

COMMUNITY SUPPORT SERVICES

As part of the YWCA Edmonton family, you are helping to connect our community with much needed resources. If you or someone you know is in need of support, please reach out. Listed below you will find contact information for community resources. More information can be found by visiting www.211edmonton.com, or by calling 2-1-1 within Edmonton or 780-482-4636 outside of Edmonton. Thank you for helping us to provide services to the people who need them most.

| EMERGENCY SHELTERS | | |
|---------------------------------------|---|----------------|
| Alberta Council of Women's Shelter | www.acws.ca - lists shelters / resources throughout Alberta | 1-866-331-3933 |
| Hope Mission | Women and Youth emergency shelter | 780-422-2018 |
| Lurana Shelter | Emergency shelter for Women & Children | 780-424-5875 |
| A Safe Place | Shelter for abused Women & Children - in Sherwood Park | 780-464-7233 |
| Safe House (Catholic Social Services) | Temporary shelter for at risk youth (14yrs-19yrs) | 780-474-9938 |
| WEAC | Women's Emergency Accommodation Centre (+18yrs) | 780-423-5302 |
| WIN House (3 locations) | Shelter for Women & Children fleeing domestic violence | 780-479-0058 |
| YESS | Youth Empowerment & Support Services (under 19yrs) | 780-468-7070 |

| HELP LINES | | |
|--------------------------------------|---|--------------------------|
| Addiction Help line | 24 hour line - support, information and referral to services | 1-866-332-2322 |
| Adult Crisis Response Team | 24 hour Alberta Health Services - Adults | 780-482-0222 |
| Alberta ONE LINE for Sexual Violence | Alberta-wide toll-free phone, text and chat line 9 am – 9 pm daily | 1-866-403-8000 |
| Bullying Help line | 24 hour help line, 170 languages | 1-888-456-2323 |
| Child Abuse Hotline | 24 hour help line, 170 languages | 1-800-387-5437 |
| Children Crisis Response Team | 24 hour Alberta Health Services - Children | 780-413-4733 |
| CMHA Edmonton 24-Hour Distress Line | 24 hour distress line. Online chat: www.crisissupportcentre.com | 780-482-HELP (4357) |
| Emergency Social Services | 24 hour assist with shelter, clothing, food and advice | 780-427-3390 |
| Family Violence Info Line | www.familyviolence.gov.ab.ca/pfvb | 780-310-1818 |
| Human Trafficking Hotline | 24 hour helpline | 1-833-900-1010 |
| Kids Help Phone | 24 hour helpline (5yrs-20yrs) | 1-800-668-6868 |
| Kids Kottage | 24 hour crisis and nursery | 780-944-2888 |
| Seniors Abuse Helpline | 24 hour senior's abuse line | 780-454-8888 |
| Sexual Assault Centre | 24 hour sexual assault crisis line | 780-423-4121 |
| Suicide Prevention Hotline | 24 hour suicide help line | 1-888-SUICIDE (784-2433) |

| SUPPORT RESOURCES | | |
|-------------------------------|---|------------------------------|
| Access 24/7 | 24-hour adult addiction and mental health services | 780-424-2424 |
| Al-Anon | Help for families of Alcoholics | 780-433-1818 |
| The Family Centre | Counselling and group programs | 780-424-5580 |
| Momentum Counselling | Walk-in, single visit counselling – no fee. | 780-757-0900 |
| Suicide Bereavement Support | Individual, family, or group support for suicide grief. | 780-482-0198 |
| SPCA Pet Safe Keeping Program | Offers temporary care of pets in emergency situations | 780-462-4636 |
| The Today Centre | Family violence information | 780-455-6880 |
| YWCA Counselling Services | Individual counselling – sliding scale. No referral required. | 780-423-YWCA (9922) Ext. 222 |