

## LEGAL SERVICES

- **Domestic Violence Complaint and Assistance Program, Edmonton John Howard Society:** 780-422-0721 Free help for victims of family violence who are required to appear in court.
- **Edmonton Community Legal Centre (ECLC):** 780-702-1725 Free legal support in several areas of law for low income citizens.
- **Emergency Protection Order Project (EPOP):** 780-422-9222 Free legal information, services, support and help with Protection Orders and court procedures.
- **Family Court Counselling Services:** 780-427-8343 Help for those applying to Family Court: custody, access, private guardianship and access enforcement orders.
- **Family Law Information Centre:** 780-415-0404 Information about family law.
- **Lawyer Referral Service:** 1-800-661-1095 Names and contact numbers of lawyers who provide the first half-hour consultation free of charge.
- **Legal Aid Edmonton Legal Services Centre:** 1-866-845-3425 Legal services at reduced cost for people with low incomes.
- **Public Assistance Unit for the Crown Prosecutor's Office:** 780-427-4859 General inquiries regarding criminal court matters.
- **Victim Services Unit, Edmonton Police Service Downtown:** 780-421-2760 Free services for victims of crime.

## MENTAL HEALTH RESOURCES

- **Alberta Health Services:**
  - **Adult Mental Health Clinics:** 780-427-2736
  - **Children's Mental Health Intake:** 780-342-2701
- **CASA Child, Adolescent and Family Mental Health:** 780-400-2270

## SHELTERS FOR WOMEN, CHILDREN AND SENIORS

- **A Safe Place:** 780-464-7233
- **Edmonton Women's Shelter (WIN House):** 780-471-6709
- **Lurana Shelter:** 780-424-5875
- **Seniors Safe House:** 780-702-1520
- **Women's Emergency Accommodations Centre:** 780-423-5302

## SECOND STAGE SHELTER

- **La Salle:** 780-442-0082
- **Wings of Providence:** 780-426-4985

*\*This resource list is not exhaustive or endorsed by the City of Edmonton. Please feel free to photocopy.*

## Family Violence Resources

*Counselling and support groups, resources, crisis lines, shelters, legal services and mental health resources.*



## GETTING HELP

It is extremely important to talk about abuse to find out the risk of further violence towards you and your family. It can be hard to reach out, but asking for help is a sign of strength. When you contact a counsellor, you'll be asked about your situation. Your counsellor can also help you make a safety plan.

**If you are in immediate danger, call 911.**

**“I thought I was the only one experiencing this. I no longer feel alone.” – Participant**

## COUNSELLING AND SUPPORT GROUPS

- **Aboriginal Counselling Services Association of Alberta: 780-448-0378** Counselling, groups.
- **Changing Together – A Centre for Immigrant Women: 780-421-0175** Family violence prevention; counselling, groups, workshops.
- **Changing Ways: 780-439-4635** Groups for men who have abused their female partners and want to change.
- **City of Edmonton, Citizen Services, Individual and Family Well-being: 780-496-4777** Counselling, groups.
- **Drop-in Single Session Counselling – dropinyeg.ca**
- **Momentum Counselling Society: 780-757-0900**
- **The Family Centre: 780-424-5580** Counselling, groups, language translators.
- **YWCA: 780-423-9922, ext. 222** Counselling, groups.

## COMMUNITY RESOURCES

- **Alberta Alliance for the Safety of Animals and People: 780-447-3600 ext 3750**
- **Addictions Services Helpline (24-hours): 1-866-332-2322** Help with gambling, drug and alcohol addictions.
- **Assist Community Services: 780-429-3111** Settlement, outreach, education programs for many languages.
- **Capital Region Housing Corporation: 780-420-6161** Affordable housing.
- **Catholic Social Services: 780-432-1137** Counselling, housing, settlement, workshops and groups.
- **Companion Animal Welfare Society (CAWS): 1-888-460-4045**
- **Edmonton Food Bank: 780-425-4190**
- **Elizabeth Fry Society: 780-421-1175** For women in contact with the criminal system.
- **Family Futures Resource Network: 780-413-4521** Parenting programs and anger management.
- **Family Violence Help Centre: 780-455-6880** Assists people impacted by family violence.
- **Family Violence Prevention Centre, Edmonton John Howard Society: 780-423-1635** Advocacy, outreach and support for victims of family violence, referrals, and furniture.
- **Government of Alberta, Financial Support:**
  - **West (Meadowlark): 780-415-8116**
  - **City Centre: 780-644-9492**
  - **North: 780-422-9440**
  - **South: 780-644-2888**
  - **After Hours: 780-644-5135**

- **Islamic Family and Social Services Association: 780-430-9220** Outreach, programs and basic needs.
- **Jewish Family Resources: 780-454-1194** Counselling, programs.
- **Kara Family Resources: 780-478-5396** Parenting programs and support.
- **Multicultural Health Brokers: 780-423-1973**
- **Salvation Army Community and Family Resources: 780-424-9222** Basic needs and counselling programs.

## CRISIS AND 24/7 LINES

- **Alberta Mental Health Crisis: 780-342-7777**
- **A Safe Place Women's Shelter (24-hour) Crisis/Support Line: 780-464-7233**
- **Canadian Mental Health: 211 (24-hour)** Information and referral line.
- **Child Abuse 24-hour Hotline: 1-800-387-KIDS (5437)** Protects children from abuse or neglect.
- **Distress Line 24/7: 780-482-HELP (4357)**
- **Edmonton Women's Shelter 24-hour Crisis/Support Line: 780-479-0058**
- **Family Violence Information Line 24-hour Support: 780-310-1818**
- **Kids Kottage 24-hour Crisis Nursery/Phone Line: 780-944-2888** Emergency child care.
- **Police Non-emergency Line: 780-423-4567**
- **Seniors Abuse 24-hour Help Line: 780-454-8888**
- **Sexual Assault Centre Edmonton: 780-423-4121**