

# RESOURCES FOR WOMEN

## CRISIS INTERVENTION

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

Phone: 464-7232 (Business) 464-7233 (Crisis Line)

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

### Alberta Council of Women's Shelters

9321 - Jasper Ave., Edmonton, AB T5H 3T7

Phone: 456-7000

Fax: 456-7001

Website: [www.acws.ca](http://www.acws.ca)

Email: [voice@acws.ca](mailto: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.

### Crime Stoppers Association of Edmonton & Northern Alberta

Phone: 421-1122

Fax: 425-8839

P.O. Box 76089, Edmonton, AB T6H 5Y7

Website: [www.crimestoppers.ab.ca](http://www.crimestoppers.ab.ca)

Email: [info@crimestoppers.ab.ca](mailto: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.

### Catholic Social Services - Elderly Adult Resource Service (EARS)

8212 - 118 Ave., Edmonton, AB T5B 0S3

Phone: 471-1122

Fax: 479-2579

Website: [www.catholicsocialservices.ab.ca](http://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.

### E4C: "Crossroads" (Houses and Outreach) Program

9321 Jasper Ave., Edmonton, AB T5H 3T7

Phone: 474-7421

Fax: 497-7154

Website: [www.E4Calberta.org](http://www.E4Calberta.org)

Email: [xroads@E4Calberta.org](mailto:xroads@E4Calberta.org)

The "Crossroads Program" provides information referrals, a street outreach program and general assistance to people working as prostitutes.

### Edmonton Dream Centre

Box 68169, 162 Bonnie Doon Mall, Edmonton, T6C 4N6

Phone: 423-5516

Website: [www.edmontondreamcentre.ca](http://www.edmontondreamcentre.ca)

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

#401, 10010 - 105 Street

Phone: 970-5121

Fax: 425-1699

Website: [www.johnhoward.org](http://www.johnhoward.org)

Email: [info@johnhoward.org](mailto:info@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.

### La Salle "A Safe Place for women and their children"

Phone: 482-2190

Fax: 482-3008

Website: [www.lasalle.info](http://www.lasalle.info)

La Salle provides accommodation in nine furnished, two-bedroom suites for women and children fleeing domestic violence. We take the referrals from emergency shelters or agencies working with family violence. Applicants must have the desire to follow the in-house program, answering to their need of some support and direction in their attempt to achieve independent living.

### Lurana Shelter

Phone: 429-2002 (Business)

424-5875 (Crisis Line)

Fax: 426-3237

Crisis shelter for women and children fleeing domestic violence. Short-term residential facility.

### SAFFRON: Strathcona Sexual Assault Centre

Phone: 449-0900

Fax: 416-2393

Provides individual or group counselling for individuals affected by sexualized violence.

### Catholic Social Services - Safe House

8212 - 118 Ave., Edmonton, AB T5B 0S3

Phone: 471-1122

Fax: 479-2579

Website: [www.catholicsocialservices.ab.ca](http://www.catholicsocialservices.ab.ca)

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

### Sexual Assault Centre of Edmonton

205, 14964 - 121A Ave., Edmonton, AB T5V 1A3

Phone: 423-4102 (Business)

423-4121 (Crisis Line)

Fax: 421-8734

Website: [www.sace.ab.ca](http://www.sace.ab.ca)

Operates a 24-hour crisis line. Provides counselling for survivors of childhood sexual abuse and sexual assault. Offers support and crisis intervention for survivors and pro-survivors of sexual violence.

### Catholic Social Services - Therapeutic Counselling

10709 - 105 St., Edmonton, AB T5H 2X3

Phone: 424-3545

Fax: 425-6627

Website: [www.catholicsocialservices.ab.ca](http://www.catholicsocialservices.ab.ca)

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

### The Support Network

#301, 11456 Jasper Ave., Edmonton, AB T5K 0M1

Phone: 482-0198

Fax: 488-1495

Website: [www.thesupportnetwork.com](http://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).

### WIN House — An ongoing project of Edmonton Women's Shelter

P.O. Box 20088, R.P.O. Beverly, Edmonton, AB T5W 5E6

Phone: 471-6709 (Office)

479-0058 (Crisis Line)

Fax: 479-8252

Website: [www.winhouse.org](http://www.winhouse.org)

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

P.O. Box 32141 Main Post Office Edmonton, AB T6K 4C2

Phone: 426-4985

Fax: 424-3625

Offers independent living (for six month period) in a safe, secure and supportive environment for women with

children who have experienced family violence. Referrals from women's emergency shelters.

### Women's Emergency Accommodation Centre (WEAC)

9611 - 101A Ave., Edmonton, AB T5H 0C8

Phone: 423-5302

Fax: 424-9642

Website: [www.E4Calberta.org](http://www.E4Calberta.org)

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

### 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

#50, 8627 Marie-Anne-Gaboury St. (91 St.), Edmonton, AB T6C 3N1

Phone: 469-4401

Fax: 469-3997

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

300, 10256 - 112 St., Edmonton, AB T5K 1M4

Phone: 479-8195

Fax: 471-2169

Toll-free: 1-877-471-2171

Website: [www.iaaw.ca](http://www.iaaw.ca)

Email: [iaaw@iaaw.ca](mailto: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

#350, 10909 Jasper Ave., Edmonton, AB T5J 3L9

Phone: 428-3660

Fax: 428-3844

Website: [www.aasfc.com](http://www.aasfc.com)

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

### Alberta Foster Parent Association

#102, 9622-42 Ave Edmonton, AB T6E 5Y4

Phone: 429-9923

Fax: 426-7151

Toll-free: 1800-667-2372

Website: [www.afpaonline.com](http://www.afpaonline.com)

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

### Big Brothers and Big Sisters Society of Edmonton and Area

10135 - 89 St., Edmonton, AB T5H 1P6

Phone: 424-8181

Fax: 426-6689

Website: [www.bbbsedmonton.org](http://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

9425-109 A Avenue

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Edmonton, AB T5H 1G1

Phone: 422-6038

Fax: 426-6216

Website: [www.boysandgirls.ab.ca](http://www.boysandgirls.ab.ca)

Boys & Girls Clubs of Edmonton encourages young people, who may face disadvantages such as poverty, lack of education, lack of nutrition, youth violence or substance abuse, to overcome challenges, explore their interests, discover their personal strengths and pursue their dreams. They believe in kids so that they can believe in themselves.

**Capital Health Early Intervention Program**

Youngstown School

10330 163 St., Edmonton, AB T5P 3N5

Phone: 408-5930

Fax: 483-1711

Contact: Joan MacDonald

Website: [www.eeip.ca](http://www.eeip.ca)

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).

**Catholic Social Services**

10709-105 St., Edmonton, AB T5H 2X3

Phone: 424-3545

Fax: 425-6627

Websites: [www.signofhope.ab.ca](http://www.signofhope.ab.ca)[www.catholicsocialservices.ab.ca](http://www.catholicsocialservices.ab.ca)

Catholic Social Services is the largest multi-function social service agency operating in Canada, offering programs to people of ALL faiths and cultures, including services for children, families, persons with physical or developmental disabilities, street youth, immigrants and refugees, and persons with HIV/AIDS.

**Catholic Social Services - Family Living Program**

10709 - 105 St., Edmonton, AB T5H 2X3

Phone: 420-6081

Fax: 425-6627

Website: [www.catholicsocialservices.ab.ca](http://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**

8212 - 118 Ave., Edmonton, AB T5B 0S3

Phone: 471-1122

Fax: 479-2579

Website: [www.catholicsocialservices.ab.ca](http://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**

#204, 12013 - 76 St., Edmonton, AB T5B 2C9

Phone: 448-7254

Fax: 448-9159

Website: [www.cycaa.com](http://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**

200, 12345 - 121 St., Edmonton, AB T5L 4Y7

Phone: 455-1818

Fax: 454-6166

Website: [www.communityoptions.ab.ca](http://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**

Edmonton Chapter: 451-5381

Website: [www.tcfcanada.net](http://www.tcfcanada.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.

**Edmonton & Area AVI Adoption Society**

Contact: Pat (479-5268)

Adoption support association providing information on adoption and supporting adoptive families.

**Edmonton Association for Bright Children**

Rm. 1280, 6240 - 113 St., Edmonton, AB T6H 3L2

Phone: 422-0362

Website: [www.edmontonabc.org](http://www.edmontonabc.org)

The Edmonton Association for Bright Children (EABC) is the Edmonton chapter of the Alberta Association for Bright Children (AABC) [www.albertaabc.org](http://www.albertaabc.org) EABC is a volunteer organization of families that provides activities, resources and support for bright children and their families. Membership is open to all. See website for current event listings.

**Edmonton Breastfeeding Clinic**

Misericordia Community Hospital, 3rd Floor West, 16940 - 87 Ave., Edmonton, AB T5R 4H5

Phone: 735-2577

Fax: 735-2794

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

**Edmonton Early Headstart Program**

Alex Taylor School

9321 - Jasper Ave., Edmonton, AB T5H 3T7

Phone: 426-3666

Fax: 424-1372

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 Pro Life**

#212, 11125 - 107 Ave., Edmonton, AB T5H 0X9

Phone: 425-1637

Fax: 425-1320

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).

**Families in Focus Program**

Metro Continuing Education Edmonton Public Schools

Registration: 428-1111

Course Info: 917-8673

Website: [www.metrocontinuing.education.ca](http://www.metrocontinuing.education.ca)

Metro's Families in Focus offers programs for children, youth, and parents. Courses for parents include: Guiding Parents Series — Practising Positive Parenting, Communicating with Your Teen and Preparing for the Outside World.

**Girl Guides of Canada - Edmonton Area**

11404 - 142 St., Edmonton, AB T5M 1V1

Phone: 451-2263

Fax: 453-1155

Website: [www.guidesedmonton.ab.ca](http://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 service, leadership development, understanding of other people. Catch the fun! Make new friends and have new adventures in a fun way.

**Kids Kottage**

Phone: 448-1752 (Admin)

944-2888 (Crisis Line)

Website: [www.kidskottage.org](http://www.kidskottage.org)

Fax: 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. Visit the website for 2006 fundraising events.

**La Leche League of Canada**

- Edmonton Chapter Hotline Phone: 478-0507

(answering machine with leader contact information on

outgoing message).

Provides breastfeeding information and support.

**Learning Disabilities Association of Alberta**

(Edmonton Chapter)

5540 - 106 Ave., Edmonton, AB T6A 1G3

Phone: 466-1011

Fax: 466-1095

Website: [www.ldaa-ec.ca](http://www.ldaa-ec.ca) Email: [ldaec@nucleus.com](mailto:ldaec@nucleus.com)

Advocacy group providing information and support services.

**Norwood Child & Family Resource Centre**

9516 - 114 Ave., Edmonton, AB T5G 0K7

Phone: 471-3737

Fax: 477-1632

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](mailto:info@ab.arthritis.ca)

Edmonton Office

Suite 307, 10109 - 106 St.

Edmonton, Alberta T5J 3L7

Phone: 424-1740

Fax: 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**

Phone: Liz 973-6523

"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 Chapter**

#700, 10665 Jasper Ave, Edmonton, AB T5J 3S9

Phone: 452-1166

Fax: 451-6554

Website: [www.cbcf.org/prairies/NWT](http://www.cbcf.org/prairies/NWT)

Funds breast cancer research and community projects.

**Canadian Organization for Rare Disorders (CORD)**

151 Bloor Street West, Suite 600, Toronto, Ontario M5S 1S4

Phone: (416) 969-7464

Fax: (416) 969-7420

Toll-free: 1-877-302-7273

Website: [www.raredisorders.ca](http://www.raredisorders.ca)Email: [info@raredisorders.ca](mailto: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**

8815 - 99 St., Edmonton, AB T6E 3V3