

Stories From Communities Connected

Story
Calendar
2021



Welcome 2021

Acknowledgement of Traditional Territory

We acknowledge that the land on which this story calendar was produced is Treaty 6 territory and a traditional meeting ground for many Indigenous peoples.

The territory on which the City of Edmonton is located provided a traveling route and a home for the Cree, Blackfoot, and Métis, as it did for the Nakoda,

Tsuu T'ina, Chipewyan, and other Indigenous peoples. Their spiritual and practical relationships to the land create rich heritage for our life as a community.

City of Edmonton



Approved by City Council in 2012, the Revitalization Strategy continues to guide the initiatives undertaken by the community and supported by Administration. Organized under four themes, community-led initiatives are supported and funded through revitalization program funding, the Neighbourhood Revitalization Matching Fund, and the Small Sparks Grant. The results achieved to date demonstrate how an asset-based community development model continues to mobilize and empower community members to lead the improvements they want to see in their neighbourhood. If you have any further inquiries and/or questions about the project, please contact Regan Gee, Neighbourhood Revitalization Coordinator, Central McDougall & Queen Mary Park Revitalization, The City of Edmonton by email: regan.gee@edmonton.ca or by phone:

780-442-1652

Central McDougall
Queen Mary Park



PACE – Police and Community Engagement Team

The Edmonton Police Service believes the best way to build relationships with our communities is face to face. We want to spend time getting to know and ultimately support our communities. The EPS PACE program allows officers to attend community events to improve our relationships with citizens like you. Would you like our community engagement officers to attend your event?

- Cultural events
- Presentations to newcomers to Canada
- Friendly sport competitions
- Town hall meetings
- Barbecues and picnics
- Other community based events

Please send your request to PACE@edmontonpolice.ca at least three weeks prior to your event (subject to COVID safety precautions).

EDMONTON
POLICE
SERVICE



Action for Healthy Communities Society of Alberta

AHC strongly believes in the power of individual and community strengths and works to respond to their needs, by developing an ever growing list of programs, services, activities and events, that foster and build the capacity of individuals and groups to improve their lives and their communities, through a unique community building process.

These programs and supports include:

- Settlement and integration services aimed at guiding and supporting newcomers through the process of rebuilding their lives here in Canada.
- Adult literacy and skills development programming for all population groups that empower them to grow outside their norm.
- Employment supports to help them foster new skills, connect people to new career opportunities.
- Entrepreneurship supports to help those who want to start their own business ventures or social enterprises, learn the skills, knowledge and connections they need to navigate the business landscape in Canada.

- Child and youth programming to support and empower the newcomer child and youth community, as a way of working towards building the strong communities of the future.

Looking to the future, the organization has recently expanded its reach to become Action for Healthy Communities Society of Alberta, and is now offering their unique community building supports to a number of communities throughout the province. Continually striving to provide high quality programs and services that will create the healthy communities we all want to live, work, and play in.



ACTION FOR HEALTHY COMMUNITIES



About Quick Response – QR Codes

We use QR Codes throughout this publication to link to external resources. To make use of these codes:

1. Ensure your mobile device is up to date with the latest version of its software
2. Open your camera app (Google lens for Android)
3. Frame the QR Code within the center of your screen
4. Press the pop-up that appears to open the link



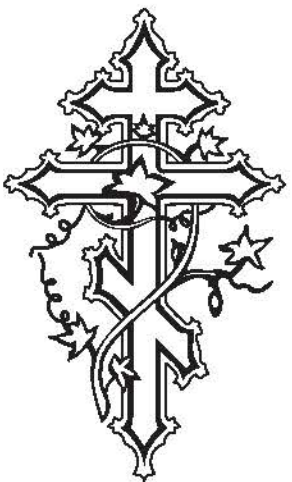
Ukrainian Orthodox Cathedral

The Ukrainian Orthodox Cathedral of St. John the Baptist is proud to be a part of Central McDougall community. The present church was constructed in 1951, and the cultural centre was added in 1965. The cultural centre is home to the Ukrainian Museum of Canada – Alberta Branch. In 1994, a major renovation to the cultural centre included an updated commercial kitchen, meeting spaces

and a pedway to the church. In its 97 year history, St. John's Cathedral has served the religious and cultural needs of its parishioners.

In addition, St. John's Cultural Centre has hosted social and cultural events for various ethnic and community groups, choirs, dance groups as well as for its own parish organizations. It provides catering

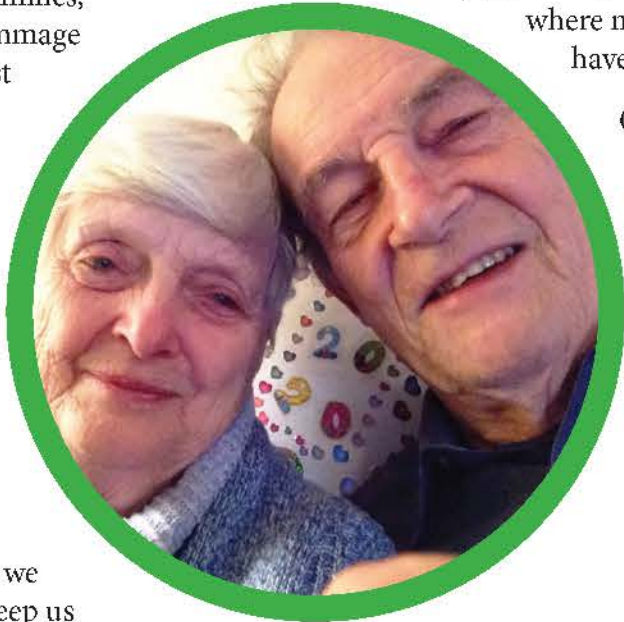
for wedding and funeral dinners, as well as monthly pyrohy (perogy) suppers that are open to the public. St. John's Cathedral and its parish organizations are proud to support projects within the community. For the last nine years, St. John's Cathedral has sponsored an annual luncheon for McDougall Elementary School students and staff, and has financially supported the school lunch program. Other charities that receive support include Edmonton's Food Bank, Mustard Seed, Hope Mission and CEASE. St. John's Cathedral thanks the Central McDougall community for its ongoing support.



Welcome 2021

Appreciation of Community Volunteers

Volunteering has been part of Marilyn Scott and Neil Sawers' lives for many years. From working with Old Strathcona street kids to spending winters volunteering in South Africa through Edmonton agencies. Volunteering has added joy, meaning, new knowledge and understanding. For the last five years we have had the pleasure of working with Action for Healthy Communities. Our extended family now includes several Syrian refugee families. It has been both a heartwarming and heartbreaking journey. Our involvement has included delivering furniture and household goods to over 80 families, teaching English, helping with rummage sales and talent shows. It hasn't just been Syrian families who have given us joy. Our volunteer work has given us the pleasure of being with many different ethnic groups and cultures that make up this Canadian mosaic of ours. Through our volunteer work we have also become better acquainted with the many organizations in this city that support and encourage its citizens. It does take time and energy to volunteer but the smiles we receive and the friends we make keep us going.



ARSI Oromo Alberta Foundation

A non-profit community organization, the ARSI Oromo Alberta Foundation was established to provide support to the Oromo community, whose families originally immigrated from the Oromia Region of Ethiopia.

Empowering individuals and youth to be productive in whatever career path they choose to follow, we also seek to empower families and youth through education and life skills, and by alleviating the suffering experienced by low-income families and youth in need. Particularly during Covid where many newcomer families have required added support.

Our aim is to improve the lives and communities of our members through a unique community-building process that includes supporting, mentoring and training those who need our help.

To learn more about the Arsi Oromo Alberta Foundation visit our website at: <https://aoaf.ca/>



Council of Muslims Aging Gracefully

I migrated to Canada in early 70s. Two weeks after my arrival in Canada, I started working in an Academic library. I have worked in Academic, special and Government libraries in different capacities. My retirement did not stop me from working in libraries and I continued to volunteer in school and non profit organizations.

During my volunteer years, beside volunteering in libraries, I have helped non profit organizations with running programs for women, organizing fundraising events and sitting on committees. I am a staunch advocate for seniors and as a founding member and president of

Council of Muslims Aging Gracefully (Comagedmonton, wixsite.com/comag), a grass roots advocacy group for seniors, I have participated in research studies on seniors, facilitated community consultation, and conducted surveys, contributed

to a book on 'Boomers Getting Old', and continued networking with other organizations.

Volunteering has helped me learn new skills and connect with people. It has been a very rewarding, fulfilling and satisfying experience. It helps me combat loneliness and isolation.

Because COVID has put restrictions on in person services and programs, I have adapted to the digital world. I have joined Shaama Center's (Shaama.ca) Zoom classes. I am enjoying online exercise, yoga, cooking, craft and painting classes, and a chat session once a week.

Eritrean Community Association of Edmonton

When Zedingle (Zed) Ghebremusse immigrated to Canada from Eritrea over 37 years ago as a government sponsored refugee, he knew he wanted to help make his new home welcoming for others in the Eritrean community, regardless of their political opinion or religious beliefs.

As a Social Planner, FCSS Liaison consultant with the City of Edmonton for 26 years, offering support to FCSS funding agencies, including those that service the Indigenous and newcomer communities of Edmonton, his goal as a community developer has long been to bring light to social and human rights issues and to elevate the profile of marginalized populations.

It's that sense of commitment to his community that led him to help found the Eritrean Community Association of Edmonton (ECAE) a non-profit organization created to offer support and minimize the loneliness and isolation that can often be experienced by newcomers far from home, and to work collectively to solve the challenges related to settlement and adapting to a new culture. It was also established to ensure the sustainability of the Eritrean identity by preserving and enhancing the positive aspects of their cultural heritage, history and heritage languages and to support Eritrean youth in their education and general wellbeing by initiating programs like mentorship, homework clubs and physical activities. Working closely and establishing relationships with other ethno-cultural organizations throughout the city, their goal is to build a home that helps to nurture unity, love, and peace.



Addressing food insecurity in the local Somali community

Since 2017, Kulan Youth Services has been supporting Somali youth and their families through mentorship, employment supports, formal training, and community engagement including after school tutoring and support for newcomer families.

During the 2020 COVID-19 Pandemic, low-income and immigrant families were especially affected by a loss of jobs and language barriers, leading Kulan's Executive Director, Khadar Jama, to quickly take action with a team of nine volunteers to offer support, including: translating Alberta Health directed guidelines, relaying important health guidelines to their community through various communication channels, providing food hampers, and connecting families with school aged children to computers to continue virtual learning. This was done without any stable funding sources, leading them to reach out to a number of community agencies including the Edmonton Mennonite Centre and Action for Healthy Communities, resulting in AHC supporting more than 80 Somali families with food hampers and/or computer donations.

To support their initiatives Kulan was eventually able to secure funding from the City of Edmonton, the Red Cross and donations from the community and local businesses such as Dabis Convenience Store and Market, the Amina Koos Business Shop, and several local restaurants (Amoud Restaurant and Zuhur Restaurant). To date more than 1300 families were supported, filling a necessary gap in preventing the needs of vulnerable community members from being overlooked during an already tense time.



Photo of Khadar Jama

January 2021 Janvier

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Black girls empowerment and community building

When 23 year old Bethel Seyoum discovered the Empowering Black Girls Program in early 2019, through a friend, she was excited to finally discover a program where she could make friends, build self-confidence, and create a community project with other young Black women.

She felt the program would provide a fun and unique opportunity to become more empowered in her identity as a young Black, Ethiopian-Canadian woman. Over the next several months, she attended several weekly workshops, featuring various topics such as skin and haircare, mental health, healthy relationships, identity and more. She was able to build more self-awareness and self-acceptance of her unique heritage and experiences growing up Black Canadian. Through breaking down past walls, and addressing insecurities, she was able to grow and become more empowered, sparking a desire to use her recent psychology degree to address the same challenges she faced growing up.

As part of her participation in the Empowering Black Girls Program (funded by Canadian Heritage), Bethel collaborated with a couple of other participants to establish a pilot community project, funded by Edmonton Community Foundation called 'Black Youth Empowerment'. In 2021 they plan to address various issues facing young black boys and girls ages 6-18 including, healthy friendships, anti-racism, identity, and more.





"Empowering Black Girls has empowered many young women like myself, to go on and use what we have learned, to empower a younger generation through programs like Empowering Black Youth." - Bethel Seyoum



Photo of Bethel Seyoum



February 2021 Février

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Settlement services help newcomers adjust

The Newcomer Settlement services offered throughout the city assist newcomers who are learning to adjust to life in Edmonton, whether they are a Refugee Claimant, a landed immigrant, a Work Permit Holder, Student Visa Holder, or simply a Canadian-born citizen who is new to the community.

It was through these types of services that Action for Healthy Communities, Catholic Social Services and EMCN first connected with Halimah and her family. Helping them to find housing, process some of the legal issues they faced as refugees, addressing the education and literacy issues her children faced, and getting all of their identification sorted, including helping her husband obtain his Alberta driver's license. They also helped the family address some of the underlying health issues they were dealing with, as well as connect them with the financial supports they needed.

When a tragic accident required her husband to be hospitalized, and they were unsure if he would ever be able to walk again, Halimah truly felt her community around her. No longer able to source the product that was featured in the new store they had just opened, it was a member of the community who stepped in to aid the family in their time of need by offering to be their driver. As someone with his own disability who had received his own share of newcomer support, he felt now was his time to pay that help forward.

Today, thanks to the many community connections she has had, Halimah is once again able to rebuild her store, and to work to make a better life for her family.



March 2021 Mars

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How volunteering can lead to a new career

Volunteering has often been a way for new immigrants to develop skills that help them build careers in their new homes. Such was the case for Action for Healthy Communities' employees Zubair Ahmed and Maria Lucila.

For Zubair, it started with volunteering for many of the organization's community events, followed by the accounting/finance department, and later on at the Front Desk/Reception, a dedication he balanced with his night shift work and family responsibilities.

"It was challenging," says Zubair, "but worth it in the end, because it opened doors I wouldn't have been able to access otherwise."

For Maria who immigrated to Canada in 2005 from Colombia, it was a chance to realize new hopes and dreams. She started volunteering at AHC to supplement her English lessons with real conversations with staff and clients. She assisted the organization with administration and community events. This led to her eventual employment as a community animator, helping to recruit participants for the Adult Literacy & Skills Development Program funded by ECALA (Edmonton Community Adult Learning Association).

"For newcomers, volunteering is a useful tool to develop skills ... connections, communication skills, and experience needed to integrate into the Canadian workplace," says Maria. "It is also very helpful to gain exposure and learn to interact with different cultures."



Photo of Maria Lucila



Photo of Zubair Ahmed



April

2021

Avril

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Breaking the stigma of mental health for the marginalized

When it comes to addressing mental health in marginalized communities, trauma can be an underlying issue. Coupled with other barriers such as income, isolation, relationship issues, depression, anxiety, addictions, cultural and/or language barriers, as well as multiple forms of discrimination, it can be challenging for marginalized clients.

While mainstream campaigns such as Mental Health Awareness Week and Bell Let's Talk Day have worked to raise awareness about how common mental health concerns can be, many groups, and in particular immigrants, still deal with a stigma when it comes to acknowledging and treating mental health concerns.

Recruitment of counsellors and therapists from diverse and marginalized backgrounds, along with more education for immigrant populations, helps provide treatment options.

Another big barrier for marginalized groups to access mental health supports are the steep costs often associated with private therapy and counselling. Local agencies have recognized the increased need for free or low-cost mental health supports, and have pushed to offer them to their communities.

When seeking a mental health therapist it's important to find someone you are comfortable with. Mental health therapists should be trauma-informed in order not to retrigger a client's past trauma, in addition to being aware of any of their own biases and limitations.



May

2021

Mai

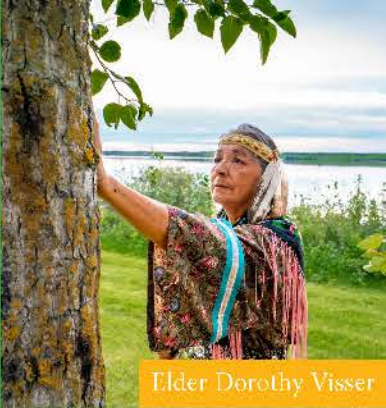
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Relationship building with the Indigenous community

Cree/Métis Elder Elsie Paul speaks from her heart. “Welcome to Treaty Six land, we honor and respect you, and everyone that is here. Get to know us, we want to get to know you. These words are a part of the Sweet Grass Teachings – with love, kindness and gentleness. We have got to teach our younger generations that we are all created by the Creator.

Indigenous people have been living in harmony on this land for thousands of years. Please learn about our history and especially about the traumatic affects of colonization, residential schools, and the assimilation process. Once we spend time with each other, we will go through that journey in a healing way.

For me, it’s exciting getting involved with the interfaith and multicultural community. I know what happens when you spend time with people from different belief systems, different cultures, you end up having a good relationship with them. In the end you begin to respect and honor each other. It is the cultural way to appreciate another person, their talents, abilities, and gifts. You get to know the people, work with them, and be helpers together in our community. When you do this you become resourceful, accountable, and responsible, in the Sweet Grass Way. That’s what happens when we allow ourselves to have open minds and open hearts. We begin to develop, and something really positive comes out of this. The Creator is leading us on that journey. It builds your spirit. Hiy Hiy, Marsi.”



Elder Dorothy Visser



Elder Elsie Paul, Interfaith Meeting



Indigenous & Hindu children, Hindu Cultural Center



Musty Mathewson & Elsie Paul



June 2021 Juin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Father's Day20	National Indigenous Peoples Day21	22	23	24	25	26
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Connecting seniors with a collaboration of community supports

Being able to communicate is taken for granted by many of us. For Yin Yi, who immigrated to Canada from Northern China, not being able to speak English robbed her of the chance to make connections in her new community. Lacking both the confidence and skills in spoken English, she hesitated to reach out where previously she would have happily engaged socially. She went from isolation to action when she found the Adult Literacy Program for Seniors at Action for Healthy Communities and with ICAN and the YEG Seniors Alliance.

"It's amazing," says Yin. "How far I have come in a few short months ... I find myself happier, more social and now I have more time to spend with my grandson and to communicate with him in simple English words."

The YEG Seniors Alliance, which includes: ICAN, the Westend Seniors Activity Centre, and the Edmonton Seniors Centre, is able to offer increased programming for the seniors they serve. ICAN alone offered 30 programs, but united as The YEG Seniors Alliance they are collectively able to offer 100 new programs.

Organizations partnering together can offer more resources to seniors and more diverse teams that can help make the leap to accessing programs less intimidating.



July

2021

Juillet

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Sports for newcomers a collaborative initiative

The Sports for Newcomers Initiative was an eight month project in collaboration with the Commonwealth Games Association of Canada between August 2019 and March 2020. The initiative's goals were to increase newcomer youth participation in community sports and to address the barriers for newcomers to actively participate in sports activities, and to enhance the capacity of newcomer support organizations to continue working on creating an inclusive and welcoming environment, working with cross-sectoral partners. During the eight month period, some of the outcomes that were achieved during the project include:

- Facilitated partnership with various stakeholders and raised awareness of the importance of an inclusive and welcoming environment for newcomers.
- Connections to supporters and resources.
- The development of a comprehensive resource list and tools to continue supporting newcomer families and youth.
- Providing meaningful support and connection between families/youth in need and the resources so they were able to have the meaningful experience they never had.

As a result of the project over 200 newcomer youth were introduced to various sports including soccer, badminton, skating, and volleyball. In order to facilitate partnerships Action for Healthy Communities connected with the City of Edmonton, Edmonton Sport Council, KidSport Edmonton, ParticipACTION, Dodgeball Canada, Volleyball Alberta, Greater Edmonton Lacrosse Council, Capital District Minor Football Association, and Triathlon Alberta. Action for Healthy Communities continues to raise awareness of inclusive community sports for newcomer youth.



August 2021Août

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Making friends and gaining confidence in English

When Adriana discovered free, evening Adult Literacy Classes it couldn't have come at a better time. The native Spanish speaker from Colombia was new to Canada and frustrated with trying to navigate and integrate into her new home, as she was unable to speak English.

That was six years ago! In the years since then, Adriana has not only discovered a newfound confidence in being able to speak and write in English, but she also discovered a great local community of adult learners from various life backgrounds who were on a similar journey to her own, and has been able to form lifelong friendships. Not only was she able to navigate her communication barriers in her new environment but learning English can also address the issue of social isolation, loneliness, and in some cases depression, that new immigrants often face in silence.

Adriana is currently enrolled in Action for Healthy Communities' English level 4 class and is also taking the recently launched Financial Literacy classes. She supplements her English learning through evening ESL Bible studies offered at a local church in west-end Edmonton, Alberta.

"I would recommend any immigrant wanting to learn English to come to Action for Healthy Communities. The people here are very friendly and you get to learn English and meet new friends along the way."



Adriana



September 2021 Septembre

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Be part of the commitment to action

On September 21, 2020, Chief Dale McFee announced a Commitment to Action by the Edmonton Police Service to engage with Black, Indigenous, racialized, and underserved communities to improve policing, and reimagine community safety and well-being in our city.

This new strategy was created to acknowledge community concerns and calls for change, address racial injustice, and advocate for the need to work collectively to build, strengthen and repair police-community relationships.

Extensive community engagement is now underway to find an equitable, restorative and ongoing approach to resolve these issues, and to implement the required changes as soon as possible.

Citizens are invited to share their experiences and ideas at community listening sessions, online Zoom Meetings, or at www.epsinput.ca. Groups also have the option of hosting their own events and gathering feedback.

These are exciting developments for members of the community as well as the Edmonton Police Service, not only to improve community-police relations, but to create a police service we can all be proud of.

We encourage you to get involved in the conversation and tell us what matters to you! For more information on the engagement process or to get involved in the conversations, please visit www.epsinput.ca.



October 2021 Octobre

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Newcomer finds entrepreneurial success and support

Najm Al-Tameemi has seen a lot of war in his lifetime; the Iran-Iraq war, which broke out when he was only 14 years old, the invasion by Kuwait in 1990, and the twelve tumultuous years that followed where even basic needs were difficult to meet.

Escaping to Syria as a refugee, Najm worked several jobs to provide food for his growing family, all while battling feelings of depression and hopelessness. Through all of the turmoil, he still managed to obtain a Business Administration Degree in Iraq, and a Master's Degree online. Then war broke out again, this time in his new home of Syria.





With his neighbourhood now a war zone, and strict curfews in place, to pass the time Najm, who was working as a beekeeper, began to experiment with the creation of new honey-based products. The result became Maram Vinegar, a honey-based vinegar, named after his daughter, and now in production here in Canada, where the family now resides.

With entrepreneurship training provided by Action for Healthy Communities, and startup funding provided by the Alberta Rural Development Network and the City of Edmonton, Najm has been able to grow his entrepreneurial skills and establish his company. As such, he has also recently been able to move his product from a home-based production to a commercial kitchen located within Queen Mary Park, opening new doors for him to achieve entrepreneurial success. A success that is leading him to feeling safe and stable for the first time in many years.



Photo of Najm Al-Tameemi

November 2021 Novembre

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December 2021

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Queen Mary Park and Central McDougall Community Leagues

Founded in 1923, Central McDougall Community League is a volunteer organization that both supports the neighbourhood and helps represent its interests. Regularly spearheading action on major civic issues, such as planning, transportation, and crime, it also works on a number of community initiatives. Some of their biggest to date include their new community park which acts as the social hub of the neighbourhood; the North Edge Business Association, which first began as a community league project; and their community garden project, along with a number of events throughout the year.

The same is true for its neighbour Queen Mary Park Community League, whose goal is to bring neighbours together. For Randy Shuttleworth, who along with his wife has lived in Queen Mary Park for over 20 years, being involved in the community league is one way he can help to make it an even better place to live, and is one of the reasons he now serves on its Board of Directors. *"I believe that this neighbourhood is the best kept secret in Edmonton,"* says Randy. *"A true neighbourhood where people get to know and watch out for each other."*

Other benefits of being a part of one of these two great Community Leagues includes: free family swimming, access to the City of Edmonton's Community League Wellness Program, and many other free family activities, programs and seasonal celebrations. Check them out on Facebook or at their websites at: <https://queenmarypark.ca> or <https://sites.google.com/site/centralmcdougallcommunity/>



December 2021 Décembre

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Boxing Day26	27	28	29	30	31	

Community Resources

- 211** The Support Network — single access point to the health, community resources and government assistance people need every day as well as in times of crisis.
- 311** City of Edmonton information for transit and program registration.
- 511** Road reports and traffic conditions.
- 711** Relay service allows deaf people to converse with the hearing over the phone through an operator.
- 811** Health information and advice 24-hours a day from an Alberta Health Services' registered nurse Mental Health Resources.
- 911** Emergencies; (fire, police, emergencies)

24 Hour Distress Line

780-482-4357 (HELP)

<https://edmonton.cmha.ca/programs-services/distress-line/>

Access 24/7 Adult Mental Health Services

780-424-2424

Mental Health Help Line: 1-877-303-2642 (24/7)

Action for Healthy Communities Society of Alberta (main office)

#100 10578 113 ST NW

Edmonton, Alberta, T5H 3H5

Domestic Violence

Phone: 780-496-4777

Phone: 780-423-4567

Mobile call: #377

<https://www.edmontonpolice.ca/CrimePrevention/PersonalFamilySafety/DomesticViolence>

Edmonton Community Legal Centre

Toll Free: 1-877-594-0299

reception@gwslp.ca

<https://gwslp.ca/contact-grey-wowk-spencer/>

Edmonton Food Bank

Phone: 780-425-2133

<https://www.edmontonsfoodbank.com/>

Call to ask about the available supplies

<https://www.surveymonkey.com/r/W9H5RSV?fbclid>

This is a link to several Food Emergency services

EMCN - Therapy and Counselling Services

Book an appointment today by calling Karin Linschoten or Lule Begashaw at 780-423-9696

or by email at klinschoten@emcn.ab.ca

Cost: Free

(Interpreters available)

https://emcn.ab.ca/newcomers/settlement_services/difficult_situations_coping_with_stress.html

The Family Centre

Connect with us to arrange your first, free session

Use the live chat on our website

Email: therapy-leads@familycentre.org

Phone: 780-900-6096

Action for Healthy Communities (cont'd)

<https://a4hc.ca>

Phone: 780-944-4687

- Settlement and Integration Support
- Small Business and Employment Supports
- Adult Literacy Classes
- Children and Youth Programs
- Community Mobilization and Development
- Mental Health Supports
- Small Centres (Camrose, Cold Lake, Bonnyville, Leduc, Beaumont)
- Volunteer Development

Alberta Council of Women's Shelters

600, 10310 Jasper Avenue

Edmonton, Alberta, T5J 2W4

<https://acws.ca/>

Phone: 780-456-7000

Toll Free 1-866-331-3933

Alberta's One Line for Sexual Violence

Phone or text: 1-866-403-8000 (9am-9pm daily)

Canadian Native Friendship Centre

11728 - 95 Street NW

Edmonton, Alberta, T5G 1L9

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

Phone: 780-761-1900

The Family Centre (cont'd)

Cost: Free single session, sliding scale based on income for ongoing sessions

(Interpreters available)

<https://www.familycentre.org/counselling>

Family Violence Info Line

Phone: 780-310-1818 (24/7)

Health for Two

Program for expectant mothers offers prenatal information, nutritional supplements (such as milk coupons and prenatal vitamins), and support during your pregnancy plus two months following the birth of your baby.

Phone: 780-478-5396

Hope Mission

Phone: 780-422-2018

reception@hopemission.com

<http://www.hopemission.com>

Housing Emergency Shelter

<https://org/shelter-housing///e4calberta>

<https://hopemission.com/edmonton/shelter-housing/>

9321 Jasper Avenue Edmonton

Phone: 780-425-5911

info@e4calberta.org

www.e4calberta.org

Indigenous Hope for Wellness Help Line

1-855-242-3310 or chat (24/7)

For information and referral to services call 211 or visit ab.211.ca

Capital Region Housing

Information line: 780-420-6161

inquiries@crhc.ca

<https://www.crhc.ca/covid19-update>

Central Alberta Sexual Assault Support Centre Crisis Line

Phone or text: 1-866-956-1099 (24/7)

Child Abuse Hotline

(Including reporting suspected child abuse)

1-800-387-KIDS (5437) (24/7)

Child at Risk Response Team C.A.R.R.T

Medical Trauma Screening Professionals and Volunteers

Children Services Crisis Unit

Phone: 780-422-2001

<https://www.edmontonpolice.ca/CrimePrevention/PersonalFamilySafety/ChildProtection/CARRT>

Children's Mental Health Crisis & Response Team

780-427-4491

<https://edmonton.cmha.ca/>

Community Counselling Centre

780-482-3711

Kids Help Phone

1-800-668-6868 or text CONNECT to 686868 (24/7)

LGBT Youthline

Text 647-694-4275 and chat

(Sunday to Friday, 4:00pm-9:30pm EST)

Momentum Walk-In Counselling

780-757-0900

SACE — Sexual Assault Centre of Edmonton

14964 121A Avenue NW

Edmonton, Alberta, T5V 1A3

Phone: 780-423-4102

<https://www.sace.ca/>

SAGE

New Seniors Information Phone Line (211)

Phone: 780-423-5510

<https://www.mysage.ca/about-us/news/post/60623>

Trans Lifeline (Canada)

1-877-330-6366 (24/7)

Wellness Together Canada

A federal service to access immediate mental health support

<https://ca.portal.gs/>

Project supported by



2022

Calendar Preview!

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
26	27	28	29	30	31	1	30	31	1	2	3	4	5	27	28	1	2	3	4	5	27	28	29	30	31	1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	1	2	3	4	5	27	28	29	30	31	1	2	24	25	26	27	28	29	30
30	31	1	2	3	4	5																					
May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	29	30	31	1	2	3	4	26	27	28	29	30	1	2	31	1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31	1	2	3	4	26	27	28	29	30	1	2	24	25	26	27	28	29	30	28	29	30	31	1	2	3
September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
28	29	30	31	1	2	3	25	26	27	28	29	30	1	30	31	1	2	3	4	5	27	28	29	30	1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30	1	23	24	25	26	27	28	29	27	28	29	30	1	2	3	25	26	27	28	29	30	31
							30	31	1	2	3	4	5														

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