



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 (24/7) 644-5135
Income Support and employment information
 City Centre (105 Street Site) 415-4900
 Northgate Centre 422-9440
 South (Gateway Blvd) 644-2888
 West (Meadowlark) 415-8116
 West (Westcor Building) 415-6500

Edmonton's Food Bank 425-4190
 Hope Mission
Women's Emergency Shelter 422-2018 x221

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 (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/Training

Alberta Employment & Immigration (AEI)
Career Information Hotline 422-4266

Elizabeth Fry Society
Women's Work Employment Program 784-2207

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)

Aboriginal Consulting Services Association 448-0378
Family Violence Teaching Circles for Women

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 424-5875
 (*women with or without children*)

A Safe Place (*Sherwood Park; 24/7*) 464-7233
 WIN House (*24/7; women with children*) 479-0058

Health/Sexuality

Alberta Health Services (AHS)
Birth Control Centre (& pregnancy testing) 735-0010
Health Link Alberta (24/7) 408-LINK (5465)
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

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