



Resources for Women

(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
 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:

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