



**MMEIP Resource List**  
**Indigenous Congress of Alberta Association**



## **Resource Sections**

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**Crisis Lines Resource**

<b>Organization</b>	<b>Location</b>	<b>Contact</b>	<b>Description</b>
<b><u>Access 24/7 – Addictions and Assessment</u></b>	Edmonton Area	Phone: 780-424-2424	Provides a single point of access to adult addiction and mental health community-based programs in Edmonton.
<b><u>Suicide Prevention and Support Crisis Services Canada</u></b>	Canada Wide 24/7 Support	Phone or Text 9-8-8	Provides support If you or someone you know is thinking about suicide.
<b><u>The National Indian Residential School Crisis Line</u></b>	Canada Wide Support 24/7	Phone 1-866-925-4419.	for anyone experiencing pain or distress as a result of their residential school experience.
<b><u>MMIWG Crisis Line</u></b>	Canada Wide Support 24/7	1-844-413-6649.	If you are affected by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQI+ people and need immediate emotional assistance.
<b><u>Hope for Wellness Help Line</u></b>	Canada Wide Support 24/7	Phone; 1-855-242-3310  Chat Online <a href="https://www.hopeforwellness.ca/about-us/">https://www.hopeforwellness.ca/about-us/</a>	The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counselors are reachable by telephone and online ‘chat.’
<b><u>Income Support Contact Centre</u></b>	Alberta Wide Support 24/7	1-866-644-5135	24-hour Emergency Income Support Contact Centre. Get emergency financial



			assistance to help with basic needs like shelter, food, clothing, and transportation.
<b><u>Addiction Helpline</u></b>	Alberta Wide Support 24/7	1-866-332-2322	The Addiction and Mental Health Help Line provides support, information, and referrals to Albertans experiencing addiction and mental health concerns, including problems with gambling.
<b><u>Sexual Violence: One Line</u></b>	Alberta Wide Support Available seven days a week from 9 am-9 pm	Call or Text 1-866-403-8000 Online Chat <a href="https://aasas.ca/get-support/">https://aasas.ca/get-support/</a>	One Line for Sexual Violence is a toll-free talk, text, and chat service that provides emotional support, information, and referrals to anyone who has experienced or been impacted by sexual violence.
<b><u>Briteline</u></b>	Alberta Wide Support 24/7	Phone; 1-844-702-7483	Brite Line is Edmonton's first mental health and wellness helpline dedicated to supporting people in Edmonton's 2SLGBTQIA+ community. Created by members of the community for the community,



<p><b><u>Canadian Human Trafficking Hotline</u></b></p>	<p>Canada Wide Support 24/7</p>	<p>Phone; 1-833-900-1010</p>	<p>The hotline uses a victim-centered approach when connecting human trafficking victims and survivors with local emergency, transition, and/or long-term supports and services across the country, as well as connecting callers to law enforcement where appropriate.</p>
<p><b><u>National Trans Lifeline</u></b></p>	<p>Canada Wide Support  Operates Monday to Friday 10 am -6 pm</p>	<p>Phone; (877) 330-6366</p>	<p>Trans Lifeline’s Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you’re not in a crisis or if you’re not sure you’re trans.</p>
<p><b><u>MMIWG Crisis Line</u></b></p>	<p>Canada Wide Support</p>	<p>Phone; 1-844-413-6649</p>	<p>individuals impacted by the issue of Missing and Murdered Indigenous Women and Girls are encouraged to contact the MMIWG Crisis Line</p>



### Drop In Resources

<b>Program /Organization</b>	<b>Contact and Access Information</b>	<b>Description</b>
<p><b><u>CO*LAB</u></b> Boyle Street</p>	<p>9641 102A Ave NW Sunday-Thursday 9am-4:30pm ★ How to Access the Program Drop In; Visit during the program's operating hours.</p>	<p>Provides a safe space for people to visit and access a variety of services. Boyle Street Community Services has been supporting individuals and families who are experiencing homelessness and poverty in Edmonton</p> <p>At the CO*LAB location individuals can access coffee, lunch, clothing, identification, banking assistance, cultural supports and pet food.</p>
<p><b><u>Community Space</u></b> <b><u>Bissel Center</u></b></p>	<p>10530 96 St. Edmonton, AB, Monday - Saturday: 9 am - 6:30 pm Sunday: 11 am - 6:30 pm ★ How to Access the Program Drop In; Visit during the program's operating hours</p>	<p>Bissell buildings support people's ability to access housing supports, employment opportunities, skills training, and other vital programs necessary to address the challenges of poverty. The Community Space gives individuals access to basic needs and support services. Bissel has integrated circular designs and other elements throughout that honor Indigenous culture and traditions and represent the diversity of our community.</p>
<p><b><u>Edmonton Native Healing Centre</u></b> Drop in Center</p>	<p>780-482-5522 11813 123 Street Monday-Thursday 9am-2pm ★ How to Access the Program Drop In; Visit during the program's operating hours</p>	<p>Provides a safe space for people to visit and access a variety of services.</p> <ul style="list-style-type: none"> <li>● Access to Food Bank Intake</li> <li>● Pastoral Counseling,</li> <li>● Womens Sharing Circle,             <ul style="list-style-type: none"> <li>● Cultural Support</li> </ul> </li> <li>● access to prayer and smudge room</li> </ul>



*Working to improve the quality of life for all Indigenous peoples in the province of Alberta*

<p><b><u>Resources and Programs</u></b> YESS</p>	<p>Monday-Friday 780.468.7070 9310 82 Avenue ★ How to Access the Program Drop In; Visit during the program's operating hours</p>	<p>Daytime resources and programs are now offered through our Whyte Avenue building. This space provides basic needs and shelter from the elements with the support of non-judgemental staff in a safe place.</p> <p>This program serves youth ages 15-24.</p>
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## Social & Employment Resources

Program/Organization	Contact and Access Information	Description
<p><b><u>Outreach Housing Team</u></b> Bissel Center</p>	<p>780.423.2285 10530 - 96 Street, Edmonton, AB Monday - Saturday 12 pm - 3:30 pm <a href="https://bissellcentre.org/programs/individual/outreach-housing-team/">https://bissellcentre.org/programs/individual/outreach-housing-team/</a></p>	<p>The mission of Outreach Housing Team is to locate, engage, and house homeless individuals. Seven outreach workers will provide assistance to homeless individuals residing in urban neighborhoods that are neglected and inaccessible. The housing team provides residents with follow-up support. These supports assist individuals in resolving obstacles and offer additional resources when required.</p>
<p><b><u>Community Bridge (Eviction Support)</u></b> Bissel Center</p>	<p><a href="https://bissellcentre.org/programs/individual/community-bridge/">https://bissellcentre.org/programs/individual/community-bridge/</a></p> <p>★ How to Access the Program Self-referral to the program is required; a form can be retrieved from the link provided above.</p>	<p>Community Bridge provides immediate reaction support to stop eviction, disconnection, or foreclosure. This one-time help program should be used last after all other options have been exhausted. Community Bridge clients must be willing to explore all housing preservation options with the Organization.</p>





<p><b><u>Employment Resource Centre</u></b> Bent Arrow</p>	<p>780.481.3451 11648 – 85 Street, Edmonton, Alberta reception@bentarrow.ca <a href="https://bentarrow.ca/programs-and-services/employment-resource-centre/">https://bentarrow.ca/programs-and-services/employment-resource-centre/</a></p> <p>★ How to Access the Program Drop In; Visit during the program's operating hours.</p>	<p>Employment Resource Centre provides you with an Employment Resource Centre, they can assist you one on one with workshops like resume writing, job searching, interview skills and how to create an email.</p> <p>The Employment Resource Centre provides free of charge services such as:</p> <ul style="list-style-type: none"> <li>● Computers</li> <li>● Faxing</li> <li>● Updated Job Board Daily</li> <li>● Printers</li> <li>● Wi-Fi</li> <li>● Labour Market Trends</li> <li>● Referral to Community Resources</li> </ul>
<p><b><u>Journey to Success</u></b> Bent Arrow</p>	<p>780.481.3451 11648 – 85 Street, Edmonton, Alberta reception@bentarrow.ca <a href="https://bentarrow.ca/programs-and-services/journey-to-success/">https://bentarrow.ca/programs-and-services/journey-to-success/</a></p> <p>★ How to Access the Program Self-Referral: To submit an application, utilize the link provided above.</p>	<p>6-week Employment Preparation and Employment Skills Development with continued supported job search.</p> <p>Journey Success Program Provides;</p> <ul style="list-style-type: none"> <li>● 4-week job shadow for students who are struggling with finding employment</li> <li>● One-on-one employment counseling, service management and job maintenance support</li> <li>● 90-day supported follow-up</li> <li>● Safety ticket training</li> </ul>



<p><b><u>New in Town</u></b> Bent Arrow</p>	<p>780-481-3451 11648 85 Street NW, Edmonton, AB newintown@bentarrow.ca <a href="https://bentarrow.ca/programs-and-services/new-in-town/">https://bentarrow.ca/programs-and-services/new-in-town/</a> ★ How to Access the Program Self-Referral: To submit an application, utilize the link provided above.</p>	<p>70% of Edmonton's Indigenous population originate from other communities. Their goal is to help ease the transition into urban living. The New in Town Aboriginal Welcome Service welcomes and supports Aboriginal Families and individuals who are new to Edmonton. The Service is coordinated, mobile, culturally driven, hands-on, and available after hours. A one-stop connector service. From short-term visitors to long-term Edmonton residents.</p>
<p><b><u>Transition to Success</u></b> <b><u>Pre-Employment</u></b> <b><u>Program for Women</u></b> Bent Arrow</p>	<p>780-481-3451 11648 85 Street NW, Edmonton, AB employmentresource@bentarrow.ca <a href="https://bentarrow.ca/programs-and-services/transition-to-success/">https://bentarrow.ca/programs-and-services/transition-to-success/</a> ★ How to Access the Program Self-Referral: To submit an application, utilize the link provided above</p>	<p>Transitions to Success is a non-paid employment program designed to support women who have the drive, desire, and determination to become employed in a career or profession that will financially sustain them and their families.</p>
<p><b><u>Her Way</u></b> Bent Arrow</p>	<p>780-481-3451 11648 85 Street NW, Edmonton, AB reception@bentarrow.ca <a href="https://bentarrow.ca/programs-and-services/her-way/">https://bentarrow.ca/programs-and-services/her-way/</a> ★ How to Access the Program Accepting referrals from: Service Canada Corrections Institutes Community Agencies Self-referrals (within 90 days of being in the community)</p>	<p>Her Way is a program focused on reintegrating Indigenous women offenders. The initiative will offer assistance and services to incarcerated Indigenous women who are nearing release or have already been released into the community.  The program provides support for a duration of up to one year, encompassing intervention services.</p>



<p><b><u>Youth Community Support Program (YCSP)</u></b> Boyle Street</p>	<p>780-613-8901 info@boylestreet.org <a href="https://www.boylestreet.org/ycsp">https://www.boylestreet.org/ycsp</a></p> <p>★ How to Access the Program Referrals are mostly provided by hospital or community psychiatrists. Call the number above for further information if needed.</p>	<p>The Youth Community Support Program (YCSP) is a community based mental health program. This program is a partnership between Boyle Street Community Services and Alberta Health Services.</p>
<p><b><u>Indigenous Skills Employment Training (ISET) Program</u></b> Esquao, the Institute for the Advancement of Aboriginal Women</p>	<p>780) 479-8195 Monday to Friday 9:00 AM – 5:00 PM <a href="mailto:iaaw@iaaw.ca">iaaw@iaaw.ca</a> <a href="https://iaaw.ca/program/iset-program/">https://iaaw.ca/program/iset-program/</a></p> <p>★ How to Access the Program Contact them via the email or phone number provided above.</p>	<p>The ISET program supports Indigenous women to improve their skills through training and education, and to find meaningful employment.</p>



## Housing Support Resources

Program/ Organization	Contact and Access Information	Description
<p><b><u>Civida Housing</u></b> Civida</p>	<p>10232 - 112 Street NW Edmonton, AB T5K 1M4 780-420-6161 <a href="http://www.civida.ca">http://www.civida.ca</a></p>	<p>The Civida Housing Foundation is the charitable foundation of Civida, the largest provider of community and affordable housing in the Edmonton metropolitan area.</p> <p>The Foundation supports innovative opportunities to provide safe and affordable housing in the Edmonton metropolitan region.</p>
<p><b><u>Nikihk Housing First</u></b> Bent Arrow</p>	<p>780.481.3451 11648 – 85 Street, Edmonton, Alberta reception@bentarrow.ca <a href="https://bentarrow.ca/programs-and-services/nikihk-housing-first/">https://bentarrow.ca/programs-and-services/nikihk-housing-first/</a></p> <p>★ How to Access the Program Contact them via the email or phone number provided above</p>	<p>The goal of the Housing First initiative is to assist individuals &amp; families in securing safe, affordable, appropriate, permanent housing, and to assist and support in maintaining their home while they continue on their journey. Our staff take a harm reduction approach to providing support and services to our program participants, and are client-driven in terms of the participants identifying their own goals and determining how to get there.</p>



<p><b><u>Iskwew House</u></b> <b><u>Bent Arrow</u></b></p>	<p>780.481.3451 11648 – 85 Street, Edmonton, Alberta reception@bentarrow.ca <a href="https://bentarrow.ca/programs-and-services/iskwew-house/">https://bentarrow.ca/programs-and-services/iskwew-house/</a></p> <p>★ How to Access the Program All placement requests must begin with the Children Services placement unit team.</p>	<p>A group home for pregnant or parenting adolescents. Iskwew House is a transitional group home for pregnant or parenting 14–24-year-olds with an Indigenous basis. To enhance the preparedness of the youth for the duty of parenting, they incorporate traditional and healing practices into their daily household routines.</p>
<p><b><u>Orenda House</u></b> <b><u>Sober Living Housing</u></b> Bent Arrow</p>	<p>780.481.3451 11648 – 85 Street, Edmonton, Alberta <a href="mailto:reception@bentarrow.ca">reception@bentarrow.ca</a></p> <p>★ How to Access the Program Contact them via the email or phone number provided above</p>	<p>Orenda House is a safe supported sober living environment for individuals who struggle with maintaining housing.</p>
<p><b><u>Iskwewak Iskotew</u></b> <b><u>Nihkotawan – Women’s</u></b> <b><u>Fire Lodge</u></b> Esquao, the Institute for the Advancement of Aboriginal Women</p>	<p><a href="mailto:iaaw@iaaw.ca">iaaw@iaaw.ca</a>, (780) 479-8195 1-877-471-2171</p> <p>★ How to Access the Program Contact them via the email or phone number provided above</p>	<p>The Women’s Fire Lodge offers short-term housing solutions for up to 18 months for Indigenous women who are leaving correctional facilities, women who are experiencing homelessness, or who face multiple barriers that put them at risk of experiencing homelessness.</p>



<p><b>sakihta kikinaw at</b>  <b><u>Stovel Block</u></b>          Boyle Street</p>	<p>587) 338-3711.  <a href="mailto:sakihtakikinaw@boylestreet.org">sakihtakikinaw@boylestreet.org</a>  <a href="https://www.boylestreet.org/stovel">https://www.boylestreet.org/stovel</a></p> <p>★ How to Access the Program          Service Provider referral to the program is required; a form can be retrieved from the link provided above.</p>	<p>Located in the historic Stovel Block building, sakihta kikinaw — Cree for “house of love” — offers 27 housing units for female-identifying people* who are experiencing homelessness and poverty in Edmonton.</p> <p>sakihta kikinaw practices a new housing model Boyle Street is calling “flexible housing.” Beyond traditional short-term housing models, which house people for several months, flexible housing is an intervention service that gives community members a safe space to stay for as long as they need — from several months to several years — before transitioning into long-term housing.</p>
<p><b><u>PIMATSIWIN</u></b>  <b><u>(FORMERLY SANDS)!</u></b>          Niginan</p>	<p>(780) 784-6150          780.784.6150  <a href="mailto:info@niginan.ca">info@niginan.ca</a></p> <p>★ How to Access the Program          Contact them via the email or phone number provided above</p>	<p>Supportive housing provides a permanent home to people experiencing homelessness in Edmonton. It is not a shelter, drop-in, halfway house, or any other type of temporary accommodation but long-term housing where residents sign a lease and pay subsidized rent.</p>



<p><b><u>OMAMOO WANGO GAMIK</u></b></p>	<p>12905 - 64 Street NW Edmonton, AB T5A 0X9 (780) 784-6150 <a href="mailto:info@niginan.ca">info@niginan.ca</a> ★ How to Access the Program Contact them via the email or phone number provided above</p>	<p>Omamoo Wango Gamik is an Indigenous-led housing initiative that provides homes to people who are Level 1 AISH, or on income support, who are unable to find adequate housing.</p>
<p><b><u>Ambrose Place</u></b></p>	<p>(780) 784-6150 <a href="mailto:info@niginan.ca">info@niginan.ca</a> 9629 106 Avenue NW Edmonton, AB T5H 0N5</p>	<p>NiGiNan Housing Ventures is an Indigenous-led registered non-profit charity formed to address particular housing needs of people living in Edmonton. We are dedicated to providing supportive affordable housing opportunities for individuals and families who have not been successfully served by any other organization in Edmonton.</p>



### MMEIP Resources

Program/ Organization	Contact Information	Description of Program
<p><b><u>ALERT</u></b> Aboriginal Alert</p>	<p><a href="https://www.aboriginalalert.ca/">https://www.aboriginal alert.ca/</a></p>	<p>They share information about missing Aboriginal people in Canada across our site. We are continually receiving and accessing information to share details about missing people and who to contact with information. View all the missing people here. Each profile has a link to print a Missing Poster that can be shared online or printed to be posted around your community</p>
<p><b><u>Aboriginal Alert</u></b> Risk Awareness &amp; Safety Tips</p>	<p><a href="https://www.aboriginalalert.ca/resources/risk-awareness-safety-tips">https://www.aboriginalalert.ca/resources/risk-awareness-safety-tips</a></p>	<p>A preventive resource for awareness and a risk list to enhance safety.</p>





<p><b>Government of Alberta</b> Family Information Liaison Units (FILU)</p>	<p>Alberta Family Information Liaison Unit Phone: 780-644-5187 Toll-free phone: 310-0000</p> <p>North/Mackenzie Region Phone: 780-926-5462</p> <p>North/East Region Phone: 780-644-9890</p> <p>Central/Southern Region Phone: 780-644-9825</p> <p>Northwest/Central Region Phone: 780-644-982</p>	<p>Family Information Liaison Units are a “one-stop information service” for all families of missing and murdered Indigenous people.</p> <p>FILUs work directly with families in a culturally grounded and trauma-informed manner to gather the information family members are seeking from government agencies about the loss of their loved ones, including assistance in addressing outstanding questions. FILUs work directly with family members to coordinate information gathering from various federal, provincial, and territorial government agencies and services.</p>
<p><b>Safe Passage</b> Natives Women Association of Canada</p>	<p>General Inquiries Head Office: 120 Promenade du Portage, Gatineau, Quebec, J8X 2K1 Tel: 613-722-3033 Fax: 613-722-7687 Toll-Free: 1-800-461-4043 Email: <a href="mailto:reception@nwac.ca">reception@nwac.ca</a> <a href="https://safe-passage.ca/">https://safe-passage.ca/</a></p>	<p>Safe Passage is a community-driven, trauma-informed, and survivor-centered initiative created by the Native Women’s Association of Canada (NWAC) that tracks cases of missing and murdered Indigenous women, girls, transgender, gender-diverse, and Two-Spirit people (MMIWG2S+), monitors ongoing safety concerns, provides distinction-based safety resources, educates the public and media about the MMIWG2S+ genocide, and commemorates and honors our stolen loved ones.</p>



**Indigenous Women Prevention Toolkits/ Programs**

Program/ Organization	Contact Info	Description
<p><b><u>You Are Not Alone</u></b> Natives Women Association of Canada</p>	<p><a href="https://www.nwac.ca/assets-knowledge-centre/NWA-C-You-Are-Not-Alone-Handbook-with-weblinks.pdf">https://www.nwac.ca/assets-knowledge-centre/NWA-C-You-Are-Not-Alone-Handbook-with-weblinks.pdf</a></p>	<p>a toolkit for Aboriginal women escaping domestic violence</p>
<p><b><u>Our Spirits are NOT for Sale</u></b> Natives Women Association of Canada</p>	<p><a href="https://www.nwac.ca/assets-knowledge-centre/Our-Spirits-are-NOT-for-sale-English-web-version.pdf">https://www.nwac.ca/assets-knowledge-centre/Our-Spirits-are-NOT-for-sale-English-web-version.pdf</a></p>	<p>The primary purpose of this handbook is to provide information on sexual exploitation and sex trafficking of Aboriginal women who think they may be sexually exploited.</p>
<p><b><u>Indigenous Women’s Program</u></b> Elizabeth Fry Society</p>	<p>Indigenous Women’s Program Coordinator Destiny Desjarlais Phone: (780) 784-2206 Toll Free (866) 421-1175 Email: Destiny.Desjarlais@efrynothernalberta.com</p>	<p>This program encourages Indigenous women to reconnect with their culture and develop a sense of themselves as Indigenous peoples. It supports the efforts of women in reducing the likelihood that they will come in contact, or continue to with the legal system. This program focuses on cultural awareness, talking/healing circles, arts and craft workshops, ceremonies, one to one support, traditional parenting, referrals, and retreats.</p>



<p><b><u>Alberta Indigenous Women Guardian Angels Project</u></b> Esquao, the Institute for the Advancement of Aboriginal Women</p>	<p>780) 479-8195 Monday to Friday 9:00 AM – 5:00 PM iaaw@iaaw.ca <a href="https://iaaw.ca/program/guardian-angels/">https://iaaw.ca/program/guardian-angels/</a></p>	<p>The project aims to establish and assess a system for listening to the perspectives of Indigenous women in more than 20 Alberta communities, and develop community-specific strategies to tackle the underlying issues of gender-based violence</p>
<p><b><u>Safe Passage; An Anti Trafficking Toolkit</u></b> Native Women Association of Canada</p>	<p><a href="https://safe-passage.ca/wp-content/uploads/2022/09/violence_prevention_community_member_booklet.pdf">https://safe-passage.ca/wp-content/uploads/2022/09/violence_prevention_community_member_booklet.pdf</a></p>	<p>An anti-trafficking toolkit booklet with six sections.</p>

### 2SLGBTQIA+ Resources

Program/ Organization	Contact Information	Description
<p><b><u>Queer YEG</u></b></p>	<p><a href="https://www.queeryeg.ca/queer-friendly-edmonton">https://www.queeryeg.ca/queer-friendly-edmonton</a></p>	<p>Serving Edmonton's LGBTQ+ community and its supporters by providing a directory of businesses and organizations that are welcoming of all sexual orientations, gender identities and expressions.</p>
<p><b><u>2SLGBTQIA+ Support Group</u></b> The Canadian Native Friendship Centre (CNFC)</p>	<p>#200 11728 - 95 Street Edmonton, Alberta Phone: 780-761-1900 2nd &amp; 4th Tuesday of every month, 5:30–7:30pm</p>	<p>The vision of the Canadian Native Friendship Centre is toward an integrated, self-reliant Indigenous community who participates as urban citizens taking responsibility for their shared condition in a spirit of health, cooperation and wellness within a strong cultural base.</p>



<p><b><u>Edmonton 2 Spirit Society</u></b></p>	<p>#106-6770 129 Ave NW, Edmonton, AB Office Hours: Monday to Friday - 11 am - 5 pm 587-385-9670</p>	<p>Provide social, health, and/or cultural programs and services primarily for our 2Spirit, IndigiQueer and/or Indigenous LGBTQIA+ communities</p> <p>Foster networking, knowledge exchange, training and mentoring between 2Spirit, IndigiQueer and/or LGBTQIA+ community members and leadership</p> <p>Increase access to public services for Indigenous trans and non-binary people, gender non-conforming and gender diverse individuals</p>
<p><b><u>LGBTQ2S+ / Sexual and Gender Diversity</u></b> Alberta Health Services</p>	<p><a href="https://www.albertahealthservices.ca/dvi/Page15590.aspx">https://www.albertahealthservices.ca/dvi/Page15590.aspx</a></p>	<p>The Program Provides links to educational, awareness and health guides and videos.</p>



## Emergency Shelters and Financial Supports

Program/ Organization	Contact Information	Description
<p><b><u>Emergency Financial Assistance</u></b> Government of Alberta</p>	<p>*If you require these emergency benefits, please call the Alberta Supports Contact Centre at 1-877-644-9992 for more information on how to apply.</p>	<p>Financial assistance for unexpected emergencies is available through the Emergency Needs Allowance.</p> <p>The Emergency Needs Allowance can cover costs for:</p> <ul style="list-style-type: none"> <li>● food</li> <li>● clothing</li> <li>● child care*</li> <li>● transportation</li> <li>● damage deposit*</li> <li>● temporary shelter</li> </ul>
<p><b><u>Alberta Council of Womens Shelters</u></b></p>	<p><a href="https://acws.ca/shelters/">https://acws.ca/shelters/</a></p>	<p>Search toolkit to find women's emergency shelters in Alberta. These shelters are safe locations where women and children can get help and connect with support.</p>
<p><b><u>WIN House</u></b> Located in Edmonton</p>	<p>Crisis Line 780-479-0058 Email <a href="mailto:info@winhouse.org">info@winhouse.org</a> Website <a href="https://winhouse.org/">https://winhouse.org/</a> <a href="#">Hours of Operation</a> Mon - Thurs 8:30am – 4:30pm Fri -Sun Closed</p>	<p>WIN House provides a safe place and emergency services for women and children fleeing domestic abuse. Through comprehensive programs, support and advocacy, we're shifting the scales. As a safe haven for victims, we connect and equip individuals with the support and hope they need to overcome an abusive situation.</p>



<p><b><u>Lurana Shelter</u></b> Located Edmonton</p>	<p>Crisis Line 780-424-5875 Business Line 780-429-2002 Email info@cssalberta.ca Website <a href="https://cssalberta.ca/Our-Services/Domestic-Abuse-Shelters-Support/Lurana-Shelter">https://cssalberta.ca/Our-Services/Domestic-Abuse-Shelters-Support/Lurana-Shelter</a></p>	<p>Catholic Social Services' Lurana Shelter is a Women first-stage, emergency shelter providing safe, secure refuge and emergency services such as food, clothing, transportation and child support as well as specialized services related to counseling, advocacy, legal and medical are available by staff or through community partnerships.</p>
<p><b><u>Safe Spaces</u></b> Homeward Trust</p>	<p>Edmonton, Alberta T5B 0C2 Telephone: 780-702-5267  coordinatedaccess@homewardtrust.ca</p>	<p>Offers assistance finding long-term, sustainable market housing for Two Spirit, lesbian, gay, bisexual, transgender, queer / questioning, and any other gender or sexual nonconforming identities (2SLGBTQIA+) youth experiencing homelessness.</p>
<p><b><u>YESS Shelter</u></b></p>	<p>For inquiries, email intake@yess.org 24 hours, 7 days a week 780.468.7070 9310 82 Avenue</p>	<p>Our 16-bed shelter is a safe, secure, and immediate place to stay. The shelter provides beds for sleeping, basic needs like food, clothing, showers and laundry, school supplies, and packed lunches if you're attending school or going to work. This is a safe place for all youth with support and access to staff. We are 2SLGBTQIA+ friendly.</p>



## Violence and Abuse Resources

Program/ Organization	Contact Information	Description
<p><b><u>Escaping Abuse Emergency Fund</u></b> Government of Alberta</p>	<p>Apply Online  <a href="https://www.alberta.ca/family-violence-costs-leave">https://www.alberta.ca/family-violence-costs-leave</a></p> <p>For after-hours support, contact the 24-hour Emergency Income Support Contact Centre:            Hours: 24/7            Toll free: 1-866-644-5135</p>	<p>Emergency funding is available to help people who are escaping family violence or domestic violence.</p>
<p><b><u>Safer Spaces Certificate to End Tenancy</u></b> Alberta Support Center</p>	<p>780-644-9992.            css.saferspaces@gov.ab.ca</p> <p><a href="https://www.alberta.ca/safer-spaces-certificate">https://www.alberta.ca/safer-spaces-certificate</a></p>	<p>Tenants can end their tenancy agreement without financial penalty by getting a certificate confirming they're victims of domestic violence.</p>
<p><b><u>EMERGENCY PROTECTION ORDER PROGRAM</u></b> <u>Legal Aid Alberta</u></p>	<p>1-780-422-9222  <a href="https://www.legalaid.ab.ca/services/family-violence-matters/">https://www.legalaid.ab.ca/services/family-violence-matters/</a></p>	<p>We can help you get an Emergency Protection Order to keep a violent family member from contacting you or coming near you and your children. This is a free service.</p> <p>If you or your family are experiencing family violence and need protection, call the Emergency Protection Order program</p>
<p><b><u>CHANGING PATHWAYS</u></b> Edmonton Violence Prevention Centre</p>	<p>9303 34 Avenue NW            Edmonton, AB, T6E 5W8            Telephone            780-439-4635            Fax            780-432-3333            Web Site  <a href="http://www.edmontonvpc.ca">http://www.edmontonvpc.ca</a></p>	<p>Changing PathWays is a court-approved treatment program for men or women that are abusive to their partners. We are funded by Alberta Health Services and the Provincial Family Violence Treatment Program. Our treatment is a psycho-educational group format, utilizing Cognitive</p>



	<p>Email wendy@edmontonvpc.ca</p>	<p>Behavioural Therapy, Mindfulness, Trauma Informed Care and the latest research in Neuroplasticity.</p>
<p><b><u>CIRCLE OF SAFETY - FAMILY VIOLENCE TEACHING CIRCLES FOR WOMEN</u></b> Aboriginal Counseling</p>	<p>Suite 204 10010 105 Street NW, Edmonton Telephone: 780-242-4357 E-Mail: info@aboriginalcounseling.com Website: http://www.aboriginalcounseling.com</p>	<p>Offers a 20 week program providing support, education, and skill development to women who have experienced family violence. Service offers:</p> <ul style="list-style-type: none"> <li>• support, education, and skill development</li> <li>• Aboriginal traditions, teachings, ceremony</li> <li>• family violence-specific parenting</li> </ul> <p>Acceptable as a court-mandated domestic violence program, and can also be taken by voluntary clients.</p>
<p><b><u>CIRCLE OF SAFETY - FAMILY VIOLENCE TEACHING CIRCLES FOR MEN</u></b> Aboriginal Counseling</p>	<p>Suite 204 10010 105 Street NW, Edmonton Telephone: 780-242-4357 E-Mail: info@aboriginalcounseling.com Website: http://www.aboriginalcounseling.com</p>	<p>A 16 week, court-approved program for men who are abusive towards their partners Includes:</p> <ul style="list-style-type: none"> <li>• support, education, and skill development</li> <li>• a monthly, all-day parenting course</li> <li>• Aboriginal traditions, teachings, ceremony</li> <li>• family violence-specific parenting</li> <li>• Acceptable as a court-approved domestic violence program, or can be taken by voluntary clients.</li> </ul>
<p><b><u>Independent Legal</u></b></p>	<p>ILA Program Coordinator</p>	<p>The Independent Legal Advice for</p>





<p><b><u>Advice for Survivors of Sexual Violence</u></b> Elizabeth Fry Society</p>	<p>Sofia Rosichuk Phone: (780) 784-2213 Toll Free: (866) 421-1175 E-mail: legal_advice@efrynorthernalberta.com</p>	<p>Survivors of Sexual Violence project (ILA) provides free legal advice to survivors of sexual violence. A team of lawyers trained by ILA staff provides this advice, and each survivor is entitled to up to four hours of legal advice, as well as attendance at legal clinics (as scheduled). ILA is open to adults (18+) of any gender who live in Alberta and experienced sexual violence in Alberta</p>
<p><b><u>Project Star</u></b> Cease Now</p>	<p>Telephone: 780-471-6137 Telephone: 780-471-6143 E-Mail: info@ceasenow.org Website: http://www.ceasenow.org</p>	<p>Offers support to sexually exploited and trafficked persons who are victims of crime. Service provides: support to persons with a current or past history of sexual exploitation, sex trafficking, or aspects of the sex trade who are victims of crimes such as sexual assault, physical assault, torture, illegal confinement, stalking, harassment, robbery, or human trafficking</p>
<p><b><u>Men's Healthy Relationship Group</u></b> Family Centre</p>	<p>To access the program you have to fill a form to sign up for the group.  Form Link; <a href="https://www.familycentre.org/therapy-groups/mens-relationship-support/register">https://www.familycentre.org/therapy-groups/mens-relationship-support/register</a></p>	<p>This program focuses on building more fulfilling relationships and balanced life with healthier approaches to conflict, including situations where there could be violence. It will help you enhance your well-being by showing you how to develop healthier relationship skills based on your own personal values and what you want your life to be.  The small group is facilitated by a mental health therapist.</p>
<p><b><u>Women's Healthy</u></b></p>	<p>To access the program you have to</p>	<p>Healthy Relationships is a group for</p>



<p><b><u>Relationships Therapy Group</u></b> Family Centre</p>	<p>fill a form to sign up for the group.</p> <p>Form Link: <a href="https://www.familycentre.org/therapy-groups/womens-relationship-group/register">https://www.familycentre.org/therapy-groups/womens-relationship-group/register</a></p>	<p>women to support building healthier relationships.</p> <p>This program focuses on building more fulfilling relationships and balanced life with less conflict. It will help you enhance your well-being by showing you how to develop healthier relationship skills based on your own personal values and what you want your life to be.</p> <p>The small group is facilitated by a mental health therapist.</p>
<p><b><u>Growth Circle for Women/ Choices for Men</u></b> Changing Ways</p>	<p>780.672.0141 8:30 am - 4:30 pm Monday to Friday.</p>	<p>Intimate partner violence education/counseling groups are for adults who have experienced any form of abusive behavior in relationships.</p> <p>We offer separate groups for those who identify as men and women, with an average 12 participants at a time.</p>
<p><b><u>Wiwip'son (healing from sexual trauma circle for Indigenous women)</u></b> SACE</p>	<p>Office: 780.423.4102 info@sace.ca</p>	<p>Wiwip'son, or lwip'son, is a Nêhiyawêwin (Cree) word for a traditional swing for children, used by many Indigenous families.</p> <p>In the context of this therapeutic group, Wiwip'son symbolizes how Indigenous women need to be nurtured in a safe environment to support their healing from sexual abuse.</p>



## Mental Health and Addiction

Program/ Organization	Contact/ Address	Description/ What They Offer
<p><b><u>Addiction and Mental Health Services</u></b> Alberta Health Services</p>	<p>Telephone 780-342-2700 9499 137 Avenue Edmonton, AB, T5E 5R8 Mon-Fri 0:8:00 AM to 0:4:30 PM</p>	<p>Provides primarily clinic based assessment and treatment for adults who are experiencing mental health concerns and/or addictive behaviors impacting their personal health and wellbeing.</p>
<p><b><u>ACCESS 24 / 7, ADULT INTAKE SERVICES</u></b> Alberta Health Services</p>	<p>13211 Fort Road NW Edmonton, AB, T5A 1C3 780-424-2424 24/7</p>	<p>Provides a single point of access to adult addiction and mental health community based programs. Access 24 / 7 provides a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short term stabilization.</p>
<p><b><u>YOUNG ADULT SERVICES SOCIAL, RECREATION, AND WELLNESS PROGRAMS</u></b> <b><u>Wellness Network Community Linking Programs.</u></b></p>	<p>9942 108 Street NW Edmonton, AB, T5K 2J5 <a href="mailto:challengebychoice@ahs.ca">challengebychoice@ahs.ca</a> 780-782-5042 Service Access: Walk-in / Drop In Service</p>	<p>Offers programming for youth and young adults who are living with mental health and / or addiction challenges. It is a wellness-oriented, recovery-focused programming for individuals 16 to 25 years of age.</p>



<p><b><u>Non-insured health benefits for First Nations and Inuit</u></b> Government of Alberta</p>	<p>Assistant Deputy Minister's Office First Nations and Inuit Health Branch Jeanne Mance Building, Tunney's Pasture Postal Locator 1921A Ottawa, Ontario K1A 0K9</p> <p>Telephone: 613-957-7701 Teletypewriter: 1-800-465-7735 (Services Canada)</p>	<p>The program provides coverage for professional mental health counseling to complement other mental wellness services that may be available to clients or in communities. The program provides eligible clients with coverage for benefits not available under other federal, provincial, territorial or private health insurance.</p> <p>Every 12 months, an eligible client can receive up to 22 hours of counseling performed by an eligible provider on a fee-for-service basis (such as, individual or group counseling). Additional hours in the same 12 month period may be provided on a case-by-case basis.</p>
<p><b><u>Psychology Today (NIHB Therapists)</u></b></p>	<p>Online</p>	<p>IAAC has provided a PDF containing instructions on how to locate a therapist who accepts NIHB insurance.</p> <p>PDF Link - <a href="#">NIHB Tutorial</a></p>