

RESOURCES FOR WOMEN

CRISIS INTERVENTION

A Safe Place Women's Shelter - operated by Strathcona Shelter Society Ltd.

Phone: 780-464-7232 (Business)
24hr. Crisis Line, TTY Line: 780-464-7233
Web: www.asafeplace.ca

Short-term (21 days) residential facility offering support and advocacy for abused women with or without children.

Alberta Council of Women's Shelters

Phone: 780-456-7000 Fax: 780-456-7001
Web: www.acws.ca Email: voice@acws.ca

Strengthens the sheltering movement in Alberta and works toward the elimination of family violence. Plans and coordinates development training for shelter directors, staff and board members.

Catholic Social Services - Counselling: Individual and Family Therapy Program

Phone: 780-420-1970 Fax: 780-479-2579
Web: www.catholicsocialservices.ab.ca

Provides therapeutic counselling to individuals, couples, families, and groups, using individual, joint and group therapy.

Catholic Social Services - Elderly Adult Resource Service (EARS)

Phone: 780-477-2929 Fax: 780-455-9306
Web: www.catholicsocialservices.ab.ca

Provides support counselling, education and referral services for older adults who are at risk of or are experiencing abuse or neglect.

Catholic Social Services - La Salle Program

Phone: 780-442-0080 Fax: 780-482-3008
Web: www.catholicsocialservices.ab.ca

La Salle is a second stage women's shelter for mothers and their children who have left abuse and are transitioning from a front-line crisis agency. The program provides accommodation in nine furnished suites for up to a year. During that time clients receive support and counselling as they access educational, employment, and training opportunities.

Catholic Social Services - Safe House

Phone: 780-471-1122 Fax: 780-479-2579
Web: www.catholicsocialservices.ab.ca

Provides refuge, counselling, medical and social support services to physically and sexually-abused "street" youth.

Crime Stoppers Association of Edmonton & Northern Alberta

Phone: 780-421-1122 Fax: 780-425-8839
Web: www.crimestoppers.ab.ca
Email: info@crimestoppers.ab.ca

If you, or someone you know, is in crisis and you can't call the police, we offer an alternative. Report a crime anonymously by contacting 1-800-222-TIPS. We work with the public, media and police to ensure safer communities. CSAENA is a not for profit charitable organization funded by people like you. Together we can make a difference.

E4C: "Crossroads" (Houses and Outreach) Program

Phone: 780-474-7543 Fax: 780-471-2311
Web: www.E4Calberta.org Email: info@e4calberta.org

The "Crossroads Program" offers alternatives, support, and hope to children and adults involved in or at risk of involvement in prostitution, through the provision of outreach, shelter, and prevention services.

Edmonton Dream Centre

Phone: 780-423-5516 Fax: 780-429-1090
Web: www.edmontondreamcentre.ca
Email: edmontondream@incentre.net

Edmonton Dream Centre is a residential program for women or women and children. We provide an environment for ladies coming from crisis situations. It is a voluntary program for women who honestly desire to change their lives and circumstances. The dream centre is dedicated to helping women in distress restore their dignity by assisting them to discover a new destiny and encouraging them to realize new dreams.

Edmonton John Howard Society

Phone: 780-428-7590
Web: www.johnhoward.org
Email: mail@johnhoward.org

Edmonton John Howard Society is a non-profit crime prevention agency. Our vision is - safety and harmony in our community. We depend upon our volunteers to support our Agency's delivery of a variety of educational and community service programs in the Edmonton area.

Lurana Shelter

Phone: 780-429-2002 (Business)
780-424-5875 (Crisis Line)
Fax: 780-426-3237

Crisis Shelter for women with or without children fleeing domestic violence. Short-term emergency facility.

Riseup Ministries

Phone: 780-739-7473
Web: www.riseupministries.ca
Email: joanne@riseupministries.ca

Outreach centre offering counselling services and support groups for women impacted by domestic violence and abuse.

SAFFRON: Strathcona Sexual Assault Centre

Phone: 780-449-0900 Fax: 780-416-2393
Web: www.saffron-ssac.com

Provides individual or group counselling for those affected by sexualized violence. The Centre also provides a public education program on issues affecting youth.

SAGE Safe House

Phone: 780-702-1520
Web: www.mysage.ca Email: tbrett@mysage.ca

Provides temporary accommodation for men and women aged 60+ facing an abusive situation.

Sexual Assault Centre of Edmonton

Phone: 780-423-4102 (Business)
780-423-4121 (24hr Crisis Line)
Fax: 780-421-8734 TTY: 780-420-1482
Web: www.sace.ab.ca

Provides individual and group counselling for female and male survivors of childhood sexual abuse and sexual assault. Offers support, crisis intervention, and diversity outreach (including war rape).

The Support Network

Phone: 780-482-0198 Fax: 780-488-1495
Web: www.thesupportnetwork.com

The support network strengthens individuals, families and the community, who are experiencing crisis or distress, through support, information and education.

Programs include: 24-hour distress line (482-HELP), no fee walk-in counselling, suicide prevention programs, suicide bereavement program, community service referral line (482-INFO or dial 211 within Edmonton), and Youth One (on-line youth community), and a 24-hr Seniors Abuse Support Line (1-888-357-9339).

WIN House - An ongoing project of Edmonton Women's Shelter Ltd.

Phone: 780-471-6709 (Office)
780-479-0058 (24hr Crisis Line)
Fax: 780-479-8252
Web: www.winhouse.org Email: ewsinfo@telus.net

Provides shelter, crisis intervention and information to women with or without children who are leaving abusive relationships. A volunteer program that supports special events. Household and personal items required as donations to support women in need.

Wings of Providence Society

Phone: 780-426-4985 Fax: 780-424-3625
Web: www.wingsofprovidence.ca

Offers independent living (for six month period) in a safe, secure and supportive environment for women with children who have experienced family violence. Provides 24 hour security at no fee. Referrals from women's emergency shelters.

Women's Emergency Accommodation Centre (WEAC)

Phone: 780-423-5302 Fax: 780-424-9642
Web: www.E4Calberta.org Email: vbird@e4calberta.org

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The Breast Centre Lendrum
5814 - 111 Street (Lendrum)
Phone 780-434-9171

NEW SITE:
The Breast Centre Millwoods
6466 - 28 Avenue
Phone 780-486-8103

mammography | ultrasound
bone densitometry

Fully accredited by the Canadian Association of Radiologists

The Breast Centre Hermitage

12779 - 50 Street
Phone 780-475-1866

The Breast Centre Meadowlark

200 Meadowlark Health Centre
Phone 780-489-8430

The Breast Centre Spruce Grove

107, 505 Queen Street
Phone 780-962-0297

The Breast Centre Castledowns

15309 Castledowns Road
Phone 780-457-4070

The Breast Centre Sherwood Park

136 Athabasca Avenue
Phone 780-464-1515

The Breast Centre Heritage

2049 - 111 Street
Phone 780-438-0547



Central Booking
local 780-669-2222 toll free 1-866-771-9446

The WEAC program (run by the Edmonton City Centre Church Corp.) provides emergency and short-term housing, food, referrals, on-site physical/mental health services and other basics to women who are in crisis and lack these essentials.

CULTURAL GROUPS

Aboriginal Women's Professional Association

Phone: 780-758-1300 Fax: 780-758-1331
Web: www.awpa.ca Email: awpa@shaw.ca

This organization establishes networks, creates opportunities and provides support for Aboriginal women in education, employment and starting their own business. They offer mentoring programs, cultural events, and speakers series.

Caribbean Women Network (CWN)

Contact: Pearl Bennett (424-3443) Angela (457-9661)
Donna (432-6210)

Encourages women with a Caribbean affiliation (including wives of Caribbeans) to support each other, learn together, and share their heritage while embracing Canadian culture.

Comité Femmes A.C.F.A. Régionale d'Edmonton

Phone: 780-469-4401 Fax: 780-469-3997
Web: www.acfaedmonton.ab.ca

Promotes French culture in Edmonton and region. The women's committee holds dinner conferences, presentations, films, discussions and weekend retreats.

Institute for the Advancement of Aboriginal Women

Phone: 780-479-8195 Fax: 780-471-2169
Toll-free: 1-877-471-2171
Web: www.iaaw.ca Email: iaaw@iaaw.ca

Advocacy for Aboriginal women across Alberta. 'Angels among us' - Annual Esquao Awards honouring Aboriginal women for their accomplishments. Promotes Aboriginal women in their particular field of expertise and ability, and carries out projects which will benefit and enhance the image of Aboriginal women. Social Justice Awards - every two years honour individuals/organizations or companies who help Aboriginal women.

FAMILY & PARENTING

Alberta Assn. of Services for Children & Families

Phone: 780-428-3660 Fax: 780-428-3844
Web: www.aascf.com

A membership association of agencies providing services to vulnerable children and families in Alberta.

Alberta Foster Parent Association

Phone: 780-429-9923 Fax: 780-426-7151
Toll-free: 1800-667-2372
Web: www.afpaonline.com

A support and advocacy group for foster parents located throughout the province of Alberta.

Alberta Health Services Early Intervention Program

Phone: 780-483-1744 Fax: 780-413-5068

Information, groups and home visits for families who have concerns about their child's development (birth to 3 1/2 years) or who have children with specific disabilities (birth to 3 1/2 years).

Big Brothers and Big Sisters Society of Edmonton and Area

Phone: 780-424-8181 Fax: 780-426-6689
Web: www.bbbsedmonton.org

There are many ways to get involved and help others, one is to be an in-school mentor for one hour per week.

Boys & Girls Clubs of Edmonton

Edmonton, AB T5H 1G1
Phone: 780-422-6038 Fax: 780-426-6216
Web: www.boysandgirls.ab.ca

Boys and Girls Clubs Edmonton encourages young people, who may face disadvantages, to overcome challenges, explore their interests, discover personal strengths, and pursue their dreams. Disadvantages may be: poverty, lack of education, lack of nutrition, youth violence, or substance abuse. We believe in kids so that they can believe in themselves. Nine clubs are located throughout Edmonton. Each one provides after-school drop-in supports which include hot meal program, as well as recreation activities.

Catholic Social Services - Family Living Program

Phone: 780-420-6081 Fax: 780-425-6627
Web: www.catholicsocialservices.ab.ca

Offers professionally directed workshops that provide instruction and support on a variety of issues: anger management for adults and youth, couples communication, overcoming depression and self-esteem, balancing your boundaries and grief/loss.

Catholic Social Services - Parent Teen Mediation

Phone: 780-471-1122 Fax: 780-479-2579
Web: www.catholicsocialservices.ab.ca

Support and mediation services by trained volunteer mediators for youth and families in conflict.

Child and Youth Care Association of Alberta

Phone: 780-448-7254 Fax: 780-448-9159
Web: www.cycaa.com

An organization of childcare professionals who have common interests, concerns, and objectives in providing quality services for children. Conferences, newsletters.

Community Options - A Society for Children and Families

Phone: 780-455-1818 Fax: 780-454-6166
Web: www.communityoptions.ab.ca

A registered charity offering a variety of family support services including: inclusive preschool and school-age childcare; services for children with disabilities; and family resources including basic needs, parent education, nutrition and support programs.

(The) Compassionate Friends

Phone: 1-866-823-0141
Web: www.tcfcanada.net Email: nationaloffice@tcf.net

An international, non-denominational, non-profit, self-help organization of bereaved parents offering support, friendship, understanding and hope to those families who have experienced the death of a child at any age and from any cause. (This group does not offer therapy or counselling.) Call for information on monthly meetings.

E4C Early Headstart Program

Phone: 780-426-3666 Fax: 780-424-1372
Web: www.e4calberta.org

Program offers information, home visits, groups, for low income families to increase the development of their children from birth to 3 1/2 years. No referral needed. (This is not a playschool).

Edmonton & District Family Support Association

Phone: 780-496-3546 Fax: 780-440-0657
Web: www.familysupportassociation.com
Email: edfsa@shaw.ca

Offers foster family and biological family support; operates not-for-profit clothing outlet for 0 to 16 years and provides clothing to those in need; helps individuals acquire medical equipment.

Edmonton Breastfeeding Clinic

Phone: 780-735-2577 Fax: 780-735-2794

This clinic offers specialist services to mothers and babies experiencing difficulties with breastfeeding.

Edmonton Pro Life

Phone: 780-425-1637 Fax: 780-425-1320
Web: www.edmontonprolife.org

Free literature and resource materials for expecting women and teens. Educational resources, books and videos on fetal development and Post Abortion Trauma. Call for information on presentations and speakers. Need to talk about your crisis pregnancy? Having trouble coping after your abortion? Call 1-800-665-0570 (24 hours).

Girl Guides of Canada - Edmonton Area

Phone: 780-451-2263 Fax: 780-453-1155
Web: www.guidesedmonton.ab.ca

Women leaders bring diverse programs relevant to today's society to girls and women; offering community, fun & friendship. Programs include camping & outdoor, community

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Look Your Best

treat yourself to some well-deserved pampering



Manicure
Pedicure
Pediique (toenail enhancement)
Ear-Piercing

Teeth whitening
Tooth fairy (tooth jewelry)
Hair cutting
Hot lava shell massage

Full waxing menu
Brazilian waxing
Make-up application
Lash & brow tinting

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34 Ave. Pure Glam Salon 3515 - 34A Ave www.34avepureglam.com

What's cooking

40 restaurants featured at 2010 Taste of Edmonton

By Anne Stropel

It's the festival we wait all year for – A Taste of Edmonton! Mark the dates July 23 to August 1 on your calendar.

A Taste of Edmonton, which goes from 11 a.m. to 11 p.m. daily, offers an opportunity for young and old alike to sample some of Edmonton's finest cuisine in a casual, relaxed atmosphere. Bring your family, friends and out-of-town guests and enjoy!

This year the festival promises to be a hit once again, with a total of 40 restaurants participating.

Sample new menu items such as orange tangerine sherbet sandwiches, as well as longstanding favourites such



Photo courtesy of Events Edmonton

as Mac scones with saskatoon berry compote.

For those with dietary restrictions, festival organizer Events Edmonton has very thoughtfully provided an identification system on the menu, which can be seen on its website, www.eventsedmonton.ca.

Items containing nuts are marked "N" and those containing seafood "S." It is "V" for vegetarian items and "C" for celiac-approved items, making it easy to select your preferences before you

leave home.

A Taste of Wine and a Taste of Beer are once again a part of the festival, as is a stunning array of live entertainment.

Taste of Edmonton food tickets can be bought in advance at Tix on the Square, and you can save 10 per cent on their cost until July 22. Tix on the Square is located at the southwest corner of Sir Winston Churchill Square. See www.tixonthesquare.ca.

For more information about the festival visit www.eventsedmonton.ca.

RESOURCES FOR WOMEN

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service, leadership development, understanding of other people. Catch the fun! Make new friends and have new adventures in a fun way.

Kids Kottage

Phone: 780-448-1752 (Admin) 944-2888 (Crisis Line)
Web: www.kidskottage.org Fax: 780-441-9893

Kids Kottage, a 24-hour short-term emergency childcare program, supports, counsels and educates families in crisis to prevent child abuse and neglect, taking families from crisis to calm.

La Leche League of Canada

- Edmonton Chapter Hotline Phone: 780-478-0507
(answering machine with leader contact information on outgoing message).

Provides breastfeeding information and support.

Learning Disabilities Association of Alberta

(Edmonton Chapter)
Phone: 780-466-1011 Fax: 780-466-1095
Web: www.ldaa-ec.ca

Advocacy group providing information and support services.

Norwood Child & Family Resource Centre

Phone: 780-471-3737 Fax: 780-477-1632
Web: www.ncfrc.ab.ca

Provides programs and services that strengthen and enrich the lives of parents and children. Programs focus on meeting the emotional, physical and educational needs of families to assist in building better futures in a stronger, safer community.

HEALTH & WELLNESS

GENERAL HEALTH

(The) Arthritis Society

The Arthritis Information Line: 1-800-321-1433
Email: info@ab.arthritis.ca
Edmonton Office
Phone: 780-424-1740 Fax: 780-428-6198

In the Alberta/Northwest Territories division, our mission is to improve the quality of life for people affected by arthritis, and to support proactive efforts directed toward prevention, diagnosis, treatment, and a cure for arthritis.

Breast Friends Society of Edmonton

Contact: Juliette - 780-487-9021
Web: www.breastfriends.org

"Breast Friends" are women from Edmonton and the surrounding area who have all had a diagnosis of breast cancer. They have varied fitness levels and range from early 30's to 65+ and train to race in Dragon Boat competitions as part of a worldwide movement that originated in Vancouver. Each member of Breast Friends is a powerful example that women can lead full and vigorous lives after surgery and treatment for breast cancer.

Canadian Breast Cancer Foundation, Prairies/NWT Region

Phone: 780-452-1166 Fax: 780-451-6554
Web: www.cbcf.org/prairies NWT

Funds breast cancer research and community projects.

Canadian Organization for Rare Disorders (CORD)

Toll-free: 1-877-302-7273
Web: www.raredisorders.ca
Email: info@raredisorders.ca

Education, networking and support, providing information on thousands of rare disorders. Offers news, membership, support and contacts.

CancerConnection: Canadian Cancer Society Peer Support Program

Toll-free: 1-800-263-6750 Fax: 1-403-205-3979

Trained volunteers who have previously experienced cancer offer practical and emotional support to newly-diagnosed cancer patients and their caregivers through one-to-one visits, telephone support and monthly group support meetings.

Catholic Social Services - Kairos Program

Phone: 780-432-1137 Fax: 780-439-3154
Web: www.catholicsocialservices.ab.ca

Provides outreach support to men, women and their families who are infected and affected by HIV/AIDS. The program also provides educational, community relations and referral support services to community health/social service professionals.

Edmonton Bereavement Centre: Jewish Family Services

Phone: 780-454-1231
Fax: 780-482-4784
Email: ebc@jfse.org

Non-denominational grief support. Includes general presentations, ongoing structured support groups, follow-up support programs and limited individual counselling. Professional and volunteer training workshops in bereavement support. Resource lending library.

Edmonton Osteoporosis Support Group

Contact: Annabel (436-8150)

The Edmonton Osteoporosis Support Group provides valuable and up-to-date information for women and men of all ages. Monthly meetings: the 4th Monday of the month, 7-9 p.m. from Sept. through April (except Dec.).

Insight Medical Imaging

Phone: 780-669-2222 Fax: 780-481-6630
Web: www.xray.ca

Provides mammography, ultrasound, bone densitometry services, X-ray and nuclear medicine.

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Kara Family Resource Centre

Phone: 780-478-5396 Fax: 780-478-1979
Web: www.kara-frc.ca

Provides parenting and personal development skills programs to families; free afternoon and evening classes in parenting for men and women. Operates collective kitchens; operates a free drop-in child care program; provides information and referral, and a women's group; offers courses in parenting and understanding anger. Accepts donations to Kara-Lot Second Hand Store at 12034 Fort Road (Phone: 780-472-0610).

Lois Hole Hospital for Women

Phone: 780-735-4804 Fax: 780-735-5051

Alberta Health Services provides comprehensive health services to Edmonton women and referral services to women in northern and central Alberta.

Medical Imaging Consultants

Central Booking : 780-450-1500
Toll-free: 1-800-355-1755 Fax: 780-425-5979

Medical Imaging Consultants is Canada's largest radiology partnership. MIC provides a full range of medical diagnostic services including breast imaging (mammography, core biopsy and ultrasound), bone densitometry, ultrasound, nuclear medicine, x-ray, fluoroscopy, and magnetic resonance image (MRI).

(The) Parkinson's Society of Alberta

Phone: 780-482-8993 Fax: 780-482-8969
Toll-free: 1-888-873-9801
Web: www.parkinsonalberta.ca
Email: info@parkinsonalberta.ca

The Parkinson's Society of Alberta is a non-profit charitable organization dedicated to serving Albertans living with Parkinson's.

Screen Test: Alberta Program for the Early Detection of Breast Cancer

Phone: 780-643-4677 Fax: 780-643-4679
Toll-free: 1-800-667-0604

Web: www.cancerboard.ab.ca/screentest

Provides high quality screening mammography and breast health education. The Parkinson's Society of Alberta (PSA) is a non-profit charitable organization dedicated to serving Albertans living with Parkinson's.

Victorian Order of Nurses

Phone: 780-466-0293 Fax: 780-463-5629
Web: www.von.ca/edmonton

VON Edmonton is a voluntary, charitable organization that responds to health and social needs in the community based on the principles of primary health care. Services include: foot care, health education, wellness clinics, flu immunization, and the People in Crisis Program.

YWCA Edmonton – A Turning Point for Women

Phone: 780-423-9922 Fax: 780-425-7467
Web: www.ywcaofedmonton.org

Programs offered include: Counselling Services for individuals, couples and families. Respite Services for families caring for a child or adult with a disability and YoWoChAs Outdoor Education Centre for kids and adults. Special Events include the YWCA Edmonton Tribute to Women of Distinction Awards Gala, and the International Women's Week Reception. Special YWCA initiatives include the Y-Knit Program and One Woman One Vote.

Pregnancy & Reproductive Issues

Adoption Options

Phone: 780-433-5656 Toll-free: 1-800-770-3023
Fax: 780-447-4763
Web: www.adoptionoptions.com

Licensed non-profit adoption agency and registered charity facilitating open adoptions since 1984. Provides free confidential counselling and education to expectant

parents and parents who are already parenting, who are considering their options for adoption. Also provides professional and confidential services for domestic and international adoptions.

Alberta Health Services: Abbotsfield Outreach Clinic

Phone: 780-413-5115 or 780-735-0010
Fax: 780-735-0015
Web: www.capitalhealth.ca

Walk-in clinic providing free consultation for those who cannot afford to pay. Offers birth control services and STD testing. Physician at clinic every Friday 3 - 7 p.m.

Alberta Health Services Birth Control Centre

Phone: 780-735-0010 Fax: 780-735-0015
Confidential services include information, resources, education, counselling, a clinical contraceptive component, medical exams, sexually transmitted disease screening, treatment and referral. Mondays to Fridays.

Birthright Edmonton Inc.

Phone: 780-488-0681 Toll-free: 1-800-550-4900
Web: www.birthright.org

Providing caring, non-judgemental support to any women facing an unplanned pregnancy.

Catholic Social Services - Adoption Program

Phone: 780-420-1970 Fax: 780-439-3154
Web: www.catholicsocialservices.ab.ca

Facilitates open adoption through birth parent counselling, adoption home studies, placement counselling and outreach support services.

Catholic Social Services - FASD Programs

(First Steps, Coaching Families, Step by Step, and McDaniel Youth)
Phone: 780-477-1999 Fax: 780-477-2499
Web: www.catholicsocialservices.ab.ca

These four programs offer support to women who are giving birth to a child with FASD, provide support and resources for parents and families affected by FASD, and offer mentorship to youth transitioning into adulthood.

(The) Doula Association of Edmonton

Phone: 780-945-8080
Web: www.edmontondoulas.org

The association provides information on doulas and how they support pregnant women and their partner through pregnancy, birth and the early postpartum, to birthing families and professionals in the Edmonton and surrounding area. It also has a referral service for those seeking doula support.

Edmonton VBAC Support Association / ICAN of Edmonton (Vaginal Birth After Caesarean)

Contact: Claudia Villeneuve (780-444-9527)
Web: www.edmontonvbac.com
Email: edmontonVBAC@yahoo.ca

Support group for women attempting vaginal birth after Caesarean and for first-time mothers wanting to avoid a Caesarean.

(The) Infertility Connection

Contact: Irene (780-481-6618)
Web: www.members.shaw.ca/edmontoninfertility
Email: edmontoninfertility@shaw.ca

A support group that meets regularly once a month at the Royal Alexandra Hospital to provide support to adults who are experiencing infertility issues. To find out meeting information, check the website, or phone Irene.

OPTIONS Sexual Health Association

Phone: 780-423-3737 Fax: 780-425-1782
Web: www.optionssexualhealth.ca

Provides comprehensive information, education and counselling related to sexual and reproductive health. Free pregnancy testing and pro-choice options counselling.

Pregnancy Care Centre

Phone: 780-424-2624 Fax: 780-425-4624
Web: www.pregnancycarecentre.ca

Provides free and confidential services that includes pregnancy tests, education on all options, parenting programs, post-abortion counsel and ongoing physical, emotional and spiritual support. Also offering "Wait Training" workshops, re: abstinence as a healthy choice for teens.

Pregnancy Crisis Centre

Contact: Lori McMillan - 780-482-5111

Women can receive free pregnancy testing and information about abortion and its alternatives. Counselling is provided and all services are strictly confidential.

Terra Centre for Pregnant & Parenting Teens

Phone: 780-428-3772 Fax: 780-425-5160
Web: www.terraassociation.com
Email: terra@terraassociation.com

Provides support for pregnant and parenting youths. Services include case workers; life skills, parent-child bonding, parenting classes, prenatal and peer support programs; child and family support centre (daycare); Healthy Families Program.

Substance Abuse

Henwood Treatment Centre

Admission: 780-422-4466 Fax: 780-422-5408
AADAC Help Line: 1-866-332-2322
Web: www.aadac.com

Helps women with alcohol, drug and gambling problems by providing a safe and secure place to recover. Co-ed 19-day treatment facility provides gender specific programs for women and men. A short-term crisis stabilization program is provided for clients with gambling concerns. Clients are accepted by application only.

Substance Abuse and Corrections Service - Catholic Social Services

Phone: 780-471-1122 Fax: 780-479-2579
Web: www.catholicsocialservices.ab.ca

Provides accommodation, counselling and support services for people on parole, and for persons with substance abuse issues.

McDougall House Association

Phone: 780-426-1409 Fax: 780-429-3459
Web: www.aadac.com

Provides long-term residential treatment for women in recovery from alcohol, drugs and gambling addiction. Applicants are interviewed to determine suitability for the program.

HUMAN RIGHTS & LEGAL ISSUES

Alberta Federation of Labour Women's Committee

Phone: 780-483-3021 Fax: 780-484-5928
Web: www.afl.org Email: afl@afl.org

Representing 137,000 members, belonging to 30 different unions, the Women's Committee addresses the rights of women in the workplace, conducts educational, lobbies for effective change to legislation, networks with other women's groups, and works in coalitions to improve the status of women in Alberta.

Elizabeth Fry Society of Edmonton

Phone: 780-421-1175 Fax: 780-425-8989
Web: www.elizabethfry.ab.ca

Assists women of all ages who are at risk or have been in contact with the legal system. Services include crisis intervention, one-on-one support, employment and job preparedness, prison visits, workshops, referrals, an aboriginal program, courtworks, "legal clinic" for federally-sentenced women, and Private Home Placement

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for women on conditional release from Edmonton Institute for Women.

Student Legal Services of Edmonton

Phone: 780-492-2226 Fax: 780-492-7574
Web: www.afl.org Email: afl@afl.org

Non-profit organization comprising volunteer law students who provide free legal information and assistance to low-income individuals in the Edmonton area.

IMMIGRANT RESOURCES

Catholic Social Services - Temporary Foreign Workers' Program

Phone: 780-424-3545 Fax: 780-425-6627
Web: www.catholicsocialservices.ab.ca

Assists Temporary Foreign Workers and their families with the process of adapting to living and working in Alberta by providing information and referrals, supportive counselling, interpretation and translation services and advocacy.

Changing Together... A Centre for Immigrant Women

Phone: 780-421-0175 Fax: 780-426-2225
Web: www.changingtogether.com Email: info@changingtogether.com

Helps immigrant women and their families realize their full potential through participation in Canadian Society. Established in 1984, our services include ESL classes, workshops, group discussions, family services including prevention of family violence, bi-cultural parenting and research on issues relevant to immigrant women.

Edmonton Immigrant Services Association (EISA)

Phone: 780-474-8445 Fax: 780-477-0883
Web: www.eisa-edmonton.org
Email: eisa@compusmart.ab.ca

Translation and Interpretation services, ESL Classes, Citizenship & Human Rights Education, Information, Orientation and Referral, Assistance and Friendship to newcomers, Tutoring & Mentorship, Volunteer Opportunities.

Mennonite Centre for Newcomers

Phone: 780-424-7709 Fax: 780-424-7736
Web: www.emcn.ab.ca

Programs include ESL classes, employment services and community services.

Welcome Centre for Immigrants

Phone: 780-462-6924 Fax: 780-466-6594
Web: www.mwci-edmonton.net
Email: dschmuhl@mwci.ca

Community resource for newcomers.

INFORMATION & REFERRAL

Alberta Human Rights and Citizenship Commission

Phone: 780-427-7661 Fax: 780-427-6013
Toll-free: 310-0000 and then 780-427-7661
Web: www.albertahumanrights.ab.ca

The Alberta Women's Archives Association (AWAA)

Email: pat.myers@gov.ab.ca

A dedicated group of volunteers that works to preserve the records of women's history. The group provides practical advice and assistance to help identify historical materials created by and about women, and prepare them for donation to accredited archives.

Edmonton Local Council of Women

Contact: Mrs Joyce Backstrom (780-435-4925)
Fax: 780-435-6605

Works toward education and advocacy. Several council committees do research and educate members on a wide variety of topics. Also supply speakers on various topics to other organizations, for women and men. Current special project: teaching young people to plan for the future.

Junior League of Edmonton

Phone: 780-433-9739 Fax: 780-431-0138
Web: www.jledmonton.org Email: jledm@telusplanet.net

The Junior League of Edmonton is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

Status of Women Canada (SWC)

Phone: 780-495-3839 Fax: 780-495-2315
Toll-free: 1-866-966-3640
Web: www.swc-cfc.gc.ca

SWC is the federal government agency which promotes gender equality in the following areas: improving women's economic well-being, eliminating systemic violence against women and children and advancing women's human rights. The Women's Program provides financial assistance to support women and other equality-seeking groups to address systemic issues related to women's equality.

The Women's Canadian Club of Edmonton

President: (Sept. 2010-2012) - Ruthanna Elson
780-466-3411

Formed in 1911, the club's purpose is the encouragement of the study of the history, literature and resources of Canada, the recognition of Native worth and talent and the fostering of a patriotic sentiment. New members are welcome. Please call for the status of their upcoming website.

INNER CITY & POVERTY

Bissell Centre

Phone: 780-423-2285 Ext.110 Fax: 780-429-7908
Fax: 780-425-6594
Web: www.bissellcentre.org

Provides emergency help (food, clothing and household goods). Offers educational and recreational programs to youth and adults. Adult drop-in is open weekdays. Family support including help with diapers and formula, no charge child care and assistance with housing is available.

Dickinsfield Amity House

Phone: 780-478-5022 Fax: 780-473-8979
Web: www.amityhouse.ca Email: info@amityhouse.ca

Promotes and encourages the independence and well-being of underprivileged families in the Edmonton area by providing educational, recreational and social programs.

Edmonton City Centre Church Corporation: "Our Place" Residence Program

Phone: 780-426-6466 Fax: 780-423-6032
Web: www.e4calberta.org
Email: ourplace@e4calberta.org

"Our Place" residence program provides safe, affordable and long-term housing for women with a history of mental illness and low income who require supervision or care. Also provides referrals to "Our Other Place," a place for independent living with some support.

Hope Mission Women's Centre

Phone: 780-453-3412 Fax: 780-453-3437

Hope Mission's 24-bed residence offers a long-term addiction/recovery program to women without children. The program is suited to women who want to willingly change their lives with an encouraging and supportive environment. Hope Mission's goal is to serve, strengthen and uplift the women in recovery to bring forth the tools they need to leave an addictive past and live healthy lives.

PERSONS WITH DISABILITIES

Alberta Committee of Citizens with Disabilities

Phone: 780-488-9088 Fax: 780-488-3757
TTY: 780-488-9090
Web: www.accd.net Email: accd@accd.net

ACCD is a cross-disability consumer-directed charitable organization that actively promotes full participation in society for Albertans with disabilities. Since 1973, ACCD has worked hard to ensure that the voices of Albertans with disabilities are heard. Our activities include projects and research, school presentations, business accessibility, public education, partnerships with other disability groups, and information and referral services.

Catholic Social Services - Disability Service

Phone: 780-471-1122 Fax: 780-439-3154
Web: www.catholicsocialservices.ab.ca

Residential, outreach and support programs for persons with developmental and/or physical disabilities, as well as persons with mental illness or brain injury.

Elves Special Needs Society

Phone: 780-454-5310 Fax: 780-454-5889
Web: www.elves-society.com

Email: elvessoc@telusplanet.net

Elves Special Needs Society provides dependent handicapped persons with a unique, individualized, educational day program, to promote their maximum development and to enhance the quality of life of the individuals and their families within a supportive and caring environment. Elves Child Development Centre offers programs for preschool and school age children with disabilities.

POST-SECONDARY, CONTINUING EDUCATION, TRAINING

Athabasca University Women's Studies Program

Phone: 1-800-788-9041 Fax: 780-675-6437
Web: www.athabascau.ca

Offers a Bachelor of Arts major in women's studies through distance education to anyone over 18 years, regardless of previous educational background.

Athabasca University also offers a University Certificate in Counselling Women, a part-time study program designed for front line workers.

Canadian Federation of University Women, Edmonton

President: Gail Perrin (780-430-9494)
Web: www.cfuw-edmonton.org

The CFUW, the Edmonton branch of a national and international organization of women university graduates, is committed to the pursuit of education, improvement of the status of women and human rights, and active participation in public affairs.

The Federation awards bursaries to mature, full-time women students to supplement other funding, and four scholarships each year to graduate students at the University of Alberta, two each in Arts and in Science.

Concordia University College of Alberta

7128 Ada Boulevard, Edmonton, AB T5B 4E4 Phone: 780-479-8481 Fax: 780-474-1933
Toll-free: 1-866-479-5200
Web: www.concordia.ab.ca

Student-focused university education in an engaging and supportive environment.

Lakeland College

Phone: 780-416-8844

Web: www.lakeland.ab.ca

Offers full and part-time programs and courses in Academic Upgrading, American Sign Language, Business, Landscape Design, Massage Therapy, Master Gardener, Pharmacy Technician, Residential Decorating and Special Events Coordinator.

Edmonton Public Schools Metro Continuing Education

Registration: 780-428-1111

Web: www.metrocontinuingeducation.ca

Edmonton Public Schools Metro Continuing Education offers a number of Academic Success programs, including high school upgrading, diploma prep and summer school classes, English language instruction for newcomers to Canada and hundreds of adult continuing education courses in the areas of: computers, gardening, well-being, home renovations, crafts, cooking, dance, photography and more. For more information, visit their website or pick up a Class Calendar at a local grocery and convenience stores.

University of Alberta, Faculty of Extension Women's Words: Summer Writing Week

Phone: 780-492-3093

Fax: 780-492-1857

Web: www.extension.ualberta.ca/womenswords

A program for women with stories - all women, in other words, both established and new writers. Work in small, interactive groups with published writers and award-winning authors. Come for the weekend or the entire week to explore poetry, life-writing, fiction, creative non-fiction, or working with visual art and text.

University of Alberta: Women's Studies Program

Phone 780-492-7078 Fax: 780-492-5273

Web: www.arts.ualberta.ca/womensstudies

Works to expand and transmit knowledge about women and gender relations. Program offers a Bachelor of Arts degree, with a specialization or major in women's studies.

SPIRITUAL

Providence Renewal Centre

3005 - 119 St., Edmonton, AB T6J 5R5

Phone: 780-430-9491

Fax: 780-438-1639

Web: www.providencerenewal.ca

Offering quiet space for getaways (groups or individuals) and programs for renewal and personal growth. Overnight accommodation, meals, meeting rooms.

Star of the North Retreat Centre

3A St. Vital Ave., St. Albert, AB T8N 1K1

Phone: 780-459-5511

Fax: 780-458-8877

Web: www.starofthenorth.ca

Email: reception@starofthenorth.ca

Offers programs in personal development and contemporary spirituality. Offers accommodations and meals for both personal and group retreats.

SPORTS & RECREATION

Edmonton Sport Council

Phone: 780-497-7678

Fax: 780-426-3634

Web: www.edmontonsport.com

Want to get involved in sport? The ESC website provides contact information for all Edmonton sport organizations.

Edmonton Storm

Contact: Terry Yahnke - 780-467-5596

Fax: 780-467-2279

Web: www.edmontonstorm.com

Email: tyahnke@ualberta.ca

Edmonton's female tackle football team, who are proudly the Western Canadian Champions for 2008.

Women In The Wind

Web: www.telusplanet.net/public/witwedtn

Email: witwedmonton@telus.net

The club, consisting of women with a love and passion for motorcycle riding, seeks to educate members in motorcycle safety and maintenance, unite women motorcyclists with friends of common interest, and promote a positive image to the public of women on motorcycles. The group meets once a month for meetings and participate in charity events like the Edmonton Toy Run and Ride For Sight.

TRADE SHOWS

Family Productions Inc.

2nd Floor, 4634 - 90A Ave., Edmonton, AB T6B 2P9

Phone: 780-490-0215

Fax: 780-450-3757

Web: www.edmontonshows.com

Email: info@edmontonshows.com

WORK, BUSINESS, FINANCE & CAREER PLANNING

Alberta Teacher's Association

11010 - 142 St., Edmonton, AB T5N 2R1

Phone: 780-447-9400

Fax: 780-455-6481

Web: www.teachers.ab.ca

The ATA has a standing committee that addresses equity issues and promotes inclusive school environments. The committee advises the association on issues related to gender equity, Aboriginal education, racism, sexual orientation and gender identity. The ATA provides workshops, print and web-based resources to assist teachers throughout the province.

Alberta Women Entrepreneurs

#100, 10237 - 104 St., Edmonton, AB T5J 1B1

Phone: 780-422-7784

Fax: 780-422-0756

Toll-free: 1-800-713-3558 Web: www.awebusiness.com

Should you be considering starting a business, expanding your business, or purchasing a business, AWE, a non-profit association funded by Western Economic Diversification, provides a full range of support services to women entrepreneurs in Alberta. These services include business advising, business skills development, loan program, networking opportunities and research resources.

Association of Administrative Assistants

Web: www.aaa.ca

Email: edmonton-membership@aaa.ca

This is a chartered Canadian non-profit professional organization that supports the Qualified Administrative Assistant Certification Program at the University of Alberta and Athabasca University. The main purpose of the association is to encourage office professionals to continuously upgrade their skills and professionalism through ongoing education.

International Association of Administration Professionals - Edmonton Chapter

President: Kristie Leeson (780-437-8532 or email

kristie.leeson@shaw.ca)

Web: www.iaapedmonton.com

The International Association of Administrative Professional (IAAP) is a not-for-profit professional association with 40,000 members and affiliates and 700 chapters worldwide. The association works in partnership with employers to promote excellence; to educate, to communicate, and to further professional development.

Progressive Group for Independent Business Women

P.O. Box 44068, Southcentre P.O., Calgary, AB T2J 7C5

Executive Director: Julie Chandler (403-720-2143 ext. 2)

Toll-free: 1-866-725-2143

Web: www.pgibw.ca, www.womenspages.ca

Email: pgibwomen@pgib.ca

Taking your business to the next level.

Women in Scholarship, Engineering, Science and Technology (WISEST)

295 CAB, University of Alberta, Edmonton, AB T6G 2G1

Phone: 780-492-1842

Fax: 780-492-2990

Web: www.wisest.ualberta.ca

A U of A-based organization whose vision is to strengthen science by increasing gender diversity and to enhance choices in science, engineering, scholarships and technology for women of all ages.

If you would like to update your organization's listing details, or if you would like to be included in the 2011 resource listings, please email contact@edmontonwoman.com.



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