-2967 |
| Mustard Seed | 426-5600 |

Housing – Subsidized/Transitional

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|---|----------|
| Capital Region Housing Corporation | 420-6161 |
| <i>Application Information Line</i> | 428-8200 |
| (<i>info on 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 |
| Inner City Youth Housing Project (<i>14–18 yrs</i>) | 479-7075 |
| 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

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|---|----------|
| 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>) | 408-2955 |
| SAGE - Seniors Association of Greater Edmonton | |
| <i>Housing Resources</i> | 701-9018 |
| <i>Seniors Housing Guide</i> | 701-9012 |

Transportation

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| 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: May 2010 – 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