



Resource Lists

November 2009

Compiled by The Support Network
Edmonton AB
Admin: 780-482-0198
www.thesupportnetwork.com

Community Services Information: 2-1-1 (from within city of Edmonton)
If 211 is not yet available in your area call: 780-482-INFO (4636)
www.211edmonton.com



Resources for Aboriginal People

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

Counselling

Aboriginal Consulting Services Association	448-0378
The Edmonton Native Healing Centre (pastoral counselling)	482-5522
Red Road Healing Society – Counselling & Family Therapy	471-3220

Education

Ben Calf Robe Society Mother Earth & Me Head Start (3–4 yrs)	477-6648
Bent Arrow Traditional Healing Society White Cloud Aboriginal Head Start (3-5)	481-3451
Boyle Street Education Centre Charter School	428-1420
Nechi Training, Research & Health Promotion	459-1884
Spirit Keeper Youth Society Gang Intervention & Prevention Workshops	428-9299

Employment (including entrepreneurship)

Alberta Advanced Education and Technology Aboriginal Apprenticeship Initiative (to become a certified journey person)	427-5901
Bent Arrow Traditional Healing Society Adult Employment Programs Wind Dancers Youth Pre-employment (15-29)	481-3451 481-3451
Bissell Centre Employment Services (inner city)	424-4385 x139
Business Link Business Service Centre Aboriginal Business	422-7722
EmployAbilities – Niso Kamatotan	945-4636
Metis Employment Services, Zone IV	423-2237
Native Counselling Services of Alberta Quest for Success (employment training, including job safety training courses)	423-2141 451-7559
Oteenow Employment Centre	423-2340
Trade Winds to Success Training Society Aboriginal Pre-Apprenticeship Training	471-9100

Family Violence and Abuse

Aboriginal Consulting Services Association Circle of Safety	448-0378
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Health

AHS - Health Link Alberta (24 hrs) Aboriginal Diabetes Wellness Program	408-5465 735-4512
Bent Arrow Traditional Healing Society Health Promotions (e.g. info on diabetes)	481-3451 481-3451

Housing/Homelessness Prevention/Life Skills

Boyle Street Community Services Housing Support/Family Shelter Network	424-4106
Native Counselling Services of Alberta Cunningham Place (transitional; 18-30)	990-1120
Native Seniors Centre	476-6595/

Information and Referral

Ben Calf Robe Society - Referrals	477-6648
Bent Arrow Traditional Healing Society Aboriginal Community Connections Centre	481-3451 481-3451

Legal / Status

Indian and Northern Affairs Canada Indian Register (Status Card)	495-2773 495-2773
Metis Nation of Alberta Association Metis Identification and Registry	455-2200 455-2200
Native Counselling Services of Alberta Restorative Justice Programs (e.g. family & youth courtwork services)	423-2141

Parenting Programs/Support

Ben Calf Robe Society	477-6648
Bent Arrow Traditional Healing Society Aboriginal Parent Link Centre	481-3451 474-2400
Bissell Centre – Family Support Prog.	423-2285 x162
Boys & Girls Clubs of Edmonton - Parent Talk	481-1292
Elizabeth Fry Society of Edmonton Aboriginal Women's Program Traditional Parenting	421-1175 x28 784-2206
KARA Family Resource Centre	478-5396
Metis Child and Family Services Society	452-6100
Native Counselling Services of Alberta	423-2141

Substance Abuse/Addictions

AHS Addiction Helpline (24 hrs)	1-866-332-2322
Poundmakers Lodge Treatment Centre	458-1884

Supportive Services

Ben Calf Robe Society	477-6648
Bent Arrow Traditional Healing Society	481-3451
Bissell Centre	423-2285 x111
Boyle Street Community Services	424-4106
Edmonton Native Healing Centre	482-5522
Metis Child & Family Services Society	452-6100
Native Seniors Centre (55+)	476-6595
Red Road Healing Society	471-3220

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



Resources for People with Addictions

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

Addictions Counselling

AHS Addiction & Mental Health (FKA: AADAC)
Adult Counselling & Prevention Services 427-2736
AHS Enhanced Services for Women 427-2736
AHS Family Violence 427-2736
Opioid (Opiate) Dependency Program 422-1302
Youth Services (12–17 yrs) 422-7383
 Catholic Social Services – *Genesis II – Youth & Family Substance Abuse Treatment* 471-1122
 Poundmakers Lodge - *Gambling Program* 458-1884

Detoxification Programs

AHS Addiction & Mental Health (FKA: AADAC)
AHS Edmonton Recovery Centre 427-4291
 George Spady Centre Society 424-8335

Eating Disorders – Info/Treatment

AHS – *Eating Disorder Program* 407-6575
 Me Without Measure-Eating Disorder Org. 944-2864

Residential Programs

AHS Addiction & Mental Health (FKA: AADAC)
AHS Henwood Treatment Program (men/women; alcohol, drugs, gambling) 422-9069
 Alberta Housing & Urban Affairs
Gunn Centre (indigent men) 967-2221
 Catholic Social Services
Alpha House (men over 18; 12 step) 473-5957
 Hope Mission (Men’s Ministry) (18-60; homeless)
Residential Addiction Treatment Program 429-3470
 Jellinek Society (adult men recovering from cross-addictions & alcoholism) 488-1160
 McDougall House Association 426-1409
(women 18+; recovering from addictions)
 Our House Addiction Recovery Centre 474-8945
(men only; alcohol, drugs, gambling; outreach services to men & women)
 Oxford House Foundation of Canada 1-877-214-5764
(men/women; recovering from addictions)
 Poundmakers Lodge Treatment Centre 458-1884
(men/women; alcohol, drugs, gambling)
 Recovery Acres Society 471-2969
(men only; alcohol & drugs)
 Salvation Army
Addiction & Residential Centre (ARC) 429-4274
(men/women; alcohol, drugs, gambling)

Residential Programs - Youth

AHS Addiction & Mental Health (FKA: AADAC)
Youth Services (12-17 yrs) 422-7383

Self Help Groups

Al-Anon Family Groups
Al-Anon/Al-Anon Adult Children Program 433-1818
Alateen Program 433-1818
 Alano Club (AA members & families) 423-1807
 Alcoholics Anonymous (AA) Support Group 424-5900
 Anorexics and Bulimics Anonymous 443-6077
 Cocaine Anonymous & Co-Anon (24 hrs) 425-2715
 Crystal Meth Anonymous 297-9285/
 471-4705
 Dual Recovery Anonymous 919-1464/977-7750
 Gamblers Anonymous (Northern Alberta) 463-0892
 Men for Sobriety 909-0215
 Narcotics Anonymous (Edmonton Area) 421-4429
 Nicotine Anonymous 443-3020
 Overeaters Anonymous (OA) 423-2546
 Problem Gambling Resources Network 461-1259
 SAA (Sex Addicts Anonymous) 429-9886
 Sexaholics Anonymous (SA) & S-Anon 988-4411
 Women for Sobriety 484-3033

Support/Info for Those Affected By Addictions

AHS Addiction & Mental Health (FKA: AADAC)
AADAC Website www.aadac.com
Adult Counselling & Prevention Services 427-2736

AHS Addiction Help Line – 24 hrs (Alcohol Abuse, Drug Abuse, Gambling, Smokers’ Help Line) 1-866-332-2322

Youth Services 422-7383
(includes Adolescent Information Series, Parent Support Group, Protection of Children Abusing Drugs [PChAD] Program)
 Bissell Centre
Fetal Alcohol Spectrum of Services 423-2285 x132
 Catholic Social Services
FASD programs (fetal alcohol related) 477-1999
FASD resource website www.fasd.typepad.com
 Clean Scene Network for Youth 488-0036
 Parents Empowering Parents (PEP) 293-0737
U-Turn (support group for youth wishing to quit drugs & alcohol) 417-9760 x230

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Resources for Anger Management

(Note: Please see our Family Violence and Abuse list if anger is primarily expressed in an on-going pattern between adult family members or within intimate partner relationships.)

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

Counselling (* no cost)

Catholic Social Services	420-1970
City of Edmonton Community Services	
*Assessment & Short-Term Counselling	496-4777
Cornerstone Counselling Centre	482-6215
The Family Centre	424-5580
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	492-3746
YWCA Edmonton - Counselling Centre	423-9922 x222

Disabilities

Alberta Seniors & Community Supports	
Individual counselling	415-0055
Life problems support groups	415-0055
Canadian Mental Health Association	
SALT (includes Stress and Anger Management, Dealing with Difficult Behaviours)	414-6300
Chrysalis	
Life Skills Management	454-9656 x554

Groups/Workshops: Men

The Family Centre - Men and Anger	917-8205
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Groups/Workshops: Women

Elizabeth Fry	
Aboriginal Women's Program	421-1175 x28
The Family Centre	
Women & Anger (2-day workshops)	917-8205
KARA Family Resource Centre	
Understanding Anger for Women	478-5396 x224 (8 weekly sessions; available evenings; no cost)
Mill Woods Family Resource Centre	
Women's Workshop	413-4521 (Ongoing drop-in group; no fee; topics include stress and anger management, boundaries and self esteem. Children must be registered for childcare.)
YWCA Edmonton – Counselling Centre	
Women and Anger	423-9922 x222 (9 week program including group and individual sessions)

Groups/Workshops: Youth

Covenant Health –	
Adolescent Group Program	735-2613 (14-17 yrs. Referral required. Pre-entry screening interview applies to determine suitability. Only runs from October-June)
Mill Woods Family Resource Centre	
Count to Ten for Teens (no cost)	413-4521 (8 weeks; 13-17 yrs; incorporates creative ways for teens to deal more effectively with their anger)
Family Matters	413-4521 (anger management group for ages 9-12; separate group for parents)

Mixed Groups/Workshops

Boys & Girls Clubs	
Parent Talk	481-1292 (various parenting courses that include discussions on handling anger and building self esteem for parents and children; no cost)
Catholic Social Services – Family Living Program	
Handling Anger (Level One; Level Two)	420-6081 (10 weeks; \$300/person; limited subsidies; builds awareness of underlying triggers for anger; communication and problem-solving skills)
Cornerstone Counselling Centre	
Anger Management Program	482-6215 (2 Saturdays, 9 am – 4 pm; \$250; strategies for understanding and managing anger, handling criticism, and resolving conflicts)
The Family Centre	
Raising Self-Esteem & Building Skills in Assertion	917-8205 (2-day workshop)
Mill Woods Family Resource Centre	413-4521
Count to Ten (for adults)	
Family Matters	 (anger management group for ages 9-12; separate group for parents)
Our House Addiction Recovery Centre	
Understanding One's Anger	474-8945 (5 week program – 50 hours - for men and women with a history of addictions and 1 month clean and sober; no cost)

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Resources for Basic Needs

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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 (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(<i>55+</i>)	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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Resources for Children

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Counselling

The Family Centre (6-9 yrs) 424-5580

Grief Counselling Programs:

- Foundation for Families in Transformation (5-14 yrs) 448-1180
- Kids on Track Association (5-15 yrs) 481-2942 x7
- Mill Woods Family Resource Centre (5-14 yrs) 413-4521 x207
- Pilgrims Hospice Society (4-12 yrs) 413-9801 x309
- West Edmonton Christian Assembly (5 yrs+) 489-2579 x249
- YWCA (4-18 yrs) 423-9922 x222

Play Therapy:

- Catholic Social Services (2-18 yrs) 420-1970
- University of Alberta - Clinical Services 492-3746

Disabilities

- Ability Society of Alberta
Early Birds (up to age 18) 442-2740
- Alberta Health Services
Early Intervention (0-3.5 yrs) 486-5437
Social Skills Group (6-12 yrs) 413-4700
- Centre for Autism Services 488-6600
- Connect Society
Early Intervention (Deaf) (0-3.5 yrs) 454-9581 Ext. 226
- Edmonton Down Syndrome Society
Play Group (0-5 yrs) 944-4224
- Elves Special Needs Society 454-5310
(2.5 yrs and older, severe developmental disabilities)
- The GRIT Program
Early Childhood Program (2.5-6 yrs) 454-9910
- KARA Family Resource Centre
Developmental screening for children 478-5396
- Steadward Centre for Personal & Physical Achievement
Motor Skill Development (4-12 yrs) 492-8269

Early Childhood Education

- Alberta Health Services
Pre-school Speech & Language (0-5 yrs) 408-8793
- Head Start Programs:**
- ABC Head Start (3.5-5 yrs) 461-5353
- E4C (3.5-5 yrs) 475-1020
- Norwood Child & Family Resource Centre (0-6 yrs) 471-3737
- Oliver Centre Early Learning Progs (1-5yrs) 482-2116 x233

Leisure/Recreation

- A.C.T. Centre Drop In Programs
Indoor Playground 496-1494 (311)
- City of Edmonton Community Services 496-4999 (311)
Leisure Access Program (2-17yrs) 496-4918
- City of Edmonton Recreation Facilities 311
- Edmonton Public Library
Children's Programs contact local branch
- Edmonton Sport Council (sport referrals) 497-7678
- Kids on Track Association
Monthly Rally (Gr. 1-6) 481-2942
(entertainment, multimedia, object and interactive lessons, special events)
- KidsSport (funding; 5-18 yrs) 487-2666
- Greater Edmonton & Area Parent Center
Indoor Playground (0-5 yrs) 465-3976
- Sport Central Association (no cost equip.) 477-1166
- YMCA contact local branch
Jumpstart (5-18 yrs) 429-5725

Mental Health

- Alberta Health Services
Child & Family Mental Health (5-18 yrs) 735-7999
Children's Mental Health Community Response Team (under 18 yrs) 413-4733/427-4491
Regional Children's Mental Health:
Crisis Line (5-17 yrs) 427-4491
Intake (5-17yrs) 413-4700
- Canadian Mental Health Association - Edmonton Region (CMHA-ER)
Social Recreation Programs (6-12 yrs) 414-6304
- CASA Child, Adolescent and Family Mental Health
under 3 yrs 438-0011
3-17 yrs call Children's Mental Health Intake 413-4700
- Royal Alexandra Hospital
Mental Health Services 735-4111

Violence

- Aboriginal Consulting Services Association of Alberta
Teaching Circles for Children who Witness Abuse (6-17 yrs) 448-0378
- Child & Family Services Authority Region #6
Bullying Hotline 1-888-456-2323
Child Abuse Hotline (under 18 yrs) 1-800-387-5437
- Kids Help Phone (under 18 yrs) 1-800-668-6868
- Sexual Assault Centre of Edmonton
Counselling (over 3 yrs) 423-4102

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Resources for People with Disabilities

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Advocacy/Information

Alberta AdaptAbilities Association 431-8446
 Alberta Association for Community Living 451-3055
 Gateway Association for Community Living
Family Support and Advocacy 454-0701 x 225

Day Programs/Employment Services

Arch Enterprises & Training Association 438-4347
 Bridges Support Services- *Employment Services for Hard of Hearing Persons* 428-6610
 Chrysalis: An Alberta Society for Citizens with Disabilities (18+) 454-9656
 DECSA 474-2500
 EmployAbilities 423-4106
 Excel Society (*main switchboard*) 455-2601 x221
Community Access/Support Services 424-4366 x21
 Grant MacEwan
Community Enrichment (life skills) 497-5117
 On Site Placement Services Association 488-8122

Funding (non-government)

Alberta Easter Seals
Equipment & Support Services Program 429-0137
 Children’s Ability Fund of the NACCF 454-9191
 CTV (CFRN-TV) Good Neighbour Fund 486-9215

Government Services

Alberta Seniors & Community Supports
Alberta Aids to Daily Living (AADL) 427-0731
Assured Income for the Severely Handicapped (AISH) 415-6300
Residential Access Modification Program (RAMP) 427-5760
 CMHC 1-800-668-2642
Residential Rehabilitation Assistance Programs (RRAP)
 AHS - *Alberta Aids to Daily Living (AADL)* 496-1300
(bathroom safety & mobility equipment)
 Child & Family Services Region 6
Family Support for Children with Disabilities (FSCD) 427-4354
 Persons with Developmental Disabilities (PDD) 427-2817

Housing

Alberta Health Services – *Community Care Access (for eligibility assessments)* 496-1300
 Capital Region Housing Corporation 420-6161
 Excel Society (*main switchboard*) 455-2601 x221
 Innovative Housing Society 451-1114

In-Home Support/Respite Care

Alberta Caregivers Association (*support groups*) 453-5088
 AHS – *Community Care Access* 496-1300
 Child & Family Services Region 6
Child Disability Resource Link 1-866-346-4661
 City of Edmonton Waste Management Branch
Assisted Waste Collection 496-5698 (311)
 Independent Counselling Enterprises Inc (ICE) 454-9500
 Skills Society 496-9686
 YWCA Edmonton 423-9922

Leisure and Social Programs

City of Edmonton
A.C.T. Aquatic & Recreation Ctr 496-1494 (311)
Leisure Access Program 496-4918
 Little Bits Therapeutic Riding Association 476-1233
 Paralympic Sports Association 439-8687
 Special Olympics (*intellectual disabilities*) 448-1886
 Steadward Centre for Personal & Physical Achievement, The 492-3182

Organizations (dial 211 for other listings)

Arthritis Society, The - Edmonton 424-1740
 Autism Society of Edmonton Area 453-3971
 Bridges Support Services Association 428-6610
(hard of hearing; deaf)
 Canadian Diabetes Association 423-1232
 Canadian Hard of Hearing Association 428-6622
 Canadian Organization for Rare Disorders (CORD) 1-877-302-7273
 Canadian Paraplegic Association (Alberta) 424-6312
 Cerebral Palsy Association in Alberta 477-8030
 Chronic Pain Association of Canada 482-6727
 CNIB (*visually impaired; blind*) 488-4871
 Connect Society – Deafness, Education, Advocacy & Family Services 454-9581
 Edmonton Brain Injury Relearning Society 477-7575
 Learning Disabilities Association of Alberta 466-1011
 Multiple Sclerosis Society of Canada 471-3034
 NABIS (*brain injuries*) 479-1757
 Tourette Syndrome Foundation 1-866-824-9764

Transportation

Edmonton Transit System (ETS) 311
Disabled Adult Transit Service (DATS) 496-4567
Subsidized Pass for AISH Recipients 496-8321
 Parking Permits for Persons with Disability
Call License & Registry Services (Yellow Pages)

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Resources for Family Violence & Abuse

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Counselling

AHS Addiction & Mental Health (FKA AADAC)	
<i>AHS Family Violence</i> (and addictions)	427-2736
Catholic Social Services	420-1970
*City of Edmonton Community Services (<i>no cost</i>)	
<i>Assessment and Short-Term Counselling</i>	496-4777
Cornerstone Counselling Centre	482-6215
*The Family Centre	424-5580
<i>Leaving an abusive relationship</i>	424-5580
St. Albert Stop Abuse in Families (SAIF)	460-2195
*The Support Network - <i>Walk-In Counselling</i>	482-0198
*YWCA Edmonton – <i>Counselling Centre</i>	423-9922 x222

Court Preparation/Legal/Protection

*Edmonton John Howard Society	
<i>Victims' Assistance Program</i>	422-0721
Elizabeth Fry Society - <i>Courtworks</i>	422-4775
Legal Aid Alberta	427-7575
<i>Alberta Law Line</i>	644-7777
<i>Edmonton Protection Order Program</i>	422-9222
United Victim's Assistance Foundation (<i>24 hrs</i>)	465-1708
(<i>personal protection; escorts for moving & court</i>)	
OakNet: <i>Abuse of Older Adults</i>	www.oak-net.org
RoseNet: <i>Law & Abused Immigrant Women</i>	www.rosenet-ca.org
VIOLET: <i>Law & Abused Women</i>	www.violetnet.org

Crisis (call 911 if in immediate danger)

Child & Family Services Region 6	
<i>Crisis Unit (child abuse/neglect; 24 hrs)</i>	427-3390
Kids Kottage (<i>crisis nursery; 24 hrs</i>)	944-2888
*Sexual Assault Centre of Edmonton (<i>24 hrs</i>)	423-4121
*The Support Network - <i>Distress Line (24 hrs)</i>	482-4357
<i>Seniors' Abuse Help Line (24 hrs)</i>	454-8888

Group Programs for Men

*Aboriginal Consulting Services Association	448-0378
<i>Family Violence Teaching Circles for Men</i>	
*City of Edmonton Community Services	496-4777
<i>From Chaos to Peace (education/support group for male victims of partner abuse; no cost)</i>	
*Edmonton Family Violence Treatment Education and Research Centre	439-4635
<i>Changing Ways (changing abusive behavior)</i>	
*The Family Centre	
<i>Reaching for a Good Life</i>	424-5580
(<i>support for lifestyle changes</i>)	

Group Programs for Women/Children/Seniors

*Aboriginal Consulting Services Association	
<i>Family Violence Teaching Circles</i>	448-0378
*City of Edmonton Community Services	496-4777
<i>Drop In Groups</i> (support for women who have experienced partner abuse; free child care)	
<i>Making Connections</i> (for women who have experienced abuse in intimate relationships)	
<i>Relationship with Your Adult Children</i> (older adults)	
A Safe Place (<i>Sherwood Park</i>)	
<i>Abused Women's Support Group</i>	464-7232
*YWCA Edmonton – <i>Counselling Centre</i>	423-9922
<i>Moving Beyond Abuse (for women)</i>	x222

Information

Prevention of Family Violence and Bullying	422-5916
<i>Bullying Help Line (24 hrs)</i>	1-888-456-2323
<i>Family Violence Information Line (24 hrs)</i>	310-1818
	www.child.gov.ab.ca/pfivb

Outreach/Referral/Support

*Changing Together – A Centre for Immigrant Women	
<i>Family Violence Prevention Program</i>	421-0175
*Edmonton Family Violence Treatment Education and Research Centre	439-4635
<i>Partner Outreach (info for abused women; services to partners of men in Changing Ways)</i>	
*Edmonton John Howard Society	
<i>Family Violence Prevention Centre</i>	423-1635
(<i>outreach support for abused women and men; male outreach worker for abusive men; assistance with furniture provision & moving</i>)	
Elderly Adult Resource Service (EARS)	477-2929
Mediation and Restorative Justice Centre	423-0896
<i>Building Safer Ground</i>	288-3981

Shelters/Housing

Alberta Council of Women's Shelters	456-7000
www.acws.ca (<i>Alberta shelters</i>)	1-866-331-3933
Lurana Shelter (<i>women; women with children</i>)	424-5875
A Safe Place (<i>Sherwood Park; 24 hrs</i>)	464-7233
SAGE – Seniors Association of Greater Edmonton	
<i>Seniors' Safe House</i>	702-1520
(<i>safe housing for abused women & men; 60+</i>)	
WIN House (<i>24 hrs; women with children</i>)	479-0058

*Denotes agencies which have adopted Family Violence Protocols through CIAFV (Community Initiatives Against Family Violence)

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

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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;
 \$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
 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 423-1635
 (male outreach worker for abusive men)
 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
 for those who have been abused) 435-0202
 Men for Sobriety 909-0215
 The Men's Help Line 452-7193

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Resources for Mental Health

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

Advocacy/Information/Referral

Alzheimer Society of Alberta - Edmonton 488-2266
 Canadian Mental Health Association (CMHA) 414-6300
 Mental Health Patient Advocate 422-1812
 Schizophrenia Society of Alberta - Edmonton 452-4661

Assessment/Testing/Treatment

Alberta Health Services
Mental Health Clinics 342-7700
Regional Children’s Mental Health Intake 413-4700
University of Alberta Hospital
Psychiatric Treatment Clinic 407-6501
 CASA (*direct referral up to 4.5 yrs; referrals for 4.5-17 yrs go through Regional Children’s Mental Health Intake, see above*) 438-0011
 Psychologists’ Association of Alberta
Referral Line Service 428-8255 (TALK)
 University of Alberta – Faculty of Education
Counselling Centre (Sept – May; \$50/yr) 492-3746

Crisis

AHS – Mental Health Services
Adult Crisis Response Team (24 hrs) 342-7777
Children’s Mental Health
Community Response Team (CRT) 413-4733
Children’s Mental Health Crisis Line 427-4491
Mental Health Help Line (24 hrs) 1-877-303-2642
 Alberta Justice & Attorney General
Mental Health Apprehension Warrant 427-8343
 The Support Network – *Distress Line (24 hrs)* 482-4357

Depression – Educational Groups

AHS - *Bipolar Education Group* 429-7809
(10-week discussion/support group for individuals diagnosed with bipolar disorder & their families)
 Catholic Social Services – *Overcoming Depression (18+; 10 wks; \$300; limited subsidies)* 420-6081

Employment/Living Skills/Training

Alberta Health Services
Independent Living Support (ILS) 342-7700
 DECSA 474-2500
 EmployAbilities 423-4106
 Excel Society (*main switchboard*) 455-2601 x221
 House Next Door Society 444-2070
 On Site Placement Services Association 488-8122
 Prosper Place Clubhouse 426-7861

Housing/Supported Independent Living

AHS – *Community Care Access* 496-1300
(eligibility assessments for programs in various residential settings)
 Canadian Mental Health Association (CMHA)
Housing Program 414-6309

Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers 424-7709
 Multicultural Health Brokers Co-op 423-1973

Inner City Mental Health Services

Bissell Centre 423-2285
 Boyle McCauley Health Centre 422-7333 x238
 Boyle Street Community Services 424-4106
 E4C (*mentally-ill, hard-to-house, inner city*) 425-7927
 Edmonton People In Need Shelter Society 424-6733
 Urban Manor (*hard to house men; 18+; addictions and/or mental illness*) 425-5901

Recreation and Social Programs

Canadian Mental Health Association (CMHA) 414-6300
Young Adults Meeting Somewhere (YAMS) 414-6300
 Covenant Health – *Satellite Social Club* 735-7576
 Prosper Place Clubhouse 426-7861

Suicide Education & Support

Canadian Mental Health Association (CMHA)
Community Education 414-6311
(ASIST & Mental Health First Aid)
 The Support Network
Caregiver Support Program 482-0198
Distress Line (24 hr crisis line) 482-4357 (HELP)
Suicide Awareness & Bereavement 482-0198

Support Groups

Alberta Caregivers Association 453-5088
 CoDependents Anonymous (CoDA) 436-6853
 Cornerstone Counselling Centre
OASIS Support Group (for family/friends) 482-6215
 Emotions Anonymous (*depressed, anxious, etc*) 436-2951
 Mars Hill Centre – *Overcoming Anxiety (Christian-based mental health support groups)* 435-0202
 Me Without Measure-Eating Disorder Org. 944-2864
 Mood Disorders Society (*16-30 yrs, includes family*)
edmontonbipolar@hotmail.com
 Schizophrenia Society of Alberta - Edmonton 452-4661

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Resources for New and Expecting Parents

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

Abortion Clinic Information/Referral

OPTIONS Sexual Health Association 423-3737
Woman's Health Options (*abortion services*) 484-1124

Adoption and Fostering

Adoption (ABI) Society of Alberta 479-5268
Alberta Foster Parent Association (AFPA) 429-9923
Foster Parents Hotline 1-800-667-2372
Child & Family Services Authority Region 6 422-6647
Catholic Social Services – *Adoption Program* 424-3545

Birth Preparation

Alberta Health Services (AHS)
Prenatal classes registration 408-5465
Association for Safe Alternatives in Childbirth 425-7993
Edmonton VBAC Support Association 444-9527
Health for Two (*info & nutritional program run through various community agencies; call for a convenient location*) 735-3008/211
Multicultural Health Brokers Co-op 423-1973
Terra Centre for pregnant and parenting teens 428-3772

Breastfeeding Information and Support

AHS - *Healthy Beginnings Hotline* 413-7990
La Leche League 478-0507

Child Car Seat Safety

Alberta Transportation
(*a list of agencies that provide child safety seat inspections.*) 427-8901
www.saferoads.com/pdf/childsafetyseat.pdf

Crisis (24 hrs)

Alberta Health Services (AHS)
Healthy Beginnings Hotline (postpartum) 413-7990
Child & Family Services Region 6
Crisis Unit (child abuse/neglect; 24 hrs) 427-3390
Kids Kottage Foundation (*crisis nursery*) 944-2888
The Support Network - *Distress Line* 482-4357 (HELP)

Health & Developmental Delays

Alberta Health Services
Early Intervention Program (0-3.5 yrs) 486-5437
Health Link Alberta (24 hrs) 408-5465 (LINK)
Healthy Beginnings Hotline (24 hrs) 413-7990
Multicultural Health Brokers Co-op 423-1973

Info & Support for Expecting/New Parents

(* Parent Link Centre)

Ben Calf Robe Society 477-6648
*Bent Arrow Traditional Healing Society 481-3451
Aboriginal Parent Link Centre 474-2400
Bissell Centre – *Family Support Prog.* 423-2285 x162
Boyle McCauley Health Centre (*inner city*) 422-7333
Boyle Street Community Services 424-4106
CANDORA Society of Edmonton 474-5011
Catholic Social Services – *First Steps: Prevention Program for FASD* 477-1999
Community Options 455-1818
Elizabeth Fry Society 421-1175
*Jasper Place Child & Family Resource Centre 489-2243
*KARA Family Resource Centre, Main 478-5396
*Mill Woods Family Resource Centre 413-4521
Norwood Child & Family Resource Centre 471-3737

Multiple Births

Edmonton Twin and Triplet Club 455-5520

Post-Abortion Support

OPTIONS Sexual Health Association (**pro-choice**) 423-3737
Pregnancy Care Centre (**pro-life**) 424-2624

Postpartum Depression

AHS - *Healthy Beginnings Hotline* 413-7990
Mill Woods Family Resource Centre
Managing Motherhood 413-5685
Parent Link Centres (see above) for support groups

Pregnancy Loss / Parent Bereavement

Canadian Foundation for the Study of
Infant Deaths (SIDS) 1-800-363-7437 (SIDS)
Grieving Parents Society 451-5381
Parent Care Society of Edmonton 988-3747

Pregnancy Testing/Counselling

AHS - *Birth Control Centre (pro-choice)* 735-0010
Birthright (Edmonton) (**pro-life**) 488-0681
Edmonton Pregnancy Crisis Centre (**pro-life**) 482-5111
OPTIONS Sexual Health Association (**pro-choice**) 423-3737
Pregnancy Care Centre (**pro-life**) 424-2624

Teen Pregnancy and Parenting

Jasper Place Child & Family Resource Centre 489-2243
Terra Centre for Pregnant and Parenting Teens 428-3772

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Resources for Newcomers to Canada

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

Citizenship & Classes

Citizenship & Immigration Centre 1-888-242-2100

Citizenship Classes:

Changing Together-A Centre for Immigrant Women 421-0175
Indo Canadian Women's Association 462-6924
Welcome Centre for Immigrants 490-0477

Education

Alberta Advanced Education – IQAS 427-2655
International Qualifications Assessment Services
Bredin Institute – Centre for Learning 425-3730
Centre for Skilled & Internationally Trained Professionals
Edmonton Mennonite Centre for Newcomers 424-7709
Norquest College 644-6000
Transitions to Technical and Trades Careers
Welcome Centre for Immigrants 462-6924

Employment Assistance

Alberta Employment & Immigration (AEI)
Alberta Foreign Worker Hotline 427-6419
ASSIST Community Services Centre 429-3111
Changing Together – A Centre for Immigrant Women 421-0175
Edmonton Mennonite Centre for Newcomers 421-7400
Millwoods Welcome Centre for Immigrants 462-6924

English Language Training

ASSIST Community Services Centre 429-3111
Language Instruction for Newcomers (LINC)
Catholic Social Services
Language/Vocational Assessment 424-3545
Changing Together – A Centre for Immigrant Women
English as a Second Language 421-0175
Edmonton Catholic Schools – LINC 944-2000
Edmonton Immigrant Services Association (EISA) - *English as a Second Language* 474-8445
Edmonton Mennonite Centre for Newcomers 423-9678
LINC; English as an Additional Language
Edmonton Public Schools
English Language Institute (ESL classes) 917-8653
NAIT – *English as a Second Language* 471-6248
NorQuest College – *English Lang. Training* 644-6000
P.A.L.S. – Project Adult Literacy Society 424-5514
University of Alberta – Faculty of Extension 492-3036

Family Violence

Changing Together – A Centre for Immigrant Women
Family Violence Prevention Program 421-0175
RoseNet: *Law & Abused Immigrant Women*
www.rosenet-ca.org

Health / Mental Health

AHS – *Health Link Alberta (24hrs)* 408-5465
Multicultural Health Brokers Co-op 423-1973
OPTIONS Sexual Health Association
Multicultural Sexual Health Education 423-3737

Supportive Services

ASSIST Community Services Centre 429-3111
(programming in English & Chinese)
Canadian Arab Friendship Association 473-7214
Catholic Social Services
Host Friendship Program 424-3545
Settlement Counselling 424-3545
Changing Together – A Centre for Immigrant Women 421-0175
Edmonton Immigrant Services Association(EISA) 474-8445
New Neighbours Program 474-8445
Edmonton Mennonite Centre for Newcomers 424-7709
Settlement Services 424-7709
Edmonton Multicultural Society 420-6832
Online Multicultural Resource Directory
(links to local multicultural/ethnic organizations)

www.edmontonmulticultural-ems.org

Edmonton Viets Association 424-8934
Filipino Society for Growth & Change (FSGC) 406-0828
Live In/Out Caregivers Support Group 406-0828
Islamic Family Social Services Association 430-9220
Jewish Family Services 454-1194
Multicultural Health Brokers Co-op 423-1973
(perinatal health; chronic disease, Prevention and management)
SAGE – Seniors Association of Greater Edmonton
Multicultural Seniors Outreach Program 701-9018
South Asian Humanitarian Aid & Resettlement 414-1053
Ukrainian Canadian Social Services 471-4477
Welcome Centre for Immigrants 462-6924

Translation Services

Edmonton Immigrant Services Association (EISA)
Language Bank Program 474-8445
The Family Centre
Professional Interpretation & Translation 448-2627

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Resources for Parents

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Child Care and Preschool Referrals

Alberta Children and Youth Services
Parent Information Line 644-1366
 Child & Family Services Region 6
Child Care Services/listings/Subsidies 427-0444
 Edmonton Preschool Association
www.edmontonpreschools.com
 YMCA of Edmonton – *Child Care Services* 429-5716

Crisis

AHS – Children’s Mental Health
Community Response Team (CRT) 413-4733
Crisis Line (telephone support; not 24 hrs) 427-4491
 Child & Family Services Region 6
Crisis Unit (child abuse/neglect; 24 hrs) 427-3390
 Kids Kottage (*crisis nursery; 24 hrs*) 944-2888
 The Support Network – *Distress Line (24 hrs)* 482-4357

Cross-Cultural Parenting

Aboriginal Consulting Services Association 448-0378
 ASSIST Community Services Centre (*Asian*) 429-3111
 Ben Calf Robe Society 477-6648
 Bent Arrow Traditional Healing Society 481-3451
 Metis Child and Family Services Society 452-6100
 Multicultural Health Brokers Co-op 423-1973
 Native Counselling Services of Alberta 479-4793
 OPTIONS Sexual Health Association 423-3737
Father & Child Activities (new immigrants)

Government Services/Websites with Parenting Info

Alberta Children & Youth Services
Bullying Help Line (24 hrs) 1-888-456-2323
Family Violence Info Line (24 hrs) 310-1818
www.familyviolence.alberta.ca
Parent Information Line 644-1366
 (9 am – 9 pm, Mon – Sat; early childhood
 development; child care programs/services)
www.child.alberta.ca

Leisure Activities

Boys & Girls Clubs of Edmonton 422-6038
 City of Edmonton Community Services 496-4999
Leisure Access Program (for low income) 496-4918
 Edmonton Public Library (*for closest branch*) 496-7000
Suggestions for parent-child or child activities 211
 YMCA of Edmonton (*for nearest of 4 locations*) 211

Parenting Children with Special Needs

Alberta Health Services (AHS)
Early Intervention Program (up to 3.5 yrs) 486-5437
 Bissell Centre – *Parent-Child Advocacy (FAS)* 423-2285
 Catholic Social Services –
FAS - Coaching Families 471-1122
 Child & Family Services Region 6
Child Disability Resource Link 1-866-346-4661
 Learning Disabilities Association of Alberta 466-1011
 University of Alberta – Faculty of Education
Reading and Language Centre (\$50/yr) 492-3746

Parenting Classes and/or Support

Please contact agencies for more info on workshops and services available. Also see Cross-Cultural subheading.
 * **Parent Link Centre sites**
 *Bent Arrow Traditional Healing Society 481-3451
Aboriginal Parent Link Centre 474-2400
 Bissell Centre – *Family Support Services* 423-2285 x162
 Boys & Girls Clubs - *Parent Talk* 481-1292
(e.g. Baby Steps for 0-6; Parents of Teens & Tweens; various workshops; no cost)
 Community Options 455-1818
 Dickinsfield Amity House 478-5022
 The Family Centre – *Education Services* 917-8205
(e.g. Parenting Toddlers; School Age Children; Teens; Challenging Children)
 Foundation for Families in Transformation 448-1180
(support groups for children & their families grieving a death, separation or divorce: Rainbows, Spectrum, Prism programs)
 *Jasper Place Child & Family Resource Centre 489-2243
 *KARA Family Resource Centre 478-5396
 *Mill Woods Family Resource Centre 413-4521
 Norwood Child & Family Resource Centre 471-3737
 Parents Empowering Parents (*addictions*) 293-0737
 St. Albert Parents’ Place 459-7377
 Terra Centre for Pregnant and Parenting Teens 428-3772
 Toughlove Support Group 464-5597
 Unity Centre of Northeast Edmonton 478-6521

Single/Separated/Step-Parenting Courses

Alberta Justice & Attorney General (*no cost*)
Focus on Communication in Separation 644-5092
(parents do not register together)
Parenting after Separation (PAS) 413-9805
 The Family Centre – *Education Services* 917-8205

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Resources for Personal Enrichment/Leisure

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

Assertiveness and Self Esteem

Bissell Centre	
<i>Employment Services (inner city)</i>	424-4385 x137
(employment and life skills workshops)	
Catholic Social Services	
<i>Family Living Program (FLP)</i>	420-6081
(professionally directed workshops on issues such as depression, couple communication, anger, and boundary setting)	
City of Edmonton Community Services (<i>no cost</i>)	
<i>Men & Relationships Weekender</i>	496-4777
<i>Men Without Hats (drop-in)</i>	496-4777
<i>Men's Talk & Do 1 & 2</i>	496-4777
Elizabeth Fry Society	784-2205
(<i>personal development workshops</i>)	
The Family Centre	
<i>Adult Group Therapy</i>	424-5580
<i>Raising Self Esteem and Building Skills in Assertion</i>	917-8205
KARA Family Resource Centre	
<i>Personal Development Courses (no cost)</i>	478-5396
(e.g. Family Sharing Circle)	
Mars Hill Centre –	
<i>Boundaries (Christian based)</i>	435-0202
(Offered twice per year)	
Mill Woods Family Resource Centre	
<i>Adult Groups</i>	413-4521 x106

Continuing Education

Concordia University College of Alberta	413-7808
Edmonton Lifelong Learners Association	492-5055
(<i>ELLA; non-credit courses for adults 50+; liberal arts, sciences and humanities; minimal cost; U of A</i>)	
Grant MacEwan College	
<i>Continuing Education/ Distance & Online Study</i>	497-5207
<i>Minerva Senior Studies Institute</i>	497-5082
Metro Continuing Education	428-1111
<i>1000+ personal enrichment/special interest courses per year</i>	
Norquest College	644-6000
<i>Saturday Passport to Learning</i>	644-6755
NAIT	471-6248
University of Alberta - Faculty of Extension	
(<i>credit and non-credit programs for continuing education/professional development</i>)	492-7237

Personal and/or Spiritual Growth

Aboriginal Consulting Services Association	
<i>Creative Healing Family Program</i>	448-0378
Bent Arrow Traditional Healing Society	
<i>Circle of Hope</i>	481-3451
Centre for Spiritual Living	469-1909
Edmonton Life Enrichment Centre	462-4491
Hope Foundation of Alberta, The	492-1222
Mars Hill Centre (<i>Christian/faith-based</i>)	
<i>Recovery Groups, e.g. "Boundaries"</i>	435-0202
Mustard Seed – Chapel Service (<i>inner city</i>)	426-5600
Native Seniors Centre	
<i>Cultural & spiritual journeys (55+)</i>	476-6595
Providence Renewal Centre (<i>Christian-based</i>)	430-9491
Salvation Army - The Chapel	424-9222
Society for Personal Growth	434-4834
Star of the North Retreat Centre	459-5511
YWCA Edmonton	423-9922

Recreation and Culture

City of Edmonton – Attractions	311
<i>e.g. Fort Edmonton, Nature Centre, Zoo</i>	
City of Edmonton Community Services	
<i>For recreation referrals in your area</i>	496-4999
<i>Leisure Access Program</i>	496-4918
<i>Seasonal Program Guides are available at City recreation facilities/libraries & include those for:</i>	
<i>City Arts Centre (adults/children)</i>	496-6955(311)
<i>Leisure Opportunities for Persons with Special Needs</i>	496-4917
<i>Priceless Fun & Program Guides</i>	311
<i>Recreational Programs for Older Adults</i>	311
Discover Edmonton and Edmonton events	
www.discoveredmonton.com/Edmonton/Events	
Edmonton Sport Council (<i>sport referrals</i>)	497-7678
www.edmontonsport.com	
YMCA of Edmonton	
<i>Castledowns (north)</i>	476-9622
<i>Don Wheaton (central)</i>	452-9622
<i>Jamie Platz (west end)</i>	481-9622
<i>William Lutzky (south)</i>	439-9622

Volunteer Opportunities

Go Volunteer	www.govolunteer.ca
The Support Network – Volunteer Information & Referral	
211 Edmonton	211
Volunteer Edmonton	www.volunteeredmonton.com

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Resources for Seniors & Older Adults

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

Abuse

City of Edmonton Community Services 496-4777
Relationship with Your Adult Children (60⁺)
 Elderly Adult Resource Service (EARS; 65⁺) 477-2929
 OakNet: *Abuse of Older Adults* www.oak-net.org
 Protection for Persons In Care (*reporting*) 1-888-357-9339
 SAGE – *Seniors' Safe House (60⁺)* 702-1520
 Seniors' Abuse Help Line (*24 hrs*) 454-8888

Government Services

Alberta Justice & Attorney General
Public Trustee 427-2744
 Alberta Seniors and Community Supports
Alberta Aids to Daily Living (AADL) 427-0731
Alberta Seniors Information Line 427-7876
Office of the Public Guardian 422-1818
Residential Access Modification (RAMP) 427-5760
Saying Farewell Handbook 427-7876
 (what to do before/after someone dies)
Seniors Programs & Services Info Guide 427-7876
 Human Resources & Skills Development Canada
CPP/Old Age Security (OAS)/GIS 1-800-277-9914

Health/Home Care/Safety

Alberta Health Services (AHS)
Adult Mental Health Crisis Response Team 342-7777
Alberta Aids to Daily Living (AADL)
 (assessments for bathroom safety
 and mobility equipment) 496-1300
Community Care Access (24 hrs) 496-1300
Home Care Intake Line (24 hrs) 496-1300
Health Link Alberta (24 hrs) 408-5465 (LINK)
 Edmonton Meals on Wheels 429-2020
 The Good Samaritan Society - *TeleCare Services*
 ("help button"/emergency response system) 431-3630
 Victorian Order of Nurses (VON) - Edmonton
Foot Care Clinics (clinic & home settings) 466-0293
 Yellow Pages (Telephone Book)
For private home care services refer to:
Home Health Services; Nurses & Nurses'
Registries; &/or Shopping Service – Personal

Information

Edmonton Seniors Coordinating Council (ESCC) 423-5635
www.seniorscouncil.net
 SAGE - Seniors Association of Greater Edmonton
Directory of Seniors Services 701-9012

Housing

Alberta Senior Citizens Housing Association www.ascha.com
 SAGE - Seniors Association of Greater Edmonton
Housing Resources 701-9018
Seniors Housing Guide (55⁺) 701-9012

Senior Centres/Groups/Services

Contact individual agencies for services offered:

- ⊗ referrals for driving, in-home assistance, home repairs and yard work services
- ⊗ health, fitness and recreational programs
- ⊗ social outreach services

Central

Edmonton General Continuing Care Centre
Community Outreach Program 342-8163
 Edmonton Seniors Centre (*45⁺; downtown*) 342-8625
 Native Seniors Centre (*drop-in; outreach; 55⁺*) 476-6595
 Operation Friendship (*inner city; 55⁺*) 429-2626
 Pride Centre - *GLBT Seniors Drop-In* 488-3234
 SAGE – Seniors Assoc. of Greater Edm 423-5510
Home Services (55⁺ or disabled) 701-9011
Seniors' Social Work Services 701-9005

Northeast

North Edmonton Seniors Association 496-6969
 Seniors Outreach Network Society (*north only; outreach to low-income, isolated seniors*) 451-4589

Northwest

Calder Seniors Drop-In Society 451-1925
 Central Lions Senior Citizens Recreation Centre 496-7369

Southeast

Society of Seniors Caring about Seniors 465-0311
 South East Edmonton Seniors Association (*55⁺*) 468-1985

Southwest

Lifestyle Helping Hands Seniors Association 450-2113
 SCONA - Senior Citizen Opportunity
 Neighbourhood Association 433-5377
 Society of Seniors Caring about Seniors 465-0311
 Strathcona Place Senior Citizen Centre 433-5807

West

Westend Seniors Activity Centre (*55⁺*) 483-1209

Transportation

Edmonton Transit System (ETS) 311
Disabled Adult Transit Service (DATS) 496-4567
Senior Citizen's Annual Passes 496-1665
 Parking Permits for Persons with Disability
Call License & Registry Services (Yellow Pages)

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

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Resources for Women

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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
 Northgate Centre *Walk in service only*
 South (Gateway Blvd) 644-2888
 West (Meadowlark) 415-8116
 West (Westcor Building; 124 Street) 415-6500
 Edmonton's Food Bank 425-4190
 Hope Mission – Women's Emergency Shelter 422-2018
 Money Mentors 423-5265
 WEAC (women's emergency shelter; 18+) 423-5302

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 - Referral Line 428-8255
 Salvation Army (*Christian based counselling) 412-2625
 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 Sept – March) 492-3746
 YWCA Edmonton – Counselling Centre 423-9922 x222

Crisis (call 911 if in immediate danger)

AHS Addiction & Mental Health (FKA: AADAC)
 AHS Addiction Help Line (24hrs) 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/Training

Alberta Employment & Immigration (AEI)
 Career Information Hotline 422-4266
 Elizabeth Fry Society
 Women's Work Employment Program 784-2208
 Suit Yourself, Edmonton Wardrobe for Women in Need
 (clothing for job interviews; work related) 488-9930
 Women Building Futures 452-1200
 (training for women in non-traditional trades)

Family Violence & Abuse (also see FV List)

City of Edmonton Community Services
 Assessment and Short-Term Counselling 496-4777
 Individual counselling & various groups
 for abused women & their children (no cost)
 DECSA – Opportunity Plus (employment program
 for women leaving abusive relationships) 474-2500
 Edmonton John Howard Society
 Family Violence Prevention Centre 423-1635
 Legal Aid Alberta
 Edmonton Protection Order Program 422-9222
 Lurana Shelter (women; women with children) 424-5875
 A Safe Place (Sherwood Park; 24 hrs) 464-7233
 WIN House (24 hrs; women with children) 479-0058

Health/Sexuality

Alberta Health Services (AHS)
 Birth Control Centre (& pregnancy testing) 735-0010
 Health Link Alberta (24 hrs) 408-5465 (LINK)
 Sexually Transmitted Disease Centre 413-5156
 Boyle McCauley Health Centre (inner city) 422-7333
 Multicultural Health Brokers Co-op 423-1973
 OPTIONS Sexual Health Association 423-3737
 Pride Centre of Edmonton 488-3234

Legal Resources/Information

Alberta Justice & Attorney General
 Family Law Information Centre 415-0404
 Family Mediation 427-8329
 Edmonton Community Legal Centre 702-1725
 Elizabeth Fry Society 421-1175
 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

Support Groups

Alberta Caregivers Association 453-5088
 KARA Family Resource Centre 478-5396
 Mars Hill Centre (faith based recovery groups) 435-0202
 Mill Woods Family Resource Centre 413-4521
 YWCA Edmonton – Counselling Centre 423-9922 x222

Volunteering

Go Volunteer www.govolunteer.ca
 The Support Network – 211 Edmonton; dial 211
 Volunteer Edmonton (VE) www.volunteeredmonton.com

For more information, or if you cannot find the particular service you are looking for:

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Resources for Youth & Young Adults

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

Basic Needs/Financial

Alberta Employment & Immigration (AEI)
Income Support Contact Centre (24 hrs) 644-5135
 Edmonton's Food Bank 425-4190
 Money Mentors 423-5265
 Youth Emergency Shelter (*under 19 yrs*) 468-7070

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
 Foundation for Families in Transformation (FFIT)
*(support for children & families grieving a death,
 separation, or divorce: Rainbows, Spectrum)* 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 x222

Crisis

AHS – 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)
Online Crisis Support www.thesupportnetwork.com

Education/Employment/Life Skills

Alberta Employment & Immigration (AEI)
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
 Bredin Institute – Centre for Learning 425-3730
Youth Connections (16-24 yrs) 415-4968
 Chimo – *Chimo Life Skills Program (13-17 yrs)* 420-0324
 Elizabeth Fry Society-Girls Empowered & Strong 784-2202

Health/Pregnancy/Sexuality

Alberta Health Services (AHS)
Birth Control Centre 735-0010
Pregnancy testing & counselling 735-0010
STD and HIV testing 735-0010
Eating Disorder Program 407-6575
Health Link Alberta (24 hrs) 408-5465 (LINK)
 Me Without Measure-Eating Disorder Org. 944-2864
 OPTIONS Sexual Health Association 423-3737
 Pride Centre of Edmonton – *Youth Outreach* 488-3234
 Woman's Health Options (*abortion services*) 484-1124

Recreation

Boys & Girls Clubs of Edmonton 422-6038
 City of Edmonton Community Services 496-4999 (311)
Leisure Access Program 496-4918
 Edmonton Sport Council (*sport referrals*) 497-7678
 KidSport (*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

AHS Addiction & Mental Health (FKA: AADAC)
Adult Counselling & Prevention Services 427-2736
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
 Kids On Track Association 481-2942
 Mill Woods Family Resource Centre 413-4521
Child & Youth Groups 413-4521
 Northeast Teen Centre 475-2589
 Old Strathcona Youth Society (*14-24 yrs*) 496-5947
 Terra Centre for Pregnant and Parenting Teens 428-3772
 The Support Network
Peer Support Forums www.youthone.com/forum
 Youth Emergency Shelter Society 468-7070

Volunteering

Alberta's Youth VOLUNTEER! www.youthvolunteer.ca
 Volunteer Edmonton www.volunteeredmonton.com

Youth and Young Adults At Risk

(see *Resources for At Risk Youth & Young Adults*)

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