

Edmonton and Area – Numbers Where YOU CAN Connect

Need to talk?

No matter what...remember you are NEVER alone...

Reaching out is sometimes the hardest step...

There are times in all of our lives when we
need the help of someone else to dust us off

so that our light can shine again...

even brighter than before... Be brave...

You are worth it! You were brought to this Earth for
a reason...and we need you!

Here's where you can reach out...there are lots of us who care...

Through your school

You have Counselors and Teachers who care...

Visit your school's Guidance/Student Services office to connect
or to be pointed in the right direction.

In your community:

Canadian Native Friendship Centre

15001 - 112 Avenue, 2nd Floor

Edmonton, AB T5G 2A4

Email: cnfc@shawbiz.ca

Email: director@newcnfc.ca

Telephone: (780) 761-1900

<http://www.anfca.com/friendship.html>

Boys and Girls Club of Edmonton

9425 – 109A Avenue
Edmonton, AB
Toll Free Phone: 1-855-424-8181
Phone: (780) 422-6038
Fax: (780) 426-6216
info@bgce.ca

Big Brothers and Sisters – Edmonton and Area

Local Number (780) 414-8181
Toll Free 1-855-424-8181

Mental Health and Wellness

<http://www.mymentalhealth.ca/>

Edmonton Food Bank

Client Services: 780.425.4190

STREET ADDRESS:

11508–120 Street
Edmonton, Alberta T5G 2Y2

If you require food assistance, please call between
8:30 a.m. and 4 p.m. from Monday to Friday.
Administration: 780.425.2133

Hours of operation are Monday to Friday from 8:30 a.m. to 4:30 p.m.
Fax line: 780.426.1590

Outside Edmonton

If you are outside of Edmonton and would like to donate or require food assistance, please see the [Neighbouring Food Banks](#) page or visit the [Alberta Food Bank Network Association](#) website for more information.

Hot Lines and Emergency Numbers:

Kids Help Line: 1.800.668.6868
Bullying Help Line: 1.888.456.2323
AADAC Help Line: 1.866.332.2322
Canada Suicide and Crisis: 1.800.448.3000
Option Line (Pregnancy): 1.800.395.4357
Health Link Alberta: 1.866.408.5465
Mental Health Help Line: 1.877.303.2642
Child Abuse Hotline: 1.800.387.5437

Government of Alberta – Child and Youth Services

For more information on our programs and services, contact your local [Child & Family Services Authority](#). To be connected to provincial government offices toll-free from anywhere in Alberta, dial 310-0000.

To report suspected child abuse, call 1-800-387-KIDS.

<http://www.child.alberta.ca/home/>

Childcare Subsidy

To [apply online](#), use the [subsidy estimator tool](#), or for more information [visit our Child Care Subsidy](#) pages.

For more information about getting a child care subsidy call toll-free

1-866-644-9992 and local in Edmonton, 780-644-9992.

<http://www.child.alberta.ca/home/534.cfm>

Programs and Services for Youth and Families

http://www.child.alberta.ca/home/programs_services.cfm