



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*)

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