



# Resources for Men

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

## Basic Needs/Financial (also see Basic Needs list)

|   |          |
|---|----------|
| Alberta Employment & Immigration (AEI)      |          |
| 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 |
| South (Gateway Blvd)                        | 644-2888 |
| West (Meadowlark)                           | 415-8116 |
| West (Westcor Bldg, 124 St)                 | 415-6500 |
| Edmonton's Food Bank                        | 425-4190 |
| Hope Mission – Herb Jamieson Centre (18-60) | 429-3470 |
| Money Mentors                               | 423-5265 |
| Salvation Army – Short Term Residence       | 429-4274 |
| YMCA of Edmonton (short term housing)       | 421-9622 |

## 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        |
| The Family Centre  | 424-5580        |
| Jewish Family Services   | 454-1194        |
| Edmonton Bereavement Centre  | 454-1231 x224   |
| Psychologists' Association of Alberta  |                 |
| Referral Line Service  | 428-8255 (TALK) |
| The Support Network  |                 |
| *Walk-In Counselling (call first)  | 482-0198        |
| University of Alberta – Faculty of Education   |                 |
| Counselling Centre (individual, couple, family;<br>\$50/yr; first come basis; apply Sep–Mar) | 492-3746        |
| YWCA Edmonton – Counselling Centre   | 423-9922 x222   |

## Crisis

|  |                |
|--|----------------|
| AHS Addiction & Mental Health (FKA: AADAC) |                |
| AHS Addiction Help Line (24 hrs)           | 1-866-332-2322 |
| 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

|   |                |
|---|----------------|
| Alberta Employment & Immigration (AEI)      |                |
| Alberta JOBS Hotline (24 hrs)               | 427-5627       |
| Career Information Hotline                  | 422-4266       |
| Human Resources & Skills Development Canada |                |
| Employment Insurance (EI)                   | 1-800-206-7218 |

## Family Violence & Abuse (also see FV Resource List)

|  |          |
|--|----------|
| Aboriginal Consulting Services Association   | 448-0378 |
| Family Violence Teaching Circles for Men   |          |
| City of Edmonton Community Services  |          |
| From Chaos to Peace (education/support<br>group for male victims of partner abuse)         | 496-4777 |
| Edmonton Family Violence Treatment Education<br>and Research Centre                        |          |
| Changing Ways  | 439-4635 |
| (16 wk group for men who are, or have been<br>abusive to female partners & want to change) |          |
| Edmonton John Howard Society   |          |
| Invitation to Prevention Program<br>(male outreach worker for abusive men)                 | 423-1635 |
| The Family Centre  |          |
| Reaching for a Good Life   | 424-5580 |

## Health and Sexuality

|                                     |                 |
|-------------------------------------|-----------------|
| Alberta Health Services             |                 |
| Health Link Alberta (24 hrs)        | 408-5465 (LINK) |
| Sexually Transmitted Disease Centre | 413-5156        |
| OPTIONS Sexual Health Association   | 423-3737        |
| Pride Centre of Edmonton            | 488-3234        |

## Legal Resources

|                                    |                |
|------------------------------------|----------------|
| Alberta Justice & Attorney General |                |
| Family Law Information Centre      | 415-0404       |
| Family Mediation Services          | 427-8329       |
| Maintenance Enforcement Program    | 422-5555       |
| Edmonton Community Legal Centre    | 702-1725       |
| 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       |

## Relationships/Support

|   |          |
|---|----------|
| City of Edmonton Community Services   |          |
| Men's Support Services (no cost)  |          |
| Men & Relationships Weekender   | 496-4777 |
| Men Without Hats (drop-in)  | 496-4777 |
| Men's Talk & Do 1 & 2   | 496-4777 |
| Mars Hill Centre (faith based support groups<br>for those who have been abused) | 435-0202 |
| Men for Sobriety  | 909-0215 |
| The Men's Help Line   | 452-7193 |

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](http://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](http://www.211edmonton.com) and click on “Resource Lists”.

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