



# 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 (24/7)* 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-TALK (8255)  
 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 24/7)* 427-4491  
 Child & Family Services Region 6  
*Child Abuse Hotline (24/7)* 1-800-387-5437  
 Kids Help Phone 1-800-668-6868  
 Salvation Army Community & Family Services  
*Teen Support Line* 428-TEEN (8336)  
 Sexual Assault Centre of Edmonton (24/7) 423-4121  
 The Support Network  
*Distress Line (24/7)* 482-HELP (4357)  
*Online Crisis Support* [www.thesupportnetwork.com](http://www.thesupportnetwork.com)

## 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* 407-6114  
*Health Link Alberta (24/7)* 408-LINK (5465)  
 Anorexics and Bulimics Anonymous 443-6077  
 OPTIONS Sexual Health Association 423-3737  
 Pride Centre of Edmonton – *Youth Outreach* 488-3234  
 Woman's Health Options (*abortion services*) 484-1124

## Life Skills/Education/Employment

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](http://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  
 Edmonton Public Schools 429-8000  
*Transition Support (17-19 yr; special needs)* 465-8007  
*Transition & Outreach (drop out)* 429-8000  
*Centre High (upgrade/complete high school)* 425-6753  
 Elizabeth Fry Society  
*Girls Empowered & Strong* 784-2202

## 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 - *Crisis Support Blog*  
[www.crisissupport.blogspot.com](http://www.crisissupport.blogspot.com)  
 Youth Emergency Shelter Society 468-7070

## 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](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