



# 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 (24/7)	644-5135
Income Support and employment information	
City Centre (105 Street Site)	415-4900
North (Northgate)	422-9440
South (Gateway Blvd)	644-2888
West (Meadowlark)	415-8116
West (Westcor Bldg)	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; \$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 (24/7)	1-866-332-2322
CFS Region 6 - Crisis Unit	
(child abuse/neglect; 24/7)	1-800-387-5437
Sexual Assault Centre of Edmonton (24/7)	423-4121
The Support Network	
Distress Line (24/7)	482-4357

## Employment

Alberta Employment & Immigration (AEI)	
Alberta JOBS Hotline (24/7)	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 group for male victims of partner abuse)	496-4777
Edmonton Family Violence Treatment Education and Research Centre	
Changing Ways	439-4635
(16 wk group for men who are, or have been abusive to female partners & want to change)	
Edmonton John Howard Society	
Invitation to Prevention Program (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 (24/7)	408-LINK (5465)
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
Mankind Project	436-1159
Mars Hill Centre (faith based support groups for those who have been abused)	435-0202
Men for Sobriety	946-6906
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: 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](http://www.211edmonton.com) and click on “Resource Lists”.

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