

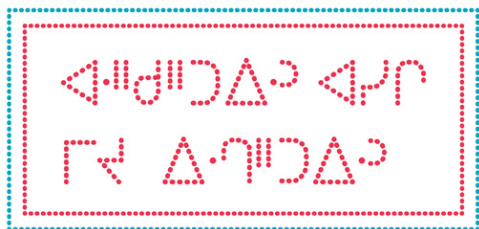


Indigenous Prenatal Services Resources

Edmonton and Area

UPDATED
2024

WAHKOHTOWIN



LAW & GOVERNANCE LODGE

Table of Contents

Table of Contents.....	i
Child Care.....	1
Clothing.....	1
Counselling.....	2
Crisis Help (*24/7).....	4
Education/Development.....	5
Financial Support (*24/7).....	5
Food Bank.....	6
Health.....	7
• Birth Control and Pregnancy Choices.....	7
• Breastfeeding Support.....	7
• Dental.....	8
• Emergency Room/Urgent Care (*open 24/7).....	8
• Health Clinics.....	9
• Health Coverage and Benefits.....	10
• Health Helplines (*24/7).....	10
• Indigenous Health Resources.....	10
• Labour and Delivery.....	11
• Midwifery Services.....	11
• Public Health Centres.....	12
• Sexually Transmitted Infections (STIs).....	12
Housing/Houselessness Prevention.....	12
Information.....	14

Legal/Advocacy.....	14
Multiple Births (Example: Twins).....	15
Parenting Programs/Support.....	15
Status/Citizenship.....	16
Substance Use/Addiction.....	17
• Support (*24/7 Helpline).....	17
• Treatment.....	17
Supportive Services.....	17
Tax Benefits for Families.....	19
Transportation/Leisure Passes.....	19
Violence and Abuse (*24/7 crisis line).....	19
• Shelter.....	19
• Support.....	20
Youth (*24/7 Crisis Line).....	21

Legend

Bolded.....access options eg: **walk-in, self-referral, appointment**

Underlined.....locations eg: Edmonton, Leduc, Morinville, St. Albert

(parentheses).....additional information eg: (for _ residents only)

• list points..... .additional information eg: • _for _ residents only

* asterisks.....24/7 hotline, crisis line, etc.

Child Care

Aboriginal Head Start	780-640-9799	Free preschool for Indigenous children (3-5yrs) in Edmonton (registration required)
Alberta Child Care Subsidy	780-644-9992 1-877-644-9992	Child care subsidy is paid to day care to help with fees. Application required
Bissell Child Care	780-429-4126	Free Drop-in Day care (please call 1-2 days in advance for a spot)
Norwood Child and Family Resource Centre	780-471-3737	Parent Respite Program - Free child care for children 0-6
Treaty 8 Urban Child and Family Services	780-784-3663	Jordan's Principle: Caregiver Relief Program – financial support for kinship care for Treaty 8 children with special needs or high medical needs

Clothing

Basically Babies	780-989-0180	Free layette full of a complete first-year of babies' clothes (includes winter fits as well) <ul style="list-style-type: none"> Distributed through partner organizations (list of organizations found on their website: https://basicallybabies.org/wordpress/)
Bissell Centre	780-423-2285 ext. 133	Basic Needs Program - provides clothing, diapers, formula, etc. for families in need
Bissell Stores Thrift Shops	780-471-6644 780-969-5150	2 Locations in <u>Edmonton</u>
Building Hope	780-479-4504	Free clothing bank <ul style="list-style-type: none"> Christian based
County Clothes-Lines	780-464-7786	Thrift store that provides clients referred by local agencies with free shopping in emergency <ul style="list-style-type: none"> For <u>Sherwood Park</u> and <u>Strathcona</u> residents only
Elizabeth Fry Society	780-421-1175 1-866-421-1175	Community Resources Program - free clothing, education, resources, etc. for women
Family Connection Centre (Stony Plain)	780-963-0549	Coats for kids and families – a coatroom available all year long (also has rain and other summer coats available) <ul style="list-style-type: none"> For <u>Stony Plain</u>, <u>Spruce Grove</u> and <u>Parkland County</u> residents only
Fusion Thrift Shoppe (Morinville)	780-939-1565	Provides clothing and houseware to people affected by domestic violence Partner with Morinville Victim Services to provide clothing, etc. to survivors of crime and trauma <ul style="list-style-type: none"> Christian based
Goodwill	780-944-1414 1-866-927-1414 (Head Office)	13 locations in <u>Edmonton</u> , 2 in <u>Sherwood Park</u> , 2 in <u>St. Albert</u> , 1 in <u>Leduc</u> , and 1 in <u>Spruce Grove</u> <ul style="list-style-type: none"> To find a location please visit: https://www.goodwill.ab.ca/
Jasper Family Resources Centre	780-489-2243	Clothing Exchange - family can get or exchange gently used children clothing (sizes newborn - 6 years)
MMC Thrift	780-443-4047	Christian based thrift store

Mill Woods Care Closet	587-566-4116	Free clothing bank for Millwoods residents only (through appointment) <ul style="list-style-type: none"> Has list of alternative clothing, food, and community resource option on website: https://carecloset.ca/alternative-aid
Mustard Seed Thrift Store	780-479-5629	Thrift Store
NeighbourLink Parkland	780-960-9669	Help Closet - provides basic necessities for those in urgent need like clothing, toiletries, etc. <ul style="list-style-type: none"> For <u>Spruce Grove</u>, <u>Stony Plain</u> and <u>Parkland County</u> residents Christian based
Salvation Army Thrift Stores	780-424-9222	Through Salvation Army Edmonton Resource Centre 4 Locations (2 in <u>Edmonton</u> , 1 in <u>Sherwood Park</u> , 1 in <u>Leduc</u>)
Second Glance (Leduc)	780-986-1450	Thrift store
St. Andrew's United Church Thrift Shop (Spruce Grove)	780-962-0488	Christian based thrift shop
St. Vincent de Paul	780-471-5577 (*)	Free clothes for those in the Edmonton area <ul style="list-style-type: none"> *For those in Sherwood Park or Strathcona County press ext. 1 Christian based
Twice But Nice (Fort Saskatchewan)	780-992-0072	Thrift store
Counselling		
Aboriginal Counselling Services of Alberta	780-242-4357	Free counselling, supportive groups, etc. for children, women, men
Alberta Indigenous Virtual Care Clinic (AIVCC)	1-888-342-4822	Mental health support and counselling (also a virtual health clinic)
Alycol Integrative Health Services Restore Program	780-409-8798	Low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00/hour with student counsellors (in person or virtual) <ul style="list-style-type: none"> For <u>Stony Plain</u>, <u>Spruce Grove</u> and <u>Parkland County</u> residents only
Bissell Centre	780-660-8640	
Drop-In Single Session Counselling	780-423-2831 ext. 2	One free session counselling <ul style="list-style-type: none"> Find drop-in location at https://www.dropinyeg.ca/ or book an appointment online/phone
Family and Community Support Services (Leduc)	780-980-7109	Subsidized short-term individual, couple and family therapy for residents of City of Leduc (cost of appointment based on annual income)
Family and Community Support Services (Spruce Grove)	780-962-7618	Free single-session counselling available for residents of <u>Spruce Grove</u> or <u>Parkland County</u>
Family and Community Support Services (Strathcona County)	780-464-4044	"Pay what you can afford" counselling for residents of <u>Strathcona County</u> (walk-in, virtual and telephone) <ul style="list-style-type: none"> Address: 401 Festival Lane, <u>Sherwood Park</u> (2nd Floor)

Family Centre	780-306-0883	One free session counselling and then subsidized counselling based on a sliding scale for follow up sessions (drop-in, in person and virtual)
Family Connection Centre (Stony Plain)	780-963-0549	Through Family Resource Network - offers one free session virtual counselling to children and youth under 18 and their caregivers <ul style="list-style-type: none"> For Stony Plain, Spruce Grove and Parkland County residents only
Family Life Psychology	780-963-7451	Counselling services with Mental Health Therapists at a reduced rate of \$75/hour <ul style="list-style-type: none"> For Stony Plain, Spruce Grove and Parkland County residents only
Hub for Hope	780-446-0300	Through Dochas Psychological Services - provides individuals with 8 (50 minute) counselling sessions at no cost, provided by a student psychologist (in person or virtual) <ul style="list-style-type: none"> To register please visit: https://www.dochaspsych.com/hub-for-hope/ For Stony Plain, Spruce Grove and Parkland County residents only
Indigenous Psychological Services	587-594-9855	In-person and phone counselling (locations in <u>Edmonton</u> , <u>Enoch</u> and <u>Red Deer</u>)
Momentum Counselling	780-757-0900	Individual counselling and group counselling (in-person and virtual) <ul style="list-style-type: none"> Cost of session based on monthly household income
Parkland Wellness Centre	780-298-0022	Sponsorships available for partial or total coverage of 4 sessions <ul style="list-style-type: none"> For <u>Stony Plain</u>, <u>Spruce Grove</u> and <u>Parkland County</u> residents only
Rapid Access Counselling		One free-session counselling for all Albertans <ul style="list-style-type: none"> Virtual only – please go to: https://www.racalberta.ca/ to book a session
Red Road Healing Society	780-471-3221	Counselling and Family Therapy (through appointments)
Riseup Society of Alberta (Leduc)	780-739-7473	6 free sessions of individual or group therapy for those who have experienced domestic violence and abuse. <ul style="list-style-type: none"> After the 6th session, cost is based on sliding scale.
Schaffer Psychology	780-910-3420	Low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a student counsellor <ul style="list-style-type: none"> For <u>Stony Plain</u>, <u>Spruce Grove</u> and <u>Parkland County</u> residents

Crisis Help (*24/7)

*Abuse Helpline	1-855-443-5722	24/7 abuse helpline for adults and children (including but not limited to physical, emotional and sexual abuse)
*Access 24/7	780-424-2424	24/7 addiction and mental health support (urgent and non-urgent) <ul style="list-style-type: none"> In-person (drop-in or appointment, 8:00 AM - 10:00 PM) or by phone 24/7 Address: 13211 Fort Rd NW, Edmonton
*Addiction Helpline	1-866-332-2322	24/7 mental health and addiction helpline
Alberta's ONE LINE for Sexual Violence	1-866-403-8000	9AM – 9PM daily counselling and support for people who have experienced sexual violence (province wide) (call or text) <ul style="list-style-type: none"> If outside of these hours please go to the ER where a SART (Sexual Assault Response Team) can be contacted For individuals 14 years or older 24/7 in 11 emergency rooms in Edmonton Area - see Emergency Room/Urgent Care under HEALTH for detail list
*Brite Line	1-844-702-7482	24/7 mental health and wellness line for 2SLGBTQIA+ individuals across Alberta
*Canadian Human Trafficking Hotline	1-833-900-1010	24/7 confidential helpline for victims and survivors of human trafficking across Canada
*Crisis Response Team	780-424-2424	A team that is able to intervene, assess, and support people having a mental health crisis in the community. <ul style="list-style-type: none"> Partnered with Edmonton Police and AHS (mental therapist, RNs, etc.) Access 24/7
*Distress Line	780-482-4357	24/7 support for any crisis
*Emergency Income Support Contact	1-866-644-5135	Emergency financial assistance with basic needs like shelters, food, clothing, and transportation (24/7 helpline)
*Family Violence Info Line	310-1818	24/7 helpline to get support and help with family violence (call or text)
*First Nations and Inuit Hope for Wellness Line	1-855-242-3310	24/7 mental health counselling and crisis intervention to all First Nations and Inuit peoples across Canada
*Jessica Martel Memorial Foundation	1-866-939-2850	24/7 abuse helpline providing support and safety planning
*Kids Help Phone	1-800-668-6868	24/7 mental health service available for kids, teens and young adults across Canada <ul style="list-style-type: none"> Call, text (686868), or chat online: https://kidshelpphone.ca/
*Kids Kottage	780-944-2888	24/7 short term care for children during a family crisis
*Mental Health Helpline	1-877-303-2642	Alberta Health Services 24/7 mental health line
*National Indian Residential School Crisis Line	1-866-925-4419	24/7 support to former residential school students

Sexual Assault Centre	780-423-4121	9AM – 9PM daily counselling and support for people who have experienced sexual violence <ul style="list-style-type: none"> If outside of these hours please go to the ER where a female SART (Sexual Assault Response Team) nurse can be contacted. <ul style="list-style-type: none"> For individuals 14 years or older 24/7 in 11 emergency rooms in Edmonton Area - see Emergency Room/Urgent Care under HEALTH for detail list
*Suicide Crisis Helpline	988	24/7 suicide crisis line (call or text)
*24/7 Crisis Diversion Program	211, ext. 3	24/7 Mobile unit to help people experiencing nonemergency crisis to help them get to a safe place (only for people who are physically located in <u>Edmonton</u> at the time of call)

Education/Employment

Bent Arrow Traditional Healing Society	780-481-3451	Employment Resource Centre and many education programs /services
Bissell Centre	780-424-4385	Workforce Development Program – employment training (requires registration) - temporarily paused
Boyle Street Education Centre (BSEC)	780-428-1420	Inner city public charter school for people age 14-19 years old
Edmonton’s Food Bank – Beyond Food	780-425-2133, ext. 228	Employment support program (appointment only)
Government of Alberta – Ministry of Advanced Education: Apprenticeship and Industry Training	1-800-248-4823	Information and advice on all apprenticeship and certification programs
Institute for the Advancement of Aboriginal Women (IAAW)	780-479-8195 1-877-471-2171	Employment training and navigator programs for Indigenous women
Rupertsland Institute – Métis Centre of Excellence	780-801-9977 1-855-616-9977	Employment and education support (kindergarten – post secondary) for Metis citizens of Alberta
Suit Your Self	780-488-9930	Provides women with clothing items for job interviews and employment opportunities (referral required from another non-profit organization)
Terra Centre	780-428-3772	Support to teen parents (moms and dads) and includes flexible, family-centre high school completion (based in Edmonton’s Public School: Braemar School), post-secondary education support, etc.

Financial Support (*24/7 helpline)

Alberta Child Care Subsidy	780-644-9992 1-877-644-9992	Child care subsidy is paid to daycares to help with fees
Alberta Supports	780-644-9992 1-877-644-9992	Helping you find and apply for family and social supports (formally Alberta Works)

Assured Income for the Severely Handicapped (AISH)	587-759-6810 1-877-759-6810 (Application Processing Centre)	Financial and health benefits for eligible Albertans (18 - 65 years old) with a permanent medical condition that prevents them from earning a living <ul style="list-style-type: none"> Find the nearest AISH office go to: https://www.alberta.ca/contact-aish
Child and Youth Support Program	310-0000	Financial and medical benefits for adults taking care of a child who is not their own and the child's parents are unable to take care of them (intervention services are not needed, and the child is not living on a reserve) Call number to find the closest Children and Family Services office near you for more information
*Emergency Income Support	780-644-5135 1-866-644-5135	Emergency financial assistance with basic needs like shelter, food, clothing, and transportation (24/7 helpline)
First Nation Health Consortium	1-844-558-8748	Support First Nations and Inuit children and families with Jordan's Principle applications in <u>Alberta</u>
*Inuit Child First Initiative	1-855-572-4453	Health, social and educational funding help for products, services and support for Inuit children in <u>Canada</u> (24/7 helpline)
*Jordan's Principle	1-855-572-4453	Health, social and educational funding help for products, services and support for First Nations and Inuit children in <u>Canada</u> (24/7 helpline)
Maintenance Enforcement Program	780-422-5555	Help to enforce a child support agreement
Money Mentors	403-265-2201	Helps with debt, credit counselling, financial education, etc.
Workers' Compensation Board (WCB) – Alberta	780-498-3999 1-800-661-9608	Support individuals who are injured on the job get compensation and help them return to work if able

Food Bank

Bissell Centre	780-423-2285 ext. 133	Basic Needs Program - provides clothing, diapers, formula, etc. for families in need
Edmonton Food Bank	780-425-4190	3 Locations in Edmonton
Leduc Food Bank	780-986-5333	Appointment only for Leduc residents
Parkland Food Bank	780-962-4565	In <u>Spruce Grove</u> – for <u>Spruce Grove</u> , <u>Stony Plain</u> and <u>Parkland County</u> residents (appointment only) <ul style="list-style-type: none"> H2 Hamper – available once a week to individuals who are homeless or do not have access to refrigeration or cooking (no appointment necessary)
St. Albert Food Bank	780-459-0599	Also has Infant Formula Program in St. Albert
Strathcona Food Bank	780-449-6413	Appointment only in Sherwood Park
WECAN Food Buying Cooperative	780-413-4525	\$5 annual membership required (baskets are about \$15-20 each)
Food Banks Alberta	780-459-4598	List of all food banks in <u>Alberta</u> : https://foodbanksalberta.ca/

Additional Food Resources	211	For additional food resources like free meals, soup kitchens, etc. please call one of the Support Services or 211 for additional help
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Health

Birth Control and Pregnancy Choices

Access Line: Sexual Health Information and Pregnancy Referrals	1-888-642-2725 (or text 613-800-6575)	Daily 7:00 AM - 7:00 PM information about sexual and reproductive health including pregnancy options, referrals to clinics and reproductive services including abortions (<u>Canada-wide</u>)
Birth Control Centre	780-735-0010	Low cost birth control supplies, counselling, and pregnancy testing (3 locations)
Women's Health Options	780-484-1124	Provide reproductive health services including abortions, birth control options, etc. (appointment only)

Breastfeeding Support

Grey Nuns Breastfeeding Clinic	780-735-7346	Through the Child Health Clinic at Grey Nuns in <u>Edmonton</u> (referral only)
Indigenous Wellness Clinic	780-735-4512	Free lactation and infant feeding support in Edmonton (self-referral accepted) <ul style="list-style-type: none"> Has many other services like prenatal and postnatal care, etc.
Kihew Awasis Wakamik Cultural Society	780-919-6870	Formally Indigenous Birth of Alberta - Indigenous birthworkers and midwives who provide prenatal and postnatal care (self-referral accepted) <ul style="list-style-type: none"> https://www.kihewawasiswakamik.com/
La Leche League	780-478-0507	Free virtual breastfeeding support classes
Misericordia Breastfeeding Clinic	780-735-2731	Through Child Health Clinic at Misericordia in Edmonton (referral only)
Northern Birthwork Clinic	1-867-686-1435	Provides lactation and infant feeding support for Northwest Territories residents (self-referral accepted) <ul style="list-style-type: none"> https://www.northernbirthwork.com/
Edmonton O-day'min Primary Care Network	780-395-2626	Offers free virtual B.E.S.T. breastfeeding café <ul style="list-style-type: none"> https://eopcn.ca/classes/pregnancy-classes/
Royal Alexandra Hospital Breastfeeding Clinic	780-613-5392	At 2nd floor of the Lois Hole Hospital for Women in <u>Edmonton</u> (Referral required)
Village Lactation	780-460-4562	Through St. Albert Medical Clinic - free lactation and infant feeding support in <u>St. Albert</u> (referral only)
Willow Family Medicine	578-404-0570 ext. 1	Free lactation and infant feeding support (referral only)

Dental

Alberta Health Services
Community Oral Health
Program

Radius Community Health & Healing	780-422-7333	<p>Formally Boyle McCauley Health Centre (dental services cost depending on income)</p> <ul style="list-style-type: none"> SHINE service (UofA student-run clinic) most Saturdays 8:00am - 12:00pm (free)
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University of Alberta Oral
Health Clinic

Emergency Room/Urgent Care (*open 24/7)

*Devon General Hospital	780-342-7000	<ul style="list-style-type: none"> SART 101 Erie ST S, Devon
East Edmonton Health Centre	780-342-4740	<p><u>Urgent Care</u> - for people with unexpected but non-life-threatening health concerns that need to be seen the same day</p> <ul style="list-style-type: none"> Monday – Friday: 5:00pm – 10:30pm Saturday -Sunday and Statutory Holidays: 3:00pm - 10:30pm 7910 112 AVE NW, Edmonton
*Fort Saskatchewan Community Hospital	780-998-2256	<ul style="list-style-type: none"> L&D, SART 9401 86 AVE, Fort Saskatchewan
*Grey Nuns Community Hospital	780-735-7000	<ul style="list-style-type: none"> L&D, SART 1100 Youville DR, Edmonton
*Leduc Community Hospital	780-986-7711	<ul style="list-style-type: none"> SART 4210 48 ST, Leduc
*Misericordia Community Hospital	780-735-2000	<ul style="list-style-type: none"> L&D, SART 16940 87 AVE, Edmonton
*Northeast Community Health Centre	780-342-4000	<ul style="list-style-type: none"> SART 14007 50 ST NW, Edmonton
*Royal Alexandra Hospital	780-735-4111	<ul style="list-style-type: none"> L&D, SART 10240 Kingsway NW, Edmonton
*Stollery Children’s Hospital	780-735-4111	<p>At UofA Hospital - for patients 17 years old and younger</p> <ul style="list-style-type: none"> 8440 112 ST, Edmonton
*Strathcona Community Hospital	780-449-5380	<ul style="list-style-type: none"> SART 9000 Emerald DR, Sherwood Park
*Sturgeon Community Hospital	780-418-8559	<ul style="list-style-type: none"> L&D 201 Boudreau RD, St. Albert
*University of Alberta (UofA) Hospital	780-407-8822	<ul style="list-style-type: none"> SART 8440 112 ST NW, Edmonton
*WestView Health Centre	780-968-3600	<ul style="list-style-type: none"> SART 4405 South Park DR, Stony Plain

- **L&D** – Labour and Delivery (for individual with labour and/or pregnancy concerns who are over 20 weeks pregnant)
- **SART** – Sexual Assault Response Team (a team of specialty trained female nurses who provide sexual assault examination and care for individuals 14 years and older)

Health Clinics

Adolescent Pregnancy Clinic	780-735-4416	Provides prenatal care and birth control counselling to adolescents and youth in the <u>Edmonton Area</u> (self-referrals accepted)
Alberta Indigenous Virtual Care Clinic (AIVCC)	1-888-342-4822	Virtual Health Clinic is for Indigenous Peoples and their families (has family doctors, mental health resources, etc.).
Alexander First Nation Health Centre	780-939-4787	On <u>Alexander reserve</u> , for Alexander members only
Bigstone Inglewood Professional Centre	780-891-2000 1-877-767-7060	Family clinic, pharmacy, dental, etc. <ul style="list-style-type: none"> • In <u>Edmonton</u>, for anyone
Community Prenatal Program	780-342-4707	Offers prenatal and postpartum care to pregnant people who may be having trouble accessing regular prenatal care <ul style="list-style-type: none"> • Self-referrals and walk-ins accepted
Enoch Cree Nation Health Centre	780-470-5440	On <u>Enoch reserve</u> , for Enoch members only
Indigenous Wellness Clinic	780-735-4512	Family doctors, OB-GYN, diabetes specialist, nurses, physiotherapist, dietitian (appointment only) Services include: Prenatal and postnatal care, breast-feeding support, palliative care, primary care, diabetes, reproductive and sexual health (self-referral accepted)
Millwoods Maternity Care Clinic	780-761-3177	Offers many services, including low-risk prenatal and postnatal care, breastfeeding services, circumcision, IUD and Nexplanon insertion <ul style="list-style-type: none"> • Self-referrals accepted
Mom Care Docs	780-482-7551 ext. 212	All female doctors, offers low-risk prenatal and postnatal care <ul style="list-style-type: none"> • Self-referrals accepted
Paul Band First Nation Health Centre	780-892-2096	On <u>Paul Band reserve</u> , for Paul Band members only
Radius Community Health & Healing	780-422-7333	Formerly Boyle McCauley Health Centre - inner city health clinic that has doctors, nurse practitioners, pediatrician, etc. <ul style="list-style-type: none"> • Services include laboratory services, dental care, etc.
Women's Health Clinic	780-342-4050	Provides gynecological, obstetrical and reproductive care for women <ul style="list-style-type: none"> • Self-referral accepted for obstetrical services only, all other services requires a referral from a doctor
Find a Doctor	811	Find a family doctor go to: https://albertafindadoctor.ca/

Health Coverage and Benefits

Alberta Adult Health Benefit	780-427-6848 1-877-469-5437	Benefit for low income families (pregnant women or families with ongoing drug costs), provides prescription, glasses, and dental coverage.
Alberta Child Health Benefit	780-427-6848 1-877-469-5437	Benefit for low income families, provides prescription, glasses, and dental coverage for children
Alberta Health Care	780-427-1432	Information about Alberta health care insurance plan, updating personal information, getting health care card
Non-Insured Health Benefits (NIHB)	1-800-232-7301	No-cost health insurance for Status First Nations under the Indian Act and Inuit people recognized by an Inuit Land Claim Organization <ul style="list-style-type: none"> • Children are covered by parent's insurance (usually the mom's) until they are 2 years old before the parent must register the child under the Indian Act to continue coverage. • Includes coverage for formula, breast pumps, medical transportation, dental, etc.(may require special authorization)

Health Helplines (*24/7)

*Health Link	811	24/7 helpline to ask a nurse about health questions about yourself, your children, or other family members
*Healthy Beginnings Helpline	780-413-7990 811	24/7 helpline to speak to a nurse to ask questions about yourself and your baby until the baby is 2 months old

Indigenous Health Resources

(supports for Indigenous people while they are receiving health care services)

Awasisak Indigenous Health Program	780-407-2313	Support Indigenous children and their families while the child is at/coming to the Stollery Children's Hospital in <u>Edmonton</u> <ul style="list-style-type: none"> • Location: Stollery Children's Hospital Room 4H2.36
Edmonton Referral (NHIB Medical Transport)	1-800-514-7106	Provides lodging, meals and transportation while Status First Nation and Inuit Peoples are in <u>Edmonton</u> for medical appointments (covered under Non-Insured Health Benefit (NIHB))
Goba Care	587-545-5908	Support and navigation for Northwest Territories patients receiving care in Alberta

Indigenous Wellness Coordinators	780-735-6433 (for Lois Hole Hospital for Women ONLY)	<p>Facility-based Indigenous cultural support program provides service to inpatient Indigenous patients and their families</p> <ul style="list-style-type: none"> • Provides patient and family navigation services, family education and support, and liaising with other health care professionals. • Support traditional ceremonies (provides smudge and prayer upon request. Scheduled smudging times provided at some sites). • Coordinate use of Indigenous cultural gathering rooms. • Available at: Royal Alexandra Hospital, University of Alberta Hospital, Alberta Hospital (sweatlodge) • Monday – Friday 8:30am – 4:00pm not including statutory holidays • How to Access: Call hospital switchboard and/or ask the healthcare team to submit a Connect Care consult to Indigenous Health
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Indigenous Support Line	1-844-944-4744	Support line for Indigenous Peoples to help them through their health care journey
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Larga	780-477-6284	Temporary housing for patients and families from the <u>Northwest Territories</u> and <u>Nunavut</u> receiving medical care in <u>Edmonton</u> . Provides meals, transportation, etc.
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Northern Birthwork Collective	1-867-686-1435	<p>Team of reproductive justice advocates (including birthworkers, parents, and community members) who are committed to creating safer spaces, programming and services for pregnant people in the <u>Northwest Territories</u></p> <ul style="list-style-type: none"> • https://www.northernbirthwork.com/
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Labour and Delivery

(*24/7 - for individuals over 20 weeks pregnant with labour and pregnancy related concerns)

*Fort Saskatchewan Community Hospital	780-998-2256	9410 86 AVE, <u>Fort Saskatchewan</u>
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*Grey Nuns Community Hospital	780-735-7036	1100 Youville DR NW, <u>Edmonton</u>
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*Misericordia Community Hospital	780-735-2764	16940 87 AVE, <u>Edmonton</u>
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*Royal Alexandra Hospital	780-735-4848	10405 111 AVE NW, <u>Edmonton</u> Also known as the <u>Lois Hole Hospital for Women</u>
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*Sturgeon Community Hospital	780-418-8200	201 Boudreau RD, <u>St. Albert</u>
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Midwifery Services

(covered through Alberta Health Services)

Alberta Association of Midwives	1-825-540-7251 1-833-502-2176	<p>An organization that helps you connect to midwives throughout Alberta (self-referral accepted)</p> <ul style="list-style-type: none"> • https://www.alberta-midwives.ca/request-care
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Edmonton Midwifery Cooperative	780-540-8185	Request care through the Alberta Association of Midwives website (self-referral accepted)
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Kihew Awasis Wakamik Cultural Society	780-919-6870	Formally Indigenous Birth of Alberta - Indigenous birthworkers and midwives who provide prenatal and postnatal care (self-referral accepted)
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- <https://www.kihewawasiswakamik.com/>

Public Health Centres

(*all have Healthy Beginnings, Health for Two, and Immunization programs)

Beaumont	780-929-4822
Bonnie Doon	780-342-1520
Devon	780-342-7069
East Edmonton	780-342-4719
Evansburg Health Centre	780-727-2288
Fort Saskatchewan	780-342-2366
Gibbons Community Health Centre	780-342-2660
Leduc	780-980-4644
Mill Woods	780-342-1660
Morinville Provincial Building	780-342-2600
Northgate	780-342-2800
Rutherford Professional Centre	780-342-6800
St. Albert	780-459-6671
Strathcona County (Sherwood Park)	780-342-4600
Thorsby	780-789-4800
Twin Brooks	780-342-1560
West Jasper Place	780-342-1234
Westview (Stony Plain)	780-968-3700
Woodcroft (Westmount)	780-342-1600

- Healthy Beginnings – free program to help families and their babies who are younger than 2 months (automatically referred after having a baby)
- Health for Two – free program for women who need extra help during pregnancy (help with education, transportation to appointments, etc.) (**referral required**)
- Immunization – **appointment only**

Sexually Transmitted Infections

AIDS-STD Hotline	811	
Edmonton STI Clinic	1-855-945-6700 ext. 2	Confidential Diagnosis and treatment (appointment only)
HIV Edmonton	780-984-2241	Drop-in and appointments available

Housing/Houselessness Prevention

Affordable Housing Program	780-644-9992 1-877-644-9992	Housing options for low income Albertan, including families, seniors, and individuals with special needs
Bent Arrow Traditional Healing Society	780-481-3451	Includes Orenda House, Eagles Nest Indigenous Youth Housing First, Nihik Housing First programs

Bissell Centre	780-423-2285 ext. 262	Includes Homeless to Homes, Community Bridge and Outreach Housing Team program
Boyle Street Community Services	780-424-4106	Includes group living programs and Sakihta Kikinaw
Civida	780-420-6161	Formally Capital Region Housing - low Income housing in Edmonton
Edmonton Community Legal Centre	780-702-1725	Advice on housing issues
Elizabeth Fry Services	780-784-2209 1-866-421-1175	Housing Program - subsidized housing for Indigenous women who have a history of homelessness and victimization through sexual exploitation
Homeward Trust Edmonton	780-702-5267	Has housing programs and helps people get free furniture for their place <ul style="list-style-type: none"> • Includes Supportive Housing and Bridge Housing programs
Iskwew House	780-481-3451	Through Bent Arrow Society - Transitional group home for pregnant and/or parenting teens between ages 14-24 (referral from Children Services required)
Landlord Tenant Advisory Board	780-427-4088 1-877-427-4088	Information on tenant rights and helps resolve landlord and tenant issues
Métis Urban Housing Corporation	780-452-6440 1-877-458-8684	Helps provide affordable housing (for Indigenous clients only)
Native Counselling Services of Alberta	780-423-2141	Includes Indigenous Housing First, Indigenous Youth Housing First, Cunningham Place programs
Pathways to Housing	780-497-7156	Through Radius Community Health and Healing - support for individuals transitioning from homelessness
Pregnancy Pathways	780-249-7002	Through Radius Community Health and Healing - temporary housing program that houses chronically homeless pregnant women (referral required)
Rent Supplement Program	780-644-9992 1-877-644-9992	Through the Alberta Government - subsidy to eligible tenants to help with rental costs
St. Albert Housing Society	780-544-2205	Has subsidized rental apartment units and a program to help with rental cost (for St. Albert residents only)
Terra Centre	780-428-3772	Support to teen parents (moms and dads) includes housing support, parenting programs, etc.
Utility Relief Program	780-459-0599 ext. 5	Through St. Albert Food Bank - one-time subsidy for utility bill (for St. Albert residents only)
WINGS	780-426-4985	Supports women who have children in their care who are escaping intimate partner violence Short term housing options available through application only

Information

211	211 (call or text)	Information referral to community, health, social and government programs. Free, confidential, 24/7. Province wide. www.211edmonton.com (live chat available)
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Legal/Advocacy

Child Support Services	780-415-6400	Helps single parents and blended families get child support money from the child's other parent (will help negotiate child support and/or get court order to get child support)
Children's Services Mediation Program		Help families who are involved with Children's Services resolve disagreements about children or youth without going to court <ul style="list-style-type: none"> To contact please email: Dispute.Resolution@gov.ab.ca
Court Information Coordinator	780-415-0404	Information and referral Helps fill out court forms and teach about court, programs and services
Edmonton Community Legal Centre	780-702-1725	Free services for low-income persons on landlord and tenant issues, income support, appeals, small claims, debt, human rights. Does not include criminal or family law. Has information available in several languages.
Emergency Protection Order Program	780-422-9222	Help for persons affected by family violence to apply for an Emergency Protection Order <ul style="list-style-type: none"> 4PM – 11PM call 780-422-3699 After 11PM call 403-297-4444
Family Court Services	780-427-8343	Help with making court application for family issues
Family Mediation	780-427-8329	Help to reach agreements on parenting or child support without going to court
Family Resolution Hub	1-855-738-4747 (Court and Justice Services)	Online tool helps you find out what options you may have for resolving family disputes related to parenting, child support or divorce <ul style="list-style-type: none"> https://familyresolution.alberta.ca/getting-started
Legal Advice for Survivors of Sexual Violence Project	780-784-2213 1-866-421-1175	Through Elizabeth Fry Society - free legal advice to survivors of sexual violence (for people who are 18+ only)
Legal Aid	780-427-7575 1-866-845-3425	Legal assistance for persons who qualify, referrals to Family Law Office (support, advocacy)
Métis Child and Family Services	780-452-6100	Information, support, advocacy
Native Counselling Services of Alberta	780-423-2141	Court work and information for Indigenous Peoples (also has housing, parenting and community support services)
Office of the Child and Youth Advocate Alberta (OCYA)	780-422-6056 1-800-661-3446	Free advocacy and legal help for children (0-18) involved in Children Services, Mental Health system and/or Youth Justice system
Record Suspension Program	780-421-1175 1-866-421-1175	Through Elizabeth Fry Society - helps women with the process of applying for a record suspension to help with employment, school, etc.

Student Legal Services	780-492-2226	Free legal information from law students (helps with criminal, family, civil, human rights, etc.)
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Multiple Births (twins and triplets for example)

Edmonton Twin and Triplet Club	780-455-5520	Annual membership \$40
Multiple Births Canada		Free online resources available at https://www.multiplebirths.ca/ <ul style="list-style-type: none"> • Annual membership \$10 • Local chapter: Edmonton Twin and Triplet Club

Parenting Programs/Support

Alberta Parenting for the Future Association	780-963-0549	Family Resource Network for Spruce Grove , Stony Plain and Parkland County residents
Ben Calf Robe Society	780-477-6648	Includes Indigenous Wellness Parenting Program and Family Resource Network
Bent Arrow Traditional Healing Society	780-481-3451	Includes Kikosewin Family Resource Network
C5 Northeast Hub	780-456-1484	Parents, caregiver and family programs and children and youth programs
Creating Hope Society	780-477-7961	Non-profit society to stop the cycle of Indigenous children being separated from their family and communities Offers free youth and parenting programs
Edmonton Zone Prenatal Classes	780-342-2833	Through Alberta Health Services – offers prenatal and parenting classes <ul style="list-style-type: none"> • For additional information please visit: https://birthandbabies.com/ • For help, registration or financial support to attend class please call number
Family Futures Resource Network	780-413-4521	4 locations in Edmonton (Summerside , Millbourne , Knottwood , and Westbrook) and many outreach sites found here: https://familyfutures.ca/programs-services/locations/
First Steps Program	780-405-9336	Through Catholic Social Services - 3-year mentorship program for people who are pregnant or up to 6 months postpartum who use substances/alcohol during this or a previous pregnancy
Fort Saskatchewan Families First	780-998-5595 ext. 221#	For Fort Saskatchewan , Redwater , Gibbons , Bon Accord , Legal , Morinville , and Sturgeon County residents
H.E.R. Pregnancy Program	780-424-4106 ext. 8	Through Boyle Street - harm reduction, information, support and services for street involved pregnant women
Health for Two	780-342-2872	Through Alberta Health Services – in all public health centre in Alberta and over 60 community locations <ul style="list-style-type: none"> • Free program for women who need extra help during pregnancy and 2 months postpartum (helps with education, transportation to appointments, etc.) • Self-referrals accepted

Healthy Parents Healthy Children		Free online resources to answer questions about pregnancy and parenting <ul style="list-style-type: none"> • https://www.healthyparentshealthychildren.ca/
Jasper Place Child and Family Resource Centre	780-489-2243 587-635-1776	2 Locations (Cabirini and Orange Hub)
KARA Family Resources Centre	780-478-5396	offers parent education, early childhood development, and family support programs, as well as developmental screening, information and referral services.
Leduc County's Family and Community Support Services	780-979-2385	For Leduc county residents
Leduc Family Resources Network	780-980-7109	For City of Leduc residents only
Métis Child and Family Services Society Edmonton	780-452-6100	Includes Aboriginal Family Services Program (helps families with no CFS involvement) and Aboriginal Child and Family Support (helps families with CFS involvement)
Native Counselling Services of Alberta (Stony Plain)	780-963-8749	Family support programs to help children/youth and their families with or without CFS involvement from anything from navigating services to home visitation (some programs accept self-referrals) <ul style="list-style-type: none"> • Based in Native Counselling Services in Stony Plain • for those in the Stony Plain, Spruce Grove, Parkland and Yellowhead County area
North Central Edmonton Family Resource Network	780-377-3730	Many resources, including family support, visitation, KARA Family Resource Centre, etc. (self-referral accepted)
Norwood Child and Family Resources Centre	780-471-3737	Parenting program, parent and child classes, Head Start program, free respite program, etc.
Primary Care Network	780-395-2626	Offers free virtual prenatal and breastfeeding classes/groups <ul style="list-style-type: none"> • https://eopcn.ca/classes/pregnancy-classes/
St. Albert Family Resource Centre	780-459-7377	For St. Albert residents
Strathcona Family Resources Network	780-416-6730 780-464-4044	For Sherwood Park and Strathcona County residents only
Terra Centre	780-428-3772	Support to teen parents (moms and dads) includes parenting programs, education, parent programs, etc.
Treaty 8 Urban Child and Family Services	780-784-3663	For Treaty 8 children, youth and families
Family Resources Network		Formally Parent Link Centres - provides support and services for Alberta families with children 0-18. <ul style="list-style-type: none"> • To find the centre nearest to you, please visit: https://www.alberta.ca/family-resource-networks

Status/Citizenship

Indigenous Services Canada	1-800-567-9604	Also known as Government of Canada - Indigenous and Northern Affairs Canada, First Nations
Métis Identification and Registry	780-455-2200	Accepts and supports Métis individuals and families in applying for citizenship with the Métis Nation of Alberta

Substance Use/Addiction

Support (*24/7 Helpline)

*Access 24/7	780-424-2424	24/7 mental health and addiction support (urgent and non-urgent) <ul style="list-style-type: none">In-person (appointment or walk-ins) or by phoneAddress: 13211 Fort Rd NW, <u>Edmonton</u>
*Alberta Health Services – Addiction Helpline	1-866-332-2322	24/7 Helpline
Alberta’s Virtual Opioid Dependency Program	1-844-383-7688	Same day suboxone/methadone start, opioid treatment transition services, and ongoing opioid dependency care
AlbertaQuits	1-866-710-7848	Information and help to quit smoking
Edmonton Alcoholics Anonymous (AA)	780-424-5900	For meeting information please go to https://edmontonaa.org/meetings
Fetal Alcohol Spectrum of Services	780-423-2285 ext. 157	Through Bissell Centre - help for families affected by FASD
First Steps Program	780-405-9336	Through Catholic Social Services - 3-year mentorship program for people who are pregnant or up to 6 months postpartum who use substances/alcohol during this or previous pregnancy
*Narcotics Anonymous	780-421-4429 1-855-421-4429	24/7 Helpline <ul style="list-style-type: none">For meeting information please go to: https://eana.ca/meetings/

Treatment

2nd Floor Women’s Recovery Centre	780-594-9903	Women’s treatment centre in Cold Lake that prioritizes pregnant women
Adeara	780-423-5516	Women’s treatment centre in <u>Edmonton</u> that allows women to bring their children
Alcove – Addiction Recovery for Women	403-984-2707	Women’s treatment centre in <u>Calgary</u> that allows women to bring their children
Aventa	403-245-9050	Women’s treatment centre in <u>Calgary</u> that prioritizes pregnant women
HER Recovery	1-855-905-4437	Women’s treatment centre in <u>Glendon</u> that allows women to bring their children
Poundmaker’s Lodge Treatment Centres	780-458-1884/ 1-866-458-1884	Indigenous treatment centre in <u>St. Albert</u>

Supportive Services

Ben Calf Robe Society	780-477-6648
Bent Arrow Traditional Healing Society	780-481-3451
Bissell Centre	780-423-2285

Boyle Street Community Services	780-424-4106	
Canadian Native Friendship Centre	780-761-1900	
Community and Social Development (Stony Plain)	780-963-8583	For <u>Stony Plain</u> residents
Edmonton Native Healing Centre	780-482-5522	Christian based
Elizabeth Fry Northern Alberta	780-421-1175 1-866-421-1175	
Family Connection Centre (Stony Plain)	780-963-0549	For <u>Stony Plain</u> , <u>Spruce Grove</u> and <u>Parkland County</u> residents
Family and Community Support Services (City of Leduc)	780-980-7109	For <u>City of Leduc</u> residents
Family and Community Support Services (Fort Saskatchewan)	780-992-6267	For <u>Fort Saskatchewan</u> residents
Family and Community Support Services (Morinville)	780-939-7839	For <u>Morinville</u> residents
Family and Community Support Services (Sherwood Park)	780-464-4044	For <u>Sherwood Park</u> and <u>Strathcona County</u> residents
Family and Community Support Services (Spruce Grove)	780-962-7618	For <u>Spruce Grove</u> and <u>Parkland county</u> residents
Family and Community Support Services (St. Albert)	780-459-1756	For <u>St. Albert</u> residents
Family Centre	780-306-0883	
Hope Mission	780-422-2018	Christian based
Institute for the Advancement of Aboriginal Women (IAAW)	780-479-8195 1-877-471-2171	
Metis Child and Family Services Society Edmonton	780-452-6100	
Native Counselling Services of Alberta	780-423-2141	
NeighbourLink Parkland	780-960-9669	For <u>Spruce Grove</u> , <u>Stony Plain</u> and <u>Parkland county</u> residents • Christian based
Radius Community Health & Healing	780-422-7333	Formerly Boyle McCauley Health Centre
Red Road Healing Society	780-471-3221	
Salvation Army Edmonton Centre of Hope	780-244-2962	Christian based
Treaty 8 Urban Child and Family Services	780-784-3663	

Family and Community Support
Services Association of Alberta

Centres that house multiple supportive services for
parents and families throughout Alberta

- To find the nearest centre to you, please visit:
<https://fcssaa.org/>

Tax Benefits for Families

Canada Child Benefits	1-800-387-1193	Canada Child Tax Benefit and Universal Child Care Benefit, monthly payment for children in low-income families. <ul style="list-style-type: none">• Apply as soon as baby is born.
Alberta Benefit Program	1-800-959-2809	Includes Alberta Child and Family Benefit and Alberta Family Employment Tax Credit <ul style="list-style-type: none">• Automatically considered if you file your taxes and qualify for the Canada Child Tax Benefits

Transportation/Leisure Passes

Access for Everyone Program	780-992-6289	Access to recreation facilities/programs and transit services (for <u>Fort Saskatchewan</u> residents only)
City Subsidy Program	780-459-1756	Access to recreation facilities/programs and transit services (for <u>St. Albert</u> residents only)
Everybody Rides Program	780-464-4044	Access to subsidized transit passes (for <u>Strathcona County</u> residents only)
Everybody Gets to Play	780-464-4044	Access to recreation facilities/programs (for <u>Strathcona County</u> residents only)
Leisure Access Program	780-496-4918	Access to recreation facilities/programs and transit services (for <u>Edmonton</u> residents only)
Low Income Transit Pass	780-926-7618	Access to subsidized transit services (for <u>Spruce Grove</u> , <u>Stony Plain</u> and <u>Parkland County</u> residents only)
Wishing You Wellness	780-962-7618 780-963-8583	Access to the TransAlta Tri Leisure Centre in <u>Spruce Grove</u> (for <u>Spruce Grove</u> , <u>Stony Plain</u> and <u>Parkland County</u> residents only)
Subsidized Transit Passes	780-980-7109	Access to subsidized transit services (for <u>City of Leduc</u> residents only)
Recreation Assistance Program	780-980-7109	Access to recreation facilities/programs (for <u>City of Leduc</u> and <u>rural Leduc county</u> residents only)

Violence and Abuse (*24/7 crisis line)

Shelters

*A Safe Place (Sherwood Park)	780-464-7233	For women and children experiencing family violence. <ul style="list-style-type: none">• 24/7 crisis number
*Lurana Shelter	780-424-5875	Under Catholic Social Services - for women and children <ul style="list-style-type: none">• 24/7 crisis number
WEAC (Women's EmergencyAccommodation Centre)	780-423-5302	For women only
*WIN House	780-479-0058	For women and children <ul style="list-style-type: none">• 24/7 crisis number

*Alberta Council of Women's Shelter (ACWS)	1-866-331-3933	Provincial network organization of women's shelters in Alberta that can help find a shelter near you <ul style="list-style-type: none"> • 24/7 crisis number
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Support

Aboriginal Counseling Services Association of Alberta	780-242-4357	Includes Circle of Safety (for men, women and children) 20 weeks program for those effected by family violence
*A Safe Place (Sherwood Park)	780-464-7233 1-877-252-7233	Resource centre and 24/7 crisis line
*Abuse Helpline	1-855-443-5722	24/7 abuse (including but not limited to physical, emotional and sexual abuse) helpline for adults or children
Alberta's ONE LINE for Sexual Violence	1-866-403-8000	9AM – 9PM daily counselling and support for people who have experienced sexual violence (province wide) (call or text) <ul style="list-style-type: none"> • If outside of these hours, please go to the ER where SART (Sexual Assault Response Team) is located • For individuals 14 years or older • 24/7 in 11 emergency room in Edmonton Area - see Emergency Room/Urgent Care under HEALTH for detailed list
*Canadian Human Trafficking Hotline	1-833-900-1010	24/7 confidential helpline for victims and survivors of human trafficking across Canada
Centre to Empower All Survivors of Exploitation (CEASE) & Trafficking	780-471-6137	Assist individuals with past or current sex trade experience (including commercial sex industry, sex trafficking, survival sex trade, sex buyers, and affected families and communities)
Edmonton Violence Prevention Centre	780-439-4635	Offers support groups and services
Emergency Protection Order Program	780-422-9222	Help for persons affected by family violence to apply for an Emergency Protection Order <ul style="list-style-type: none"> • 4PM – 11PM call 780-422-3699 • After 11PM call 403-297-4444
*Family Violence Information Line	780-310-1818	24/7 referral and information in several languages
Family Violence Prevention Centre	780-423-1635	Through Edmonton John Howard Society
*Jessica Martel Memorial Foundation	1-866-939-2850	24/7 help abuse line providing support and safety planning
Métis Child & Family Services	780-452-6100	Family Violence Program - assist individuals leaving abusive situations and/or work on a safety plan
Riseup Society of Alberta (Leduc)	780-739-7473	Up to 6 free sessions of individual or group therapy for those who have experienced domestic violence and abuse. <ul style="list-style-type: none"> • After the 6th session, cost is based on a sliding scale.

Support Continued....

Sexual Assault Centre	780-423-4121	9 AM - 9 PM daily counselling and support for people who have experience sexual violence <ul style="list-style-type: none">• If outside of these hours please go to the ER where SART (Sexual Assault Response Team) can be contacted• For individuals 14 year or older• 24/7 in 11 emergency rooms in the Edmonton Area - see Emergency Room/Urgent Care under HEALTH for detail list
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Stop Abuse in Families (SAIF) (St. Albert)	780-460-2195
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TODAY Family Violence Help Centre	780-455-6880	Support, links to services, information
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WINGS	780-426-4985	Supports women who have children in their care who are escaping from intimate partner violence <ul style="list-style-type: none">• Short term housing options available through application only
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YOUTH (*24/7 crisis line)

Adolescent Pregnancy Clinic	780-735-4416	Provide prenatal care and birth control counselling to teenage girls in the Edmonton Area (self-referrals accepted)
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Chimo	780-420-0324	Children, youth and families can learn skills, information and tools
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*Kids Help Line	1-800-668-6868	24/7 mental health service available for kids, teens and young adults across Canada <ul style="list-style-type: none">• Call, text (686868), or chat online: https://kidshelpphone.ca
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Terra Centre	780-428-3772	Support to teen parents (moms and dads) includes parenting programs, education, parent programs, etc.
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* Youth Empowerment and Support Services (YESS)	780-468-7070	Youth shelter and daytime programs for youth ages 15-21 years old <ul style="list-style-type: none">• 24/7 crisis number
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These resources were compiled to accompany
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WAHKOHTOWIN



LAW & GOVERNANCE LODGE

