

RESOURCES

For You

Housing

Click on the issue that you need support with:

- [-Shelters](#)
- [-Subsidy](#)
- [-Utilities](#)
- [-Ending a lease](#)



Support /Outreach

Click on the issue that you need support with:

- [-Outreach worker](#)
- [-Programming](#)
- [-Career support](#)
- [-Financial support](#)

Legal Support

Click on the issue you need support with:

- [-Lawyer](#)
- [-Court Support](#)



Other

Click on the issue you need support with:

- [-Emergencies/phonelines](#)
- [-Parenting/children supports](#)
- [-FCSS Leduc and surrounding](#)
- [-Counselling](#)

Shelters

Emergency Shelter

Emergency Shelters are free short term stays (typically 21 days or longer) with food, transportation, support workers, and child support typically included.

Edmonton:

- [Lurana Shelter](#): 780 424 5875
- [WIN House](#): 780 471 6709

Sherwood Park:

- [A Safe Place](#): 780 464 7233

Morinville:

- [Jessie's House](#): 1 866 939 2850

Alberta Council of Women's Shelters:

- [Referrals](#): 1 866 331 3933

Second/Third Stage Shelter

[WINGS of Providence](#):

- Apartments for women with children; offers wrap around supports
- 780 426 4985

[Katharine Drexel Place](#):

- Apartments for women who are planning to attend work or schooling
- 780 428 8671

[Return to Home Page](#)

Subsidies

Subsidized Housing

Subsidizing housing is typically more affordable than market rate housing.

Leduc:

- [Leduc Regional Housing](#): 780 986 2814

Edmonton:

- [Civida](#): 780 420 6161
 - Support in finding low income housing in Edmonton or rental subsidy.
- [HomeEd](#): 780 474 5706
 - Multiple apartments throughout Edmonton for rent below market cost.
- [Melcor YMCA](#): 780 426 9622
 - Apartment building in downtown Edmonton with low cost units.
- [Women Building Futures](#): 780 452 1200
 - Apartment building in downtown Edmonton with low cost units (women only).
- [Metis Urban Housing](#): 780 452 6440
 - Affordable or subsidized housing for Indigenous or non-Indigenous people.

[Return to Home Page](#)

Utilities

Utility Arrears

Alberta Income Support:

- [Utility arrears support](#): 780 644 9992

Breaking a Lease

Safer Spaces

[Safer Spaces Certificate](#): With the help of a support worker you can apply for a safer spaces certificate to help you end a lease if you are living with an unsafe partner.

[Return to Home Page](#)

Support/Outreach

IPV Support Agencies

Today Family Violence Centre: 780 455 6880

- Provides an outreach worker to connect you to resources, also provides education, group support, and resources.

Edmonton John Howard Society: 780 423 1635

- Provides a variety of services including a safety planning app, court support, furniture support, community outreach, and more.

Leduc Victim Services: 780 980 7232

- Advocacy and support for individuals who have experienced a crime.

Edmonton Victim Support: 780 421 2217

- Emotional support and support with court and police as well as referrals to other resources.

[Return to Home Page](#)

Programming

Interpersonal Violence

Lives in Transition: 780 496 9224

- Monday - Friday programming with access to psychologists, case management, course work, psychoeducation, employment/educational goal setting, and more. This program is free.

Sagesse: 403 234 7337

- Virtual peer based programming with several groups to choose from. This is a free program.

The Family Centre: 780 900 5934

- Healthy Relationship classes (there are separate classes for men and women). 16 weeks of group programming offered at a sliding scale rate.

SAIF Society: 780 460 2195

- St. Albert program offering multiple groups including: Family Court Support, support groups, healthy communication, conflict resolution, parenting support, etc.

Career

Support Programs

Lives in Transition: 780 496 9224

- Monday - Friday programming with access to psychologists, case management, course work, psychoeducation, employment/educational goal setting, and more. This program is free.

Careers in Transition: 780 496 9228

- Career planning, job readiness, help securing tickets or education, GED support and more.

BGS Career Ventures: 780 425 6655

- Support in locating employment, achieving necessary training, and career planning.

Elizabeth Fry Society: 780 905 3865

- Their program supports women in career planning, resume development, support in job hunting, and referrals.

[Return to Home Page](#)

Financial

Support Programs

Alberta Income Support: 1 877 644 9992

- Support is available for individuals who are leaving intimate partner violence. Income support workers can explore options with you.

Income Tax Support:

- There are several tax clinics which offer free support throughout the year. This website will help you to find a nearby or virtual tax clinic with a worker to help you file taxes.

EmpowerU: 780 990 1000

- Financial education and support with savings, budgeting, and support improving credit and reducing debt. They also match savings at a 2:1 ratio (so if you save \$250 they will give you \$500 at the end of the program).

[Return to Home Page](#)

Lawyer

Support Programs

Legal Aid Alberta: 1 866 845 3425

- Affordable lawyers offering repayment programs to assist in a variety of issues including family law and emergency protection orders.

Edmonton Community Legal: 780 702 1725

- A free service offering legal education, free consultations, government assistance advocacy, family law, and other resources.
- Regular education events are hosted at Edmonton Library locations: see events

Elizabeth Fry Society: 780 421 1175

- Women centered agency offering a variety of supports including education, employment, Indigenous supports, record suspension and more.
- Also offers free independent legal advice for survivors of sexual violence. Contact Shan Gao 780 784 2213 for more information.

CPLEA: Centre for public legal education Alberta

- Free online resources about a variety of legal topics. Can be useful to give you background information before meetings with court or lawyers and to help inform you of your rights. Some relevant topics include: custody, Clare's Law, Emergency Protection Orders, evidence of abuse, and other legal topics.

[Return to Home Page](#)

Court Support

Support Programs

Edmonton John Howard Society: 780 423 1635

- Court assistance is provided for survivors of intimate partner violence as they attend court for charges related to the violence.

Family Court Assistance: 780 427 8343

- Support for applying for court orders related to family court, including parenting orders, child support, and exclusive possession orders.

Court and Justice Services:

- Government of Alberta website with links to supports including parenting after separation course, family mediation, children services mediation, protection orders, etc.

Student Legal Services: 780 492 2226

- Providing legal information and assistance, they may be able to assist with child support applications, and other basic legal concerns.

Emergency Protection Order: 780 422 9222

- Support in applying for an emergency protection order to prevent an abusive family member or intimate partner from contacting you.

Emergency

and phonelines

Please contact 911 if you are in danger.

Access 24/7: 780 424 2424

- Mental health screening and assessment that can connect you with urgent and non-urgent mental health resources and supports offered by Alberta Health Services.

Distress Line: 780 482 4357

- 24hr supportive listeners who can provide emotional support as well as access to referrals.

Alberta Mental Health Crisis Line: 18773032642

- 24hr emotional support, information, and referrals from a multidisciplinary team.

Sexual Assault Centre: 780 423 4121

- Support line for individuals impacted by sexual violence open from 9am-9pm.

LGBTQ Crisis Line: 1 800 688 4765

Indigenous Hope for Help: 1 855 242 3310

[Return to Home Page](#)

Parenting

and child resources

Triple P Parenting:

- Free parenting program offered online or at locations throughout Alberta.

Family Resource Networks:

- Supports and resources for families for parenting, caregiving, and social supports.

Big Brothers/Big Sisters: 780 424 8181

- Partners kids with a mentor and to give a safe support person to have fun with.

Kids Help Phone: 1 800 668 6868

Bullying Helpline: 1 888 456 2323

Children's Mental Health Crisis: 780 427 4491

[Return to Home Page](#)

FCSS

Family and Community Support Services

Leduc: 780 980 7109

County of Leduc: 780 979 2385

Beaumont: 780 929 1006

Breton and Area: 780 696 3636

Calmar: 780 385 3191

Devon: 780 987 8328

New Sarepta: 780 941 2382

Thorsby: 780 789 4004

Warburg: 780 848 2828

[Return to Home Page](#)

Counselling

free and low cost

Community Counselling Centre: 780 482 3711

- Low cost sessions offered at a rate of \$30-55 per session.

Drop in YEG: 780 423 2831

- Free 50min drop-in sessions offered at locations across the city.

Mercy Counselling: 780 719 2760

- Low cost sessions available, this service is faith based but open to anyone.

Momentum: 780 757 0900

- Single session therapy, brief therapy, couples and family counselling-sliding scale fees. They also offer group counselling.

Jewish Family Services: 780 454 1194

- Individual, family, or couples sessions, sliding scale, available to anyone. Also hosting grief and loss support groups.

Family Centre: 780 423 4102

- Drop in or brief therapy available for free or sliding scale rates. A variety of group topics are available as well.

Riseup Society: 780 739 7473

- 6 free sessions for individuals who have experienced intimate partner violence.

Pride Centre: 780 488 3234

- free drop in sessions available, check for dates.

SACE: 780 423 4121

- Support and counselling for anyone who has experienced sexual violence.

SAIF: 780 460 2195

- Counselling for anyone who has experienced family violence also offers family and play therapy.

[Return to Home Page](#)