

# Resources for Parents and Caregivers

May 2023



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Crisis (Call 911 if in immediate danger)

|   |                     |
|---|---------------------|
| Alberta Health Services (AHS)             |                     |
| Access 24/7, Adult Intake .....           | 780-424-2424        |
| Canadian Mental Health Association (CMHA) |                     |
| Distress Line (24/7) .....                | 780-482-HELP (4357) |
| Government of Alberta                     |                     |
| Child Abuse Hotline (24/7) .....          | 1-800-387-5437      |
| Kids Kottage Foundation                   |                     |
| Crisis Line and Nursery (24/7) .....      | 780-944-2888        |

## Childcare and Preschool Referrals

|   |  |
|---|--|
| Government of Alberta                           |  |
| Childcare Services / Listings / Subsidies ..... | 780-644-9992   |
| .....   | <a href="http://www.alberta.ca/accessing-child-care.aspx">www.alberta.ca/accessing-child-care.aspx</a> |

## Cross-Cultural Parenting

|  |                |
|--|----------------|
| ASSIST Community Services Centre .....           | 780-429-3111   |
| Ben Calf Robe Society .....                      | 780-477-6648   |
| .....  | 1-844-273-4208 |
| Bent Arrow Traditional Healing Society .....     | 780-481-3451   |
| Métis Child and Family Services Society Edmonton |                |
| .....  | 780-452-6100   |
| Multicultural Health Brokers Co-op .....         | 780-423-1973   |
| Native Counselling Services of Alberta .....     | 780-451-4002   |

## Government Services / Websites with Parenting Information

|   |  |
|---|--|
| Government of Alberta                   |  |
| Child and Youth Services Division ..... | 780-422-0305   |
| .....                                   | <a href="http://www.alberta.ca/ministry-childrens-services.aspx">www.alberta.ca/ministry-childrens-services.aspx</a> |
| Bullying Helpline (24/7) .....          | 1-888-456-2323   |
| .....                                   | <a href="http://www.alberta.ca/bullying">www.alberta.ca/bullying</a>   |
| Family Resource Networks Lookup         |  |
| .....                                   | <a href="http://www.alberta.ca/family-resource-networks.aspx">www.alberta.ca/family-resource-networks.aspx</a>       |
| Family Violence Info Line (24/7) .....  | 310-1818   |
| .....                                   | <a href="http://www.alberta.ca/endfamilyviolence">www.alberta.ca/endfamilyviolence</a>                               |

## Leisure Activities

|   |                     |
|---|---------------------|
| Boys and Girls Clubs Big Brothers Big Sisters of Edmonton |                     |
| .....   | 780-424-8181        |
| The Candora Society of Edmonton .....                     | 780-474-5011        |
| City of Edmonton Community Services .....                 | 311                 |
| Leisure Access Program (low income) .....                 | 311                 |
| Edmonton Public Library (for local branch) .....          | 780-496-7000        |
| YMCA of Northern Alberta .....                            | 780-429-YMCA (9622) |
| Suggestions for parent-child or child activities .....    | 211                 |

## Parenting Children with Disabilities

|  |                   |
|--|-------------------|
| Alberta Health Services (AHS)                    |                   |
| Early Intervention Program (0-3.5yrs) .....      | 780-735-3489      |
| Bissell Centre - FAS Services .....              | 780-423-2285 x157 |
| Catholic Social Services                         |                   |
| FASD - Coaching Families .....                   | 780-975-4896      |
| Edmonton Down Syndrome Society .....             | 780-944-4224      |
| Government of Alberta                            |                   |
| Alberta Supports Centre .....                    | 1-877-644-9992    |
| University of Alberta - Faculty of Education     |                   |
| Clinical Services (5+yrs; September-April) ..... | 780-492-3746      |

## Parenting Classes and / or Support

(Contact agencies for more information on workshops and services available. See also: Cross-Cultural Parenting)

|   |                     |
|---|---------------------|
| Bent Arrow Traditional Healing Society .....  | 780-481-3451        |
| Bissell Centre  |                     |
| Family Support Services .....   | 780-423-2285 x133   |
| Community Options - A Society for Children and Families                                   |                     |
| .....   | 780-455-1818        |
| Dickinsfield Amity House .....  | 780-478-5022        |
| e4c - Early Learning Services (2.8-5yrs; low income) .....                                | 780-426-3666        |
| The Family Centre - Edmonton .....  | 780-423-2831        |
| Family Futures Resource Network .....   | 780-413-4521        |
| Jasper Place Family Resource Centre .....   | 587-635-1775        |
| KARA Family Resource Centre .....   | 780-478-5396        |
| Next Chapter for Divorcing Families Society .....   | 780-448-1180        |
| (support groups for children and their families grieving a death, separation, or divorce) |                     |
| Norwood Child and Family Resource Centre .....  | 780-471-3737        |
| Parents Empowering Parents Society (addictions) .....                                     | 780-293-0737        |
| St. Albert Family Resource Centre .....   | 780-459-7377        |
| Terra Centre for Teen Parents .....   | 780-428-3772        |
| Uncles and Aunts at Large Society   |                     |
| Strengthening Families Program .....  | 780-452-5791        |
| YMCA of Northern Alberta .....  | 780-429-YMCA (9622) |
| Family Connect .....  | 587-726-7400        |

## Single / Separated / Step-Parents

|  |  |
|--|--|
| The Family Centre - Edmonton                   |  |
| Parenting Through Divorce and Separation ..... | 780-423-2831   |
| Government of Alberta                          |  |
| Parenting After Separation (PAS)               |  |
| .....  | <a href="http://www.pas.albertacourts.ab.ca">www.pas.albertacourts.ab.ca</a> |

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at [www.ab.211.ca](http://www.ab.211.ca).

Contact 211 for more information or if you cannot find the particular service you are looking for.

*Inclusion of an agency or service on this list does not constitute an endorsement by 211.*